FLORA BOURDILLON

Childhood trauma and sexual abuse

Exploring support and places to turn

Information and places to turn

For people aged 16 and over

Flora Bourdillon

BABCP-accredited Psychotherapist

Childhood trauma and abuse support

NAPAC

Free listening support and information for adults who experienced childhood abuse, including emotional, physical and sexual abuse or neglect. Support line: 0808 801 0331. Check opening hours online. Offers support and signposting rather than a course of therapy.

Aurora Foundation

Specialist counselling and psychotherapy for adult survivors of childhood trauma and abuse, with in-person and remote options. Ask about current referrals, fees, reduced-fee places and group activities.

ASSIST Trauma Care

Specialist therapy for PTSD and trauma-related difficulties. Its complex-trauma pathway is at the Rugby clinic, with funding arranged; it is not available through outreach therapists. Assessment an therapy are charged. Ask about age eligibility, suitability and funding. Contact: 01788 551919 or admin@assisttraumacare.org.uk.

EACH Counselling and Support including Mosaic Minds

Culturally specific counselling and support across West London, with different age, borough and requirements for joining. Mosaic Minds offers free trauma-informed counselling for adults 18+ of all gender Black, Asian and minority ethnic communities in Hounslow, including refugees and people seeking asylum; refugees and people seeking asylum in Hillingdon. Up to 21 sessions, online or in person, with first-language support where available. Self-referrals accepted. Suitability and exclusions apply; confirm the borough pathway directly. Contact: 020 8577 6059.

Other EACH services

UOMINI

Short- and longer-term counselling for men affected by domestic, intimate partner or family abuse including abuse by parents or other relatives. Sliding-scale fees; counselling may be free if you cannot pay. Check age eligibility, delivery and availability. Phone or text: 07525 066171; info@uominicounselling.org.

Further support and family programmes

Body & Soul: support after trauma

Body & Soul offers therapeutic and community support for people affected by trauma and adversity. Its programmes have different age and eligibility criteria. Contact the team to ask which support may suit your circumstances.

referrals@bodyandsoulcharity.org | Programme information

HAVOCA

Information and an online peer-support forum for adults affected by childhood abuse. Free resources; check the forum rules and privacy guidance before registering. Peer support is not individual treatment or emergency care.

Survivors Voices

Survivor-led peer groups, gatherings and online communities, working with its sister organisation LittleRo. Free leaflets are available. Check the age criteria, costs and availability of the group you are interested in.

Out of the Storm

Free survivor-run information and forum for adults 18+ affected by complex PTSD or relational trauma. A formal diagnosis is not required. Read the community rules and privacy guidance before posting; the forum is not a crisis or clinical service.

Out of the Storm forum

Sexual abuse and violence specific support

The Havens

Free NHS Sexual Assault Referral Centres in London, offering medical care, forensic examinations and follow-up after rape or sexual assault. For an assault within the past seven days, call 020 3299 6900, 24/7. For an assault over seven days ago, call 020 3299 1599, Monday to Friday, 9am-5pm. Call before attending. You can seek help without first reporting to police; safeguarding duties may apply.

London Survivors Gateway

Free information and referral support for people affected by sexual violence at any time who live, work or study in London. Helps identify specialist services and explain support options. Self- referrals and professional referrals accepted. Call 0808 801 0860 or use the website. A referral does not guarantee an immediate counselling place.

Women and Girls Network

Free counselling and therapeutic support for women and girls affected by sexual or gendered violence, including West London Rape Crisis. Age, borough and requirements for joining vary by programme. Advice line: 0808 801 0660.

Safeline

Free specialist telephone and online counselling for childhood sexual abuse survivors aged 16+ across England and Wales. Ask about assessment and waiting lists. National Male Survivor Helpline: 0808 800 5005. Local counselling and help speaking up and accessing services have separate eligibility criteria. Genera enquiries: 01926 402 498.

SurvivorsUK

Counselling, practical help, help speaking up and accessing services and community support for boys, men, trans and non-binary people affected by sexual violence. Free counselling includes young-person and adult pathways. Check the relevant age-specific referral page, location and current availability. Contact: 020 359 3898.

Sexual abuse and violence specific support continued

One in Four

Longer-term counselling for adults 18+ affected by childhood sexual abuse and related trauma. Counselling is contribution-based, rather than universally free. Confirm assessment costs, affordability options and the current online or in-person options.

Into the Light

Counselling, support groups, workshops and resources for adult survivors of sexual abuse of all genders and people supporting them. London-based, with online options. Some services charge fees; reduced-fee places may be available.

The Survivors Trust

National directory of specialist rape, sexual violence and childhood sexual abuse services, includin counselling and peer support. Free helpline: 0808 801 0818; check opening hours. Each organisation sets its own age, location and funding criteria.

MACSAS

Survivor-led information, telephone and email support for adults abused sexually in childhood or adulthood by ministers, clergy or others under the guise of the Church. Also supports relatives. Email: support@macsas.org.uk.

Survivors Network

The Sussex Rape Crisis Centre offers counselling, help speaking up and accessing services and peer groups for sexual violence survivors. Services are restricted to Sussex; age and access criteria differ by programme. Online groups do not make this a London-wide service.

Survivors Unite

Free recovery support for adult survivors of childhood sexual abuse in the Scottish Borders throug the Safe Oaks Project. A regional service, rather than a London-wide route.

Lucy Faithfull Foundation Stop It Now

Free advice for anyone concerned about child sexual abuse or its prevention, including concerns about their own or another person’s behaviour. Helpline: 0808 1000 900; live chat and secure messaging are available. This is a prevention and safeguarding service, rather than survivor counselling.

Information and self help

The Havens self help guide

Free NHS guide explaining common reactions after sexual assault, coping strategies and sources of support.

Safeline survivor resources

Free information about sexual abuse, its impact and support for survivors and those close to them

NAPAC survivor resources

Free information for adult survivors of childhood abuse and people supporting them.

Get Self Help

Free distress-management and grounding information, including STOPP.

No Panic

Free website resources on anxiety and panic. Membership and structured programmes may have charges.

Anxiety UK

Information and self-help resources for anxiety and panic. Some books, membership benefits and therapy services have charges.

Rape Crisis grounding information

Free survivor-focused information about reconnecting with the present when distressed or overwhelmed.