



Trauma Research UK

Information & Services



Help & Support For Your Mental Health
When Life Feels Overwhelming

Structured Mentoring Practical Tools Compassionate Guidance

When life feels overwhelming, just knowing where to turn can make all the difference.

At Trauma Research UK, we provide structured, compassionate support for individuals navigating difficult life experiences. Our entirely volunteer-led work, ensures that every resource is directed toward helping those who need it most.

Through our six-week Help & Support Programme (HASP) and a growing network of community Help Hubs, we offer accessible guidance, practical tools, and a space to feel understood.

We recognise that many of the challenges people face are natural responses to life events and with the right support, individuals can regain clarity, rebuild confidence, and begin to move forward with purpose. Whether someone is carrying the weight of the past, facing pressures in the present, or feeling uncertain about the future, our aim is simple: to ensure there is always somewhere to turn.



**No-One Has To Let A Negative Past
Dictate Their Future**

About Trauma Research UK

Whether someone is carrying the weight of past experiences, facing pressure in the present, or feeling uncertain about the future, knowing where to turn can make all the difference.

Our mission is simple: to ensure that when life feels overwhelming, people have somewhere to turn for structured and compassionate support.

Through our volunteer led mentoring services, we support individuals in exploring their experiences, understanding how these may influence their thoughts and feelings, and learning practical strategies that help them move forward in a positive direction.

We believe that many of the difficulties people face are natural responses to life experiences.

With the right guidance, understanding and practical tools, individuals can regain stability, rebuild confidence and begin to move forward.



You Are Not Alone - There Is Always Hope

The HASP

Our flagship Help And Support Programme is a structured seven-weeks mentoring experience designed to provide clarity, understanding, and practical strategies for everyday life.

Programme Format

Duration: 1 introductory session plus 6 weekly sessions

Session Length: 40 minutes

Format: Online via Zoom

Approach: One-to-one mentoring with a trained volunteer mentor

Each participant is paired with a dedicated mentor who provides consistent, empathetic support throughout the programme.

The programme focuses on helping individuals:

- Develop practical tools to manage difficult moments

- Build greater stability and confidence in everyday life

- Take positive steps toward the future

- Understand how life experiences can influence thoughts, emotions and behaviours

The focus is not on labels or diagnoses, but on understanding. We help individuals explore their experiences, recognise how these may shape thoughts and emotions, and develop a personal toolkit of practical strategies that extend far beyond the programme itself.



You are not broken

You are responding to life experiences

What Makes The Programme Effective

Several key elements make the programme effective.

One-to-One Support

A dedicated mentor provides continuity, trust, and a consistent point of guidance.

Structured Sessions

The seven week framework offers clarity and direction, allowing individuals to explore their experiences step by step.

Practical Tools

Simple, applicable strategies help individuals navigate real life challenges with greater ease.

A Focus on Understanding

Rather than asking “what is wrong,” we explore “what has happened” and how it may influence the present.

Compassionate Guidance

A non-judgemental space where individuals can reflect, learn, and move forward.

Together, these elements help people feel supported, understood, and empowered to create meaningful change.

Be Heard and Understood

The Journey

We cannot change the past, but we can shape what comes next.

Think of life like driving a car.

The rear-view mirror is small for a reason. It allows us to glance back and learn, but it is not where our focus belongs. The windscreen is wide and open, revealing the road ahead and the possibilities still to come. When attention becomes fixed on what has already happened, progress can feel difficult. When focus shifts forward, clarity and direction begin to return.

Past experiences may shape part of the journey, but they do not have to define where the road leads next.



Many people who take part in our programme describe it as a turning point in their lives. For example, Julie said....

"My mentor helped me see things from a completely different perspective. Each session gave me practical tools I could use straight away. I always finished our conversations feeling calmer and more positive about the future."

Natalie added....

"Talking to someone who listened without judgment made such a difference. The programme helped me understand my experiences better and gave me strategies that I still use today."

Community Support & Outreach

Help Hubs

Our Help Hubs bring this support into local communities, welcoming spaces where individuals can access guidance, connection, and practical resources.

When life feels difficult, it is often not the absence of strength that holds people back, but the absence of direction. Help Hubs provide a place to pause, reflect, and begin again with the support of trained volunteers.

At a Help Hub, individuals can:

- Speak with a trained volunteer in a supportive environment
- Learn practical tools to help manage overwhelming moments
- Access information about our Help & Support Programme
- Connect with a community that understands

Help Hubs are designed to bring accessible support into local communities, ensuring that people have somewhere safe to turn when they need guidance and understanding.

Community Wellbeing Talks

We deliver concise, engaging talks for community groups, workplaces, and organisations, exploring how life experiences influence the mind's response to stress, anxiety, and fear.

These sessions provide clear insight into why we think and feel the way we do, alongside simple, practical strategies to help interrupt unhelpful patterns and develop a sustainable, personal toolkit for wellbeing.

**Support In The Community,
When And Where It's Needed Most**

How To Get Involved

Everything we do at Trauma Research UK is made possible by the generosity of people who believe in our mission.

Trauma Research UK is run entirely by volunteers, right from our CEO right down to our mentors, ensuring that every pound raised goes directly toward supporting those who need it most.

Become a Member

For a one-time fee of £30, members gain access to our one-to-one mentoring service and ongoing support and resources for one year.

Fundraise or Donate

Your support helps us continue providing mentoring and essential services to people who need it most.

Join Our Events

We host fundraising events throughout the year, including our annual Charity Ball.

Corporate Sponsorship & Partnerships

We welcome partnerships with organisations that want to support mental well-being and community resilience.

Legacy Donations

Leaving a gift in your will is a powerful way to support future generations who may need guidance and support during difficult moments in life.



Small Acts Of Support Create A Powerful Ripple Effect

Get In Touch

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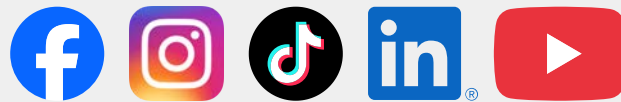
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