

# woman's Trust

recovery from domestic abuse

**Specialist Therapeutic telephone calls with a qualified Counsellor  
For 16–18-year-old women & girls  
Up to a 60-minute chat, on a weekly basis for up to 10 sessions  
At your own time, and at your own pace**

As part of the Maia & Lift programme, funded by London Violence Reduction Unit

**For women/girls, who self-identify as being at risk of domestic abuse, or who have previously experienced abuse at home and/or in intimate relationships.**

### To Register:

**If you are an organisation referring on behalf of the young woman, please email the completed referral form to [office@womanstrust.org.uk](mailto:office@womanstrust.org.uk).**

**If you are self-referring, please email us stating your name, telephone number, and that you would like to register for the above calls or call us on 020 7034 0303.**

**The qualified counsellor will be in touch with you to arrange a mutually convenient time for your call.**

