

Emotional Support and Counselling Services

A trafficked person may be suffering from a variety of emotional and mental health issues and may benefit from ongoing supportive counselling.

A trafficked person may need emotional support or clinical counselling for:

- grief and loss
- anxiety
- feelings of sadness, shame, and self-blame
- trauma
- loss of faith
- self-esteem
- coping strategies
- stress relief
- self-management and decision-making

Special Considerations

A trafficked person needs to feel comfortable with their support person or people.

Initially, they may not be ready to work with a certified counsellor or therapist and may prefer to receive less formal emotional support such as peer counselling.

When working through trauma, support should be provided by an experienced clinical counsellor or other professional therapist.

Where to Look

Emotional support and counselling services (both formal and informal) may be found at or through:

- support hotlines
- community counselling clinics
- private clinical counsellors, including specialized counsellors for victims of torture and violence
- psychotherapists, including [EMDR](#) therapists
- sexual assault support centres
- family support centres
- anti-violence programs
- youth outreach programs
- faith-based organizations and support groups
- Immigrant and Refugee Settlement Services
- multicultural support groups
- Aboriginal Friendship Centers and other culture and ethnic specific agencies
- police-based and community-based victim services
- alternative therapists, such as those who offer art, reiki, and cranial-sacral therapy

MY STORY:

"I went through the different phases of trauma, and then I got angry. I was only able to get angry once I got out. Now that I'm angry, I am going out and speaking publically, I am helping people learn about the issue, I'm in college to be a social worker, I just finished a peer-counselling course."

Stacey

