



Referral and Costs Information

Trauma-Informed Adult Services | A Positive Start CIC

Our Trauma-Informed Ethos

At A Positive Start CIC, we provide a calm, compassionate space for adults to begin or deepen their healing journey.

Our services are grounded in a trauma-informed, person-centred approach where:
Feelings are felt. Hearts are held. Healing happens.

We offer supportive group and 1:1 spaces-like the River Room-where adults can safely explore emotional regulation, connection, and recovery in a non-clinical environment.

Who We Support

- We work with adults aged 18+ who: -
- Are feeling the effects of trauma, emotional dysregulation, or overwhelm
- Are ready to engage in supportive group or individual work
- Are not currently in crisis
- Value a relational and non-judgemental space

Please note: We do not work with children or under-18s in this setting.

Referral Process: Self-Referral Only

We accept self-referrals only.

The decision to seek support is a vital step in trauma recovery.

We believe people must come to us when they are ready-not sent.



If You're a Professional:

- Signpost clients to our services
- Share our website and information
- Encourage them to make contact when ready

We do not accept referrals made on someone else's behalf.

If an individual is unable to self-refer, this may indicate the need for a crisis or clinical intervention, which we are not equipped to provide.

Crisis Information

We are not a crisis or emergency service.

If someone is at immediate risk, please refer to:

- Emergency Services (999)
- GP or Mental Health Crisis Team
- Local Safeguarding Services
- Samaritans - 116 123
- Shout - text 85258

Our work is most beneficial after the crisis, when emotional safety and stability can begin to grow.

Services and Costs

We are committed to keeping our services as accessible as possible.

Where funding allows, we offer subsidised places and free groups for those on low or no income.

- ✓ Reconnect & Regulate (8-week group): £250 per course | Subsidised: £10 per session (£80 total)
- ✓ 1:1 Trauma-Informed Support Sessions: £50 per session | Concessions available | Online or In-person available
- ✓ Creative Regulation Workshops: £30 per session | Funded places available
- ✓ Free CBT-Informed Group: Free | Sign up:

<https://apositivestart.org.uk/register-for-group-cbt/>



- ✓ Training & Consultancy: £150/hour | Invoiced to organisations
- ✓ Minimum contribution per session: £10 per 1 hour session.

We will never turn away someone ready and appropriate for support due to financial hardship.

How to Self-Refer

Clients can self-refer via our website: <https://apositivestart.org.uk/counselling-first/>

Contact: Email: info@apositivestart.org.uk

Phone: 01450 367422 (Mon-Fri, 9am-4pm)

Summary

- Adults only (18+)
- Self-referral only
- We are not a crisis service
- Subsidised and free options available
- Professionals may inform but not refer