



HERA

Healthy Empowering Relationship Advisory Service

HERA SERVICE



WHAT IS HERA?

This service is designed to support and empower young women and gender diverse individuals to make informed choices about the emotional and physical relationships that they have, and give them the confidence and emotional resilience to put them into practice.



www.salusgroup.org.uk/hera



WHO IS IT FOR?

The service is for young women, girls and gender diverse individuals aged 10-18 years who live in Kent and would benefit from some extra support to improve their well-being and develop positive relationships as a result of their life experiences. This may include sexual exploitation, coercive and abusive relationships and familial domestic abuse.

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WHY DO WE NEED IT?

We know young women, girls and gender diverse individuals who have had these experiences are at higher risk of becoming young parents, early sexualisation, sexual exploitation and entering abusive relationships.

WHAT CAN WE OFFER?

The basis of this trauma informed service is the development of a positive relationship with a trusted practitioner. From this, we will work with young people for up to 12 weeks to enhance knowledge, build resilience and promote self-efficacy.

HOW CAN I REFER?

Anyone can refer to HERA, including parents, professionals and the young person themselves. We only accept referrals with the informed consent of the young person. Please follow the link to complete the online referral form or download a copy from www.salusgroup.org.uk/hera

WHERE WILL IT BE?

We are led by the young person, so support may be 1:1 or group-based, and can be offered face-to-face, virtually or via telephone in spaces they feel most comfortable in such as home, school or community settings.



How can I find out more?

Email us on HERAService@salusgroup.org.uk or call us on **01303 817470**.

www.salusgroup.org.uk/hera