



ROSHNI

Counselling Service

Are you a victim or
survivor of domestic abuse,
honour based abuse or
forced marriage?



Roshni Birmingham Free Confidential Multi-lingual Counselling service for South Asian Women Affected by Domestic Abuse

Sometimes those close to you can make you feel afraid or depressed. They could be a partner, ex-partner or someone else you know, an adult, child or wider family members.

At these times of stress, anxiety and low mood can take over and interfere with all aspects of our lives.

Counselling can offer you an impartial perspective within a supportive therapeutic

relationship to work through the issues you are struggling with. Through therapy we can help you to understand the thoughts, feelings and behaviours that cause you distress.

The service offers up to 5 weeks of counselling with an experienced therapist specialising in domestic abuse who is able to speak to you in one of the South Asian languages.

The Counselling service is open between 9am to 5pm on weekdays.

If you would like to talk through your options, ask questions or to access the counselling service, please contact us on: **07958 498 449 / 0800 953 9666**

Supported by:



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