
From:
Sent: Monday, 9 November 2015 7:37 PM
To: Advocacy and Support
Subject: support and services

Hi
my name is [REDACTED] I am 50 years old.I have just started the process of dealing with such trauma.While their are some services out there in the community.There needs to be more specialised councillors and support groups Like those run in The USA.There also needs to be other therapies such as mindfulness,meditation and yoga made available in specialised groups designed for trauma sufferers in theses areas apart from counselling.
I would love to talk to someone about my experiences in trying to access the services available thank you