

(Back Cover)

The Rape and Sexual Abuse Counselling Centre (Darlington & Co Durham) is a registered charity. The service provided is staffed solely by specially trained volunteer counsellors and telephone support workers. Our counsellors are professionally qualified and adhere to BACP ethical guidelines.

This Leaflet is also available in the following languages and in Braille on request

অনুরোধ করা হলে এই পত্রিকা নিম্নোক্ত ভাষায় পাওয়া যায়

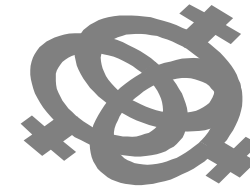
您可要求獲得此宣傳冊的以下語言版本

Ta ulotka, na życzenie, dostępna jest również w innych wersjach językowych.

ਤੁਹਾਡੀ ਬੇਨਤੀ ਤੇ ਇਹ ਲੀਫਲੈਟ ਹੇਠਾਂ ਦਿੱਤੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਉਪਲਬਧ ਹੈ।

The Centre is funded by The Northern Rock Foundation, EHRC, Lankelly Chase , Lloyds TSB amongst other generous contributors

The Centre



A Free & Confidential service for women and girls who have experienced any form of sexual violence; Support-line and referral 01325 369933



REGISTERED CHARITY NUMBER: 1026288

Page 1 **Counselling**

Experiencing any form of sexual violence/abuse or domestic abuse can be extremely traumatic, frightening and humiliating. Many girls and women experience great difficulty in living with the impacting consequences of violence and abuse on their lives in terms of their emotional and mental wellbeing.

The Centre offers a safe place; understanding and acceptance where Clients are given the opportunity to work through their feelings at their own pace away from the distraction of day to day life that can sometimes interfere with the healing process.

Above all counselling seeks to promote trust, understanding and personal empowerment.

How to contact us

[Telephone Support Line and Referral 01325 369933](tel:01325369933)

[Enquiries 01325 354119](tel:01325354119)

Email rsacc.dton@virgin.net

Calls to the support line: - An answer phone is available when the line is closed. Confidentiality: - If we are unable to speak to you directly we will not leave a message to say that we have called unless you tell us it is safe to do so.

Page 2 **We offer**

- ↪ **A free and confidential service**
- ↪ **A telephone support line**
- ↪ **Face to face counselling**
- ↪ **Regular telephone counselling**
- ↪ **Guidance, support or counselling to those who are supporting an individual who has been raped or abused.**
- ↪ **External training**
- ↪ **Counselling is available in our Darlington Centre and our rooms in Durham; outreach in other areas may be available please ask.**

The Centre is working hard to ensure fair and equal access to its counselling and support service. Please contact us to discuss your needs in confidence. We will endeavour to respond by making any necessary and reasonable adjustments we can to ensure we are able to accommodate your individual needs. We are always happy to work with those who are able to advise us on the matter of accessibility or in addressing any gaps in our service.

