

Safer Women's Project

Free specialist counselling for women who are refugees,
trafficked or seeking asylum

About the Safer Women's Project

The service offers free, specialist counselling for women who are refugees, trafficked or seeking asylum. Based in central Bristol, all of our counsellors are female, qualified and have specialist experience in working with trauma.

For women who do not speak English we have trusted and confidential interpreters who can support the counselling sessions.

What is counselling?

Counselling offers a safe and regular space for you to explore difficult feelings and worries. Having an opportunity to talk can help you better understand the trauma you may have experienced. You do not have to speak about painful experiences unless you feel ready to. Counselling can support you with current challenges and with moving forward in life.

What to expect


We will invite you to two initial assessment appointments. This is a meeting with one of our counsellors to discuss your needs and ask any questions about the service.

We will offer you up to 24 sessions of weekly counselling. Your sessions will last 50 minutes and will be at the same time and location each week. You will need to attend your counselling sessions regularly and on time.

How to refer or access the service

To request a referral form for yourself or someone else, please contact our helpline on:

 0117 9166461 / 0345 4582914

 helpline@womankindbristol.org.uk

Once we have received the referral we will try to give you an indication of when your counselling might start, though waiting times can vary.



Run by women for women, Womankind is a well-established mental health charity that has been supporting women in the Bristol area for over 35 years. Visit www.womankindbristol.org.uk for further information on our range of services.