

# Contact Us

If you would like more information about our ECHO counselling service then please visit either

[www.threshold-das.org.uk](http://www.threshold-das.org.uk)

or

[www.echothreshold-das.org.uk](http://www.echothreshold-das.org.uk).

Alternatively, to make a referral or to self-refer please contact us on the details below:

[enquiries@threshold-das.org.uk](mailto:enquiries@threshold-das.org.uk)

or


**01554 752422**

Threshold 

ECHO



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# What is ECHO? What's Involved?

ECHO (Enhancing Children's Healthy Opportunities) is a dedicated children and young person's counselling service for those affected by domestic abuse.

Our counsellor engages all young people aged between 8—18 years old in one of our offices. This 1:1 therapeutic counselling enables and supports children and young people as they work through their experiences of domestic abuse in a safe way.

Domestic abuse can be a frightening and often confusing experience which affects children and young people, as well as their parents. This can often lead to self-blame and the development of negative thought processes which can become long-term if not dealt with. This can lead children and young people to become the targets for bullies or can lead onto problematic behaviour such as substance misuse, self-harm or sexually harmful behaviour.

Our ECHO counsellor hopes to help young people build a better understanding of healthy relationships and helps them work through their experiences of domestic abuse. This promotes respect, assertiveness, self-esteem and ultimately works towards ending the cycle of domestic abuse.

ECHO refers to the following support:

- 6 to 12 sessions of 1:1 counselling and therapeutic play with a qualified dedicated counsellor experienced in domestic abuse.
- Small therapeutic group work