

Contact Us

For more information about our Children & Young People's services, and how to access support please get in touch with us.



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CHILDREN & YOUNG PEOPLE'S THERAPEUTIC SERVICES



Preventing and
Responding to
Domestic and
Sexual Abuse

At Yellow Door, we have over 30 years' experience providing discreet and compassionate support across Southampton and Western Hampshire. Our Children & Young People's Service offers specialist therapeutic support for those affected by domestic or sexual abuse.

Who can access support?

Our services are available to any child aged up to 18 years old, who has witnessed or directly experienced any type of domestic violence or sexual abuse and is living within our geographical areas. There is no fee to access our services.

What can I expect?

We will contact you once we have your referral to invite you to an initial assessment. This meeting will give us a chance to get to know you, and to start to think about which of our services might be best for you at this time. We will always do our best to offer you appointment times that fit around commitments like school, college, work etc. We offer support in a range of ways including one-on-one counselling, groups, telephone or remote contact via Zoom

What are therapeutic services?

Our team is made up of qualified counsellors and art therapists, who offer a number of different services to allow children and young people to explore difficult thoughts, feelings and experiences in interactive ways.

"I've realised none of what happened was my fault. I can cope better. I've been helped to realise life is worth living"

Our services include

Counselling

One-on-one talking therapy using various techniques.

Art Therapy

One-on-one therapeutic sessions using creative mediums to recognise feelings and experiences that may otherwise be difficult to discuss.

Bright Stars

A group for those impacted by domestic abuse and/or violence.

Creative Arts Group

A weekly group using creative materials and activities to explore difficult experiences.

Psycho-Education Group

A safe space to explore and better understand the impacts and symptoms of abuse, trauma and unhealthy relationships.

How can I refer?

If you are interested in finding out more about how the service can help you, please contact us via any of the methods on the reverse of this leaflet.