**What support can I get?**

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| A group of people pushing a baby in a stroller  Description automatically generated with medium confidence | We have a specialist service for women with learning disabilities and or Autism |
| A picture containing person, seat, chair  Description automatically generated  A couple of women sitting at a table  Description automatically generated with low confidence    A person with her hands on her head  Description automatically generated with medium confidence  Two people posing for a picture  Description automatically generated with medium confidence  A picture containing person, posing  Description automatically generated  A close-up of hands shaking  Description automatically generated with medium confidence  A picture containing person, person, standing, red  Description automatically generated | We provide one to one specialist support work.  You will have a  support worker who will meet with you.  Your support worker can help you with things like:   * Managing your feelings * Advocate for you (write letters, speak to other services) * Give you information about other services. * Talk about healthy relationships * Support to build Confidence |
| Calendar  Description automatically generated | Your support worker can support you for up to 6 months. |
| A group of people posing for a photo  Description automatically generated  A picture containing person  Description automatically generated | We also offer workshops and training.  We can talk about healthy relationships and consent. |
| Image result for counselling room | We can also tell you more about counselling where you can talk about any bad things that have happened to you and think about feelings. |