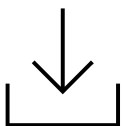
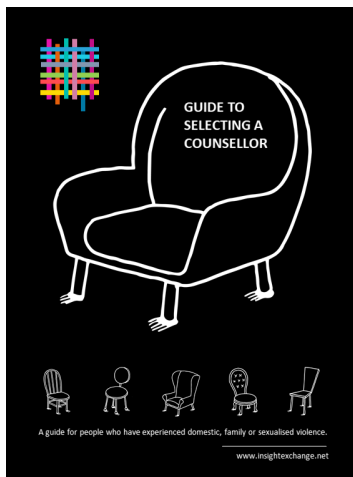


Insight initiatives

Thinking about talking to a counsellor?

One of the people you may choose to talk to is a counsellor or therapist. It's important that it is your choice *if* and *when* you decide to speak to a counsellor about your experiences of domestic and family violence and abuse. This [Guide to selecting a counsellor](#) may help you select a counsellor who is the right fit for you.

Guide to selecting a counsellor (New edition)



Download the [Guide to selecting a counsellor](#)

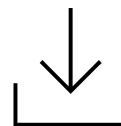
Content - read the parts that matter most to you at the time and in any order.

- Understanding violence and abuse
- Supporting Safety
- Supporting Access
- Before Counselling
- During Counselling
- After Counselling
- Support Services

Exchange initiatives

Do you signpost or refer to counselling?

This A4 digital poster with static QR code to the Guide to selecting a counsellor can be downloaded and/or printed for your organisation to support people who are thinking about talking to a counsellor or rethinking their experiences of counselling.



Download the [digital poster](#) with static QR code to the *Guide to selecting a counsellor*

OR use the new landing page [‘Selecting a counsellor’](#)

Did you contribute feedback to improve this new edition of the guide?

We are so grateful for the generous input and practical improvements made to the resource. Because the feedback process is anonymous, we don't know who to specifically thank but we hope this message reaches the right people.

The full [feedback report](#) showing the collection of review comments and our responses to these is also live on this landing page.

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