



RECOVERY JOURNEY



It's not always a straight road - Sometimes it takes a little longer.



COMPLEMENTARY THERAPIES

Try reiki or hypnotherapy to aid relaxation, reduce stress, improve sleep and aid the healing process.

ENGAGE WITH COUNSELLING

Professionally qualified psychotherapists will help you work through your trauma, explore your emotions and the impact of your trauma and develop healthier coping strategies.

REFER FOR SUPPORT

Contact Break The Silence to start your recovery journey

VOLUNTEERING

Explore other opportunities to help you in the next phase of your recovery journey.

GROUP ACTIVITIES

Help increase your social interaction, develop new relationships, increase confidence and self-esteem and have FUN too.

