

## *About Us.*

Towards Healing is an independent organisation providing professional support for people who have experienced institutional, clerical or religious abuse in Ireland.

The Towards Healing Counselling and Support Services commenced on 1 February 2011 and succeeds the Faoiseamh Counselling service established in 1996.

To date the service provided Counselling and Support Services to 6,500 and Helpline support to over 25,000 Service Users.

The services provided by Towards Healing are developed in consultation with representatives of Survivors, and will include Facilitated Listening Meetings, Psycho-Educational Groups, Counselling Services, Helpline Services, Practical Workshops and Advocacy designed to link clients to services relevant to their needs.



### **TOWARDS HEALING**

A Catholic Church response to Institutional/Clerical/Religious abuse

P.O. Box 5654, Dublin 14  
**Mobile Number for Hearing  
Impaired Service Users Only:**  
085 802 2859

**Freephone (Ireland):**  
1800 303416

**Freephone (UK):**  
0800 0963315

## **Free and Confidential Helpline and Counselling Referral Service**

**FREEPHONE**  
**(IRE) 1800 303416**  
**(UK) 0800 0963315**  
[www.towardshealing.ie](http://www.towardshealing.ie)



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## Questions

### WHAT SERVICES ARE AVAILABLE THROUGH TOWARDS HEALING?

- Counselling Helpline
- Weekly individual face to face counselling for survivors, their partners, parents, siblings and children.
- 12 Sessions of couple/family therapy counselling (where the need arises)
- Practical Workshops
- Psycho-Educational Groups
- Facilitated Listening Meetings.
- Telephone Counselling.
- Advocacy
- Parent Coaching

### WHO IS ELIGIBLE TO RECEIVE SERVICES THROUGH TOWARDS HEALING?

Towards Healing provides counselling and support for people who, as minors, suffered physical and sexual abuse by members of, or while in the care of the Catholic Church in Ireland. We can provide services to clients regardless of where they currently live.

### HOW DO I CONTACT TOWARDS HEALING?

You can call us on  
1800-303416 (Rep. of Ireland),  
0800-0963315 (N.I. and U.K.)

You can email us at  
**casemanager@towardshealing.ie**

You can visit us online at  
**www.towardshealing.ie**

The Helpline operates  
Monday – Thursday  
from 11am – 8pm and on  
Fridays from 11am to 6pm

### WHAT ABOUT MY FAMILY?

Towards Healing can provide and pay for counselling for spouses/partners, parents, siblings and children of survivors of Institutional/Clerical/Religious abuse.

### IS EVERYTHING I TALK ABOUT IN COUNSELLING CONFIDENTIAL?

Yes it is. **HOWEVER**, if the Counsellor believes that you or someone else is in serious danger they must share this information to ensure safety.

### WHAT ABOUT CHILD PROTECTION?

Towards Healing is totally committed to Child Protection. You are welcome to discuss any concerns with our Child Protection Officer at 085 8801643.

### ANY OTHER QUESTIONS?

Call us – no question is too big or too small.

### HELPLINE HOURS

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FREEPHONE (UK) 0800 0963315

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