

Sahil



Sahil
Har Bacha Mehfooz - Safe, Secure and Protected

Jeet Healing Center (JHC) for Counseling

Free Services

- Counseling
- Psychotherapy
- Alternate Healing

For all psychological issues
including trauma of
child sexual abuse



Sahil PCP Certified

Sahil's Vision

Har Bacha Mehfooz –
Safe, Secure and Protected

Sahil's Mission

To develop a protective environment for
children free from all forms of violence
especially child sexual abuse

Sahil work involves:

- Research and publication
- Awareness raising
- Advocacy on child rights and protection
- Teacher - training
- Crisis intervention
- Free legal aid for child sexual abuse victims
- Free counseling services
- Helpline
- Website

*Sahil is registered with the
Voluntary Social Welfare Agencies
(registration and control) Ordinance, 1961*

Registration No: VSWA/ICT/270

What is counseling?

Counseling is a support process in which
a person can be helped to:

- Solve a personal problem
- Improve emotional issues
- Manage and improve behaviors
- Learn and improve problem solving skills
- Make their own decisions
- Develop positive thinking

Addressing Trauma of Abuse

Sessions:

- Reducing feelings of guilt and anger
- Making assure that getting abused was not the victim's fault
- Gaining self confidence and self esteem
- Returning to normal routine
- Learning self protection techniques
- Improving relationships

Identify the Indicators of Abuse

Take notice if your child has:

- Decreased interest in daily activities
- Unexplained aches and pains
- Changes in sleep patterns and appetite
- Sudden change in behaviors
- Isolation
- Unusual sadness, irritability and restlessness
- Aggressive behavior
- Fears and phobias
- Inappropriate sexual behaviors or knowledge
- Self injurious behaviors
- Suicidal thoughts

*If you think
these symptoms are present
in your child*

Please Contact Us Immediately

Jeet Healing Centre Free Counseling Services

1. In-person Counseling:

At Jeet Healing Center, our trained psychologists are there to help you

2. Telephonic Counseling:

For your convenience, telephonic counseling is also offered

3. Email Counseling:

You can send your concerns by e-mail at any time

4. Out Reach Counseling:

Specifically for the victims of child sexual abuse

*Confidentiality is strictly
maintained*

Toll Free Line: 0800 -13518



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Jeet Healing Centre, Islamabad

No 13, First Floor, Al-Babar Centre, F-8 Markaz, Islamabad
Direct Help Line: 92-51-2850574
Phone: 92-51-2260636, 92-51-2856950
jeet@sahil.org

Jeet Healing Centre, Sukkur

House: B-62, Street # 2,
Sindhi Muslim Housing Society, Airport Road, Sukkur
Phone: 92-71-5633615
jeet_suk@sahil.org

Jeet Healing Centre, Jaffarabad

Khosa Muhalla, Near Civil Hospital,
Dera Allah Yar, Jaffarabad
Phone: 0838-510912
jeet_jfd@sahil.org

Jeet Healing Centre, Lahore

House : 686-C, Faisal Town, Lahore
Phone: 92-42-35165357
jeet_lhr@sahil.org

Jeet Healing Centre, Abbotabad

Makhdoom Colony, Nari Road Mandian,
Purana Ayub Medical College, Abbotabad
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