



# ABUSE AFFECTS FAMILIES



**Southmead Project**  
helping to rebuild lives fragmented  
by addiction and trauma



Supported by  
**The National Lottery**<sup>®</sup>  
through the Big Lottery Fund



**Have you experienced the long-term effects of emotional, physical or sexual abuse?**

**Have you used drugs or alcohol or self-harmed in other ways to help you forget the abuse you suffered?**

**Southmead Project's Touchstone counselling service offers a confidential space where professional counsellors will listen and explore ways of reclaiming lives affected by abuse and addiction**

This free service is available for those aged 16 years and over

**If you think counselling may help, please call 0117 959 4809 and speak to someone in confidence.**



**Southmead Project**  
helping to rebuild lives fragmented  
by addiction and trauma



Supported by  
**The National Lottery**<sup>®</sup>  
through the Big Lottery Fund

