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For years I had constantly questioned and doubted myself, at work, in relationships. My head was whirring with negative talk - 'you're not good enough, you're not capable of anything'.

The help I received from Sue Lambert Trust changed all that. It released me from spiralling. And I now know what I need to do to regain control and understand that what... happened to me didn't dictate my future.”

Support our work

Supporting Sue Lambert Trust means we can continue to provide our free specialist services to survivors of sexual abuse and sexual violence in Norfolk.

Support us with a regular donation and ensure that we can be there when someone needs us most.

www.suelamberttrust.org/donate



Donate here



Find us on



Get in touch

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➡ suelamberttrust.org

✉ info@suelamberttrust.org



Registered Charity No. 1120957



Supporting survivors of sexual abuse and sexual violence in Norfolk.

www.suelamberttrust.org

Sexual abuse and sexual violence impacts on so many areas of someone's life.

Together, we work with survivors supporting them to regain confidence, emotional and mental wellbeing and develop strategies to manage the symptoms of trauma.

We work with clients by providing guidance and establishing tools to improve self-esteem, enjoy healthy, meaningful relationships, develop trust, feel safe and further build on their resilience.



Sue Lambert Trust always aims to provide a kind, safe and supportive space to access our specialist services, including counselling, practical support, workshops, client led groups and activities.

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In the beginning, I felt lost and broken, now I feel stronger and more able to cope.

Thank you, Sue Lambert Trust, you gave me a lifeline.”

Are you a survivor looking for support?

Making the decision to reach out takes great courage. Please know we are here for you, to listen without judgement, and to support you.

After contacting us, we will arrange an initial assessment. A counsellor will talk about your needs and discuss the support we offer and what to expect.

Our aim

Our aim is to be there for everyone, but demand is always high. Please be patient with us, and know that we are here for you. You will be heard.

After an assessment, our team will offer practical support and workshops before counselling begins. We will also make you aware of other organisations and agencies that may be able to help you.

You are not alone, you will be heard, believed, and supported.

