

## strengthen the person, reconnect the community

Founded by trauma survivor Dr Ann O'Neill, **angelhands** helps people recover from extreme trauma.

Trauma turns lives upside down, and the symptoms that follow can destroy confidence and trust in others. Victims often fall out of their communities and often never come back, which is the road to long term health, employment, family and behavioural problems.

In addition to clinical and medical therapies that focus on the individual and their symptoms, **angelhands** helps people regain their strength and confidence and reconnect with their communities.

Its unique programs and support services are informed by theory and the empathy of lived experience that helps people to reflect, relearn, reconnect and redirect over time. This enables the individual to reconnect with others and rebuild the trust that has been taken from them.

**Unlike crisis care that is focused on short-term assistance, **angelhands** stays with its clients for the long run.**



Founder Dr. Ann O'Neill,  
Parliament House Presentation, Nov 2015

## angelhands support

Phone	08 9272 2242
Mobile	0416 580 090
Email	admin@angelhands.org.au
Mail	PO Box 1348, South Perth, Western Australia 6951
Web	angelhands.org.au

## other assistance

### 24 Hour Counselling

#### Crisis Care

Metro	08 9223 1111
Country	1800 199 008

#### Salvo Care Line

WA	08 9442 5777
National	1300 363 622

### Support Services

Lifeline	13 11 14
The Samaritans	13 52 47
Crisis Line	
Parents of Children in Trauma	0417 180 819
Victim Support	08 9425 2850

are you or someone you know  
struggling to overcome  
extreme trauma?



we can help.



@angelhandsinc



@angelhandsinc.au

## about our programs

### The LIFE Program

A 10 module program, LIFE has been designed to empower you to transition from an abusive relationship.

Teaching skills and tools to recognise what has happened to you, unhealthy patterns and behaviours abusers employ, and tools to avoid revictimisation. Prioritising women with children, it offers a child advocate and domestic violence legal advocate to assist with queries.

### Hope and Healing

These monthly evenings gatherings provide an opportunity to learn holistic self-care and trauma recovery therapies.

The program culminates with our tree of angels event in December which offers a preparatory ritual leading into the often challenging festive season.

### Creative Recovery Emergence Workshops

The CREW program is where Science meets Art – this new support group is facilitated by an artist with trauma training and incorporates a number of artistic techniques, with calming techniques and physical response tools.

The support group runs weekly and will complement the Hope and Healing evenings.

### From Surviving to Thriving - Weekend Retreats

angelhands unique weekend retreats take those recovering from trauma away for a weekend in a safe, nurturing environment and delivers a program designed to help you rest, reflect, reconnect and recover after trauma.

Consisting of good nutrition, gentle reflective, self-care and trust building activities, peer learning, and relaxation for those who typically have no healing time.

*"It's impossible to thank you enough for all you have done. From the small gestures... to the huge acts of kindness and caring. I have felt safe and cared for in the most touching way. I am very moved by the "kindness of strangers" and it has restored my faith in humanity. Thank you from the bottom of my heart for this opportunity to move towards healing. It has been invaluable. You are truly righteous angels and you deserve to be blessed with love and success in all your worthy endeavours. In gratitude."*

Retreat participant.

### Befriending

Befrienders are volunteer mentors trained by Dr O'Neill, to walk alongside you on your recovery journey.

Befrienders have often mastered their trauma. Typically two Befrienders volunteer to support individuals over 6 months (12-14 sessions), providing trauma, grief and systemic education, empathy and support to promote mastery of trauma symptoms, maximising daily activities and social participation.

Meeting in more casual surrounds or attending specific activities enhances capacity to trust and recover.

**for more information or to register for our programs visit [angelhands.org.au](http://angelhands.org.au) or call 08 9272 2242**

