



**immediate specialist support for individuals subjected to sexual violence & abuse.**

**hello** thanks for stopping by, you amazing human. we'd like to take a moment to introduce ourselves...

## we're GINA

a UK social enterprise providing private, immediate & specialist support, bespoke products & resources for individuals subjected to sexual violence & abuse.

there is **no waiting list** for GINA's support; we're here for you whenever you need us.

we're led by lived experience to provide compassionate, connected & tailored support to individuals subjected to any kind of sexual violence & abuse. no matter when it happened, we understand how trauma can impact all areas of your life.

we believe in a hopeful & compassionate world that holds you in your truth & embraces you in living into your power.

we're the sister organisation of Rape & Sexual Violence Project (RSVP). all of our profits are donated to RSVP to help fund free sexual violence & abuse support services.



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#yourGINA

take what you need. click on the arrows to explore more

## counselling.



*"I'd like a space to explore my feelings."*

no waiting lists.  
specialist counsellors.  
compassionate support.  
'face to face', telephone & online counselling sessions.  
book counselling sessions online.

## workbook.



*"I'd like space to explore normal human responses to trauma."*

our workbook, *only human*, is the perfectly imperfect compassionate companion. created by individuals with lived experience of sexual violence & abuse.

## resources.



*"I'd like some resources to look through at my own pace."*

access to self-help info, booklets & activities that explore the impacts of trauma for individuals & supporters. all are free to download.

## products.



*"I'd like some bespoke products, gifts & reminders."*

splendid stuff to brighten up your day.  
physical reminders of your amazing human qualities that got you through some really tough things.



## magazine.



*"I'd like updates on GINA HQ, access to freebies & offers."*

sign up for free.  
monthly news & dollops of kindness straight into your inbox.  
insights into #yourGINA and the magic behind GINA HQ!

## get involved.



*"I'd like to get involved with GINA HQ."*

let's work together.  
welcome all volunteers.  
whether you're an individual or organisation, we'd like to collaborate with you.  
get in touch with us to find out more!

## say hello.



*"I'd like to talk with you or have a question."*

explore & book your first counselling session.  
no question is too big or too small.  
whatever it may be & however we can support you, drop us a message.

## our promise.

you are never alone.  
we are yours, always.

we believe you.  
your truth carries us in all we do.

we stand with you.  
we are by your side, for forever & a day.