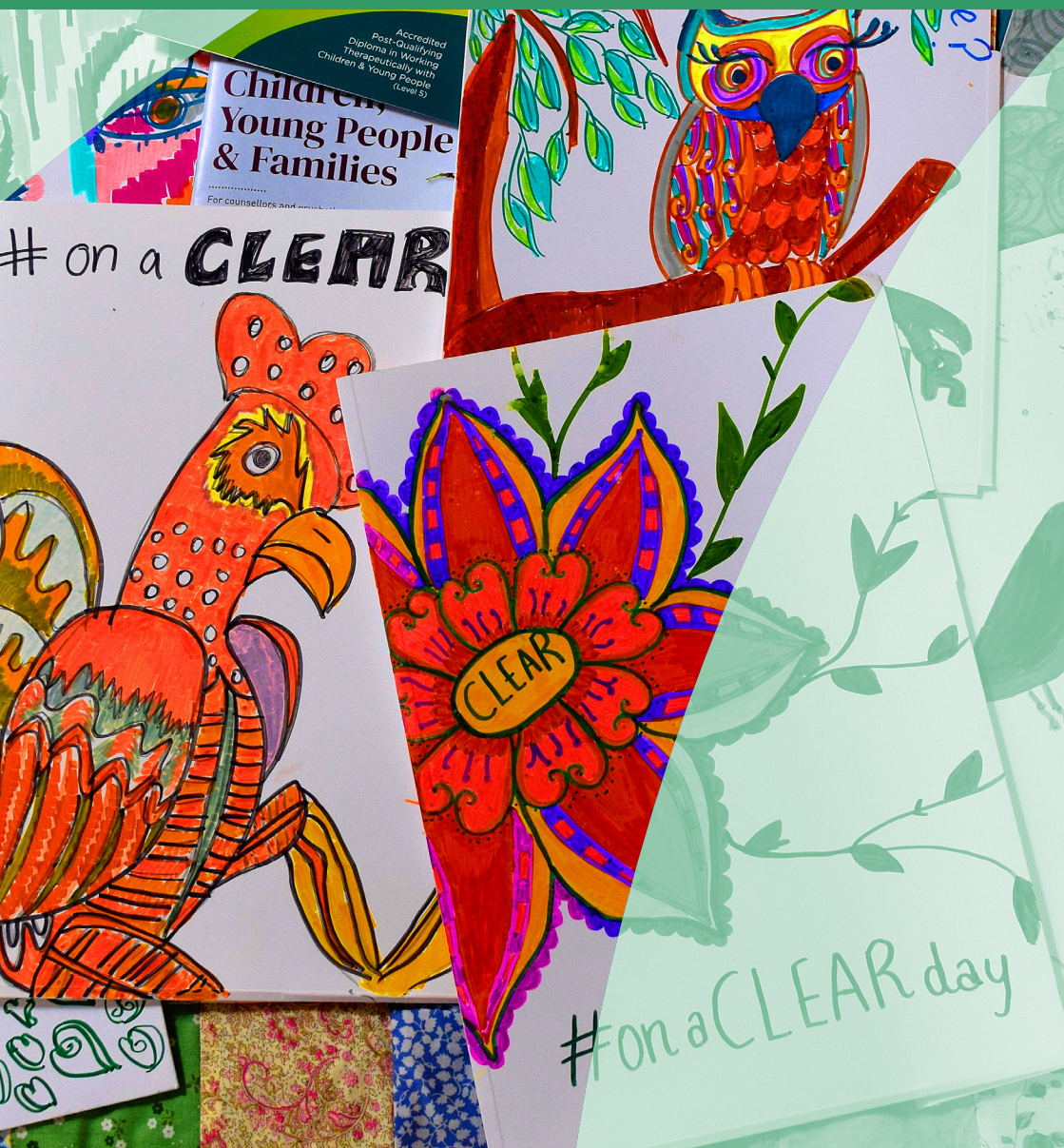


CLEAR

emotional trauma & therapy specialists

clearsupport.net | Reg charity no. 1165574

All about CLEAR



Welcome to CLEAR. We are a Cornwall based charity with a vision for a community safe and free from abuse, with the opportunity to flourish after trauma.

What we do makes a difference. From 1-2-1 therapy for people of all ages, to training and professional development, we are focused on delivering our mission to help children and adults of all ages to heal from abuse and other emotional trauma, and to prevent abuse from occurring.

Our therapists and counsellors are trained, qualified and registered with the appropriate governing body, such as the British Association of Counselling and Psychotherapy (BACP). Our services are monitored and evaluated against national standards. Feedback is used to continuously improve what we do. CLEAR is the only BACP accredited all age counselling and psychotherapy service in Cornwall.



CLEAR for Children

Our 1-2-1 therapy for children aged 0-17 offers a range of trauma-focused and creative therapies. Details of these are on our website. We also provide psycho-education and therapeutic parenting support for parents/carers to help them to support their children through and beyond therapy.

CLEAR for Adults

We provide a range of 1-2-1 counselling and therapy for adults affected by sexual abuse, sexual violence and traumatic crime. This may have occurred at any point in their lives. Our Hope for Harm service provides counselling for adults who self-harm.

CLEAR for Learning

We deliver a range of courses and workshops that build understanding of mental health, trauma and abuse. These are tailored to different audiences and include L3 Safeguarding, Mental Health First Aid, Bystander Training, Peer Support Training, Positive Relationships and Emotional Wellbeing and Understanding Self-Harm.

We play an important role in developing the future workforce including our fully accredited L5 Diploma in Working Therapeutically with Children and Young People and our CPD Endorsed Supporting Adults Harmed by Sexual Abuse and Relational Trauma.

CLEAR for Business

CLEAR for Business helps organisations to support workforce wellbeing and employee engagement, promoting increased attendance, productivity and staff retention. There is a broad menu of support including: business training, resources, policy development, 1-2-1 confidential counselling for individual employees, and critical incident support

"It helps talking about what has happened - it has made me feel stronger inside."

"Extremely helpful and a positive experience, I can't praise enough how much it has helped."

Can you help us?

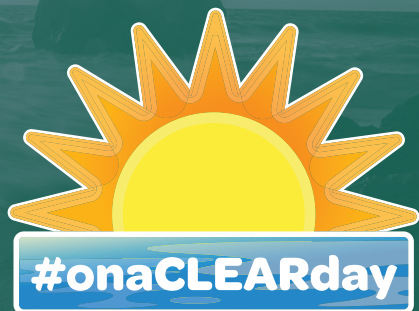
The demand for our services outstrips our current resources and we need your help .

#OnaCLEARday is our campaign to encourage as many businesses, organisations and individuals as we can to have a fundraising event for CLEAR. There are 365 days a year to choose from and a myriad of possibilities. From a welly throwing contest to a bake-off or a sponsored walk!

Contact us for a fundraising pack or visit our website to Donate Now.

Visit our charity shop at 8 Cathedral Lane, Truro for a great range of pre-loved clothes, crafts and curios to help us support more children and adults across Cornwall.

Thank-you.



Contact us 01872 261147

Through the contact form on our website www.clearsupport.net

For referrals: referrals@clearsupport.net

For fundraising and general enquiries: admin@clearsupport.net

And follow us @ClearCornwall on:



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