



Saint Mary's SARC - Counselling Service provides specialist counselling support for individuals affected by sexual violence. We do not offer crisis support.

We can accept referrals for counselling based on the following criteria.

Children & Young People (aged 6-17 years)

Saint Mary's Counselling Service **will accept a referral** if the following criteria is met:

- Has been affected by any form of sexual violence or abuse, whether recent or historic.
- Is aged above 6 years old at time of referral.
- Registered with a GP in Greater Manchester.
- Resides in Greater Manchester.
- Are actively engaged within the criminal justice process.

Saint Mary's Counselling Service **is unable to accept referrals** for individuals who:

- Do not meet the eligibility criteria above.
- Are engaged in active therapy elsewhere, a 6-month break is required after therapy has finalised before a referral is accepted.
- Have displayed harmful sexualised behaviour and this has not been appropriately assessed or received support from a professional service.
- Are not primarily seeking support for sexual violence or abuse (e.g., those struggling with bereavement, a terminal illness, an eating disorder, other types of traumas).
- Are currently an inpatient within a Primary Care Mental Health Service.
- Are in active crisis, current suicidal ideation with intent, or a plan or a previous attempt in the last 3 months. This will be assessed on case-by-case basis.
- Have had a recent episode of SARC counselling, a 6-month waiting period after previous episode has finalised before re-referral.

Adult

Saint Mary's Counselling Service **can accept a referral** if the following criteria is met:

- Has been affected by any form of sexual violence or abuse, whether recent or historic.
- Registered with a GP in Greater Manchester.
- Resides in Greater Manchester.
- Are actively engaged within the criminal justice process.

Saint Mary's Counselling Service **is unable to accept referrals** for individuals who:

- Do not meet the eligibility criteria above.
- Are engaged in active therapy elsewhere, require a 6-month break after therapy has finalised before a referral is accepted.
- Are not primarily seeking support for sexual violence or abuse (e.g., those struggling with bereavement, a terminal illness, an eating disorder, other types of traumas).
- Are an inpatient within a Primary Care Mental Health Service.
- Are in active crisis, current suicidal ideation with intent, or a plan or a previous attempt in the last 3 months. This will be assessed on a case-by-case basis.
- Have had a recent episode of SARC counselling, a 6-month waiting period after previous episode has finalised before re-referral.
- Are a male victim/survivor who has been convicted of or is under investigation for sexual assault or rape – we will signpost to We Are Survivors 'We are Listening' service - a 1:1 therapy programme.
- Have experienced childhood sexual abuse, which is not currently being investigated by the Police.

For those who meet the criteria, Saint Marys Centre can provide up to 12 weekly counselling sessions, available in person, over the phone, or online.

We have a team of male and female fully qualified professionals and carefully selected student counsellors who have been assessed as fit to practice.

Once we receive your referral, one of our referral coordinators will contact you and invite you an assessment with one of our counsellors, this will be over the telephone (unless there are specific needs). If counselling feels suitable following the assessment, the counsellor will discuss options with you and you will be placed on our waiting list.

Significant others:

Saint Mary's Counselling Service **can accept a referral** if the following criteria is met:

- Is a significant other of someone who has been affected by any form of sexual violence or abuse, whether recent or historic and is a current client of Saint Mary's Service.
- Registered with a GP in Greater Manchester.
- Resides in Greater Manchester.
- Has a child or significant other who is actively engaged within the criminal justice process.

For this population, Saint Marys can:

- offer 4 sessions of group therapy for parents and carers.
- offer 4 sessions of psycho-education group therapy for significant others.
- offer a one-off parent/carer session to offer therapeutic support, advice and guidance.

If you have any queries, you can contact Saint Marys SARC on