

## The Diversity Counselling Service Offers

- A free and Confidential Counselling Service for Victims and Witnesses of Crime
- Individual Counselling by appointment only
- Appointments for Males and Females
- All ages over 18
- People of any Black and Minority Ethnic heritage are welcome
- Languages: English, Urdu, Punjabi, Hindi, Mirpuri and Hindko
- Specialising in seeing people of diverse ethnicities
- Short/Medium/Long term help
- Self referral/Professional referral
- Support available at any stage of reported/unreported crime
- All Manchester areas are covered

## How To Contact The Diversity Counselling Service

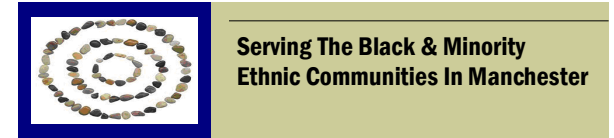
To arrange an appointment or to ask for any further information about the Diversity Counselling Service, then please contact the service by telephone, fax, e-mail or post.



**DIVERSITY COUNSELLING SERVICE  
PAKISTANI RESOURCE CENTRE  
13 COPSON STREET  
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MANCHESTER  
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**TEL: 0161 434 7800  
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Registered Charity No: 248685**



## DIVERSITY COUNSELLING SERVICE

*Supporting Victims  
&  
Witnesses  
of  
Crime*



Pakistani Resource Centre

**0161 434 7800**



## Have You Experienced Any Of These Crimes?

- Arson/Burglary
- Fraud/Robbery
- Bullying/Cyber crime
- Hate crime/Knife crime
- Rape or sexual assault (male/female)
- Antisocial Behaviour
- Street crime/Violent crime

## Are You Experiencing Any Of These Feelings Due To Crime?

- Depression/Anxiety/Stress
- Unhappiness/Upset Feelings/Tearfulness/Sadness/Fed up
- Anger
- Panic Attacks
- Low Self Esteem/Lack of Confidence
- Suicidal Ideas or Feelings/Negative Thoughts

**If you are experiencing one or more of the above, then you do not need to suffer in silence. Easily accessible professional help is available. Talk in confidence to a Counsellor for help and support.**

## What Is Counselling?

Counselling is for any individual who wants help with personal problems that are affecting the different aspects of their life such as work, study, relationships, morale or quality of life.

The Diversity Counselling Service is specifically for people from a Black and Minority Ethnic group who have been a victim or witness of crime. The counselling offered is confidential, non-judgemental professional help with a Counsellor who will listen, respect and accept you for who you are.

Talking with someone who is independent of your normal everyday life can help as it offers you the opportunity to talk freely and in complete privacy about difficulties and the impact related to a recent or previous experience of crime.

The counselling offered will take place in a private and safe environment. It will be arranged at a location that is convenient for you to attend.

## How Can Counselling Help You?

Counselling is your time to explore any difficulties you are experiencing and together with the Counsellor, you will be supported and encouraged to discover more beneficial ways of thinking through and coping with the problems. By this way of working you will be assisted in discovering the strength within yourself, identifying the choices available to you and making positive decisions when you are ready to do so. This will naturally lead towards an improvement in your self-confidence and allow you to live a more satisfying and fulfilling way of life.

The Diversity Counselling Service is an established counselling service offering free and confidential counselling specifically to people of Black & Minority Ethnicities. This counselling service is available to people living in all areas of Manchester and you can refer yourself or simply ask to be referred by a professional you know such as your General Practitioner, Housing Officer, Social Worker or the Police.