

HerHealing—One on One Counselling



A space of healing and recovery for girls and women affected by sexual exploitation, trafficking, or who are a part of or impacted by the sex industry

Up to 20 sessions of counselling delivered by trauma-informed counsellors offering sensitive and non-judgmental support in a safe space.

Counsellors will see each girl or woman as the expert of her life and needs.

HERHEALING COUNSELLING AIMS TO:

- 1 Provide a safe space through holistic, person-centered approaches, including art therapy, mindfulness, and emotion focused therapy using a collaborative approach in which all girls and women are seen as equal in the counselling relationship
- 2 Empower women to continue their recovery and healing journey by addressing their unique needs
- 3 Address trauma in women's lives, equipping them with emotional regulation, stress management and self-soothing skills
- 4 Build on women's self esteem, developing already existing strengths, skills and capacity
- 5 Increase women's sense of connectedness by supporting them to contact local community services as needed

HerSpace is a new organisation, offering mental health programs to all girls and women who self-identify as being affected by sexual exploitation.

HerSpace understands that healing is a journey, and offers long-term support through group and individual therapeutic services.

WHERE

We have counsellors available throughout Melbourne, offering their services from a number of locations. We can connect you with a counsellor near you.

ELIGIBILITY

Any girl or woman aged 16 and above who self-identifies as affected by the sex industry, trafficking and or sexual exploitation

COST

The service is free of charge for low income earners, and those experiencing financial difficulty. If you do have financial capacity, you can contribute a fee on a sliding scale up to no more than \$50.

WHEN

Referrals are open now. If we have capacity we can match you up within 1 week of receiving your referral, otherwise we will place you on our waiting period to match you with a counsellor near you as soon we have availability.

REFERRAL PROCESS

Contact HerSpace at info@herspace.org.au or 0468 474 475 for a referral form and more information.

www.herspace.org.au