

**How to contact us:**

**Business & Enquiries:  
01325 354119**

**Telephone Support Line:  
01325 369933**

**Email [rsacc.dton@virgin.net](mailto:rsacc.dton@virgin.net)**

Calls to the support line: -  
An answer phone is available when the line is closed. If you feel able to leave your name and contact number, we will return your call as soon as possible.

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.

**By post:  
RSACC  
PO BOX 106  
Darlington  
DL3 7YS**

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.

The Centre is funded by The Northern Rock Foundation, Lankelly Chase, Lloyds TSB and County Durham Foundation amongst other generous contributors.

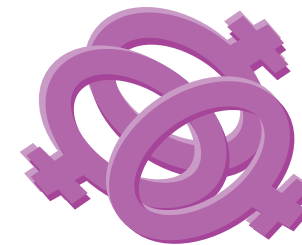
*The Centre*



INFORMATION ABOUT  
COUNSELLING

Charity Address  
PO BOX 106, Darlington DL3 7YS  
Business line 01325 354119  
Email [rsacc.dton@virgin.net](mailto:rsacc.dton@virgin.net)  
[www.rsacc-thecentre.org.uk](http://www.rsacc-thecentre.org.uk)  
[ Answer phone out of hours  
for support and business line ]

*The Centre*



**RAPE & SEXUAL ABUSE  
COUNSELLING CENTRE**  
(Darlington & County Durham)



**The Queen's Award  
for Voluntary Service**

A service for women and girls who have experienced any form of sexual violence

Charity No. 1026288

## 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.

## Face to face counselling

Counselling is by appointment and sessions are available both during the day and on an evening.

## Referral

Clients can self refer on  
**01325 369933.**

Third party referrals are accepted on a discretionary basis please contact the Centre Manager on  
**01325 354119**

## What we offer

- **A free and confidential service**
- **A telephone support line**
- **Face to face counselling**
- **Support group for adult survivors of childhood sexual abuse.**
- **Regular telephone counselling**
- **Guidance, support or counselling to those who are supporting and individual who has been raped or abused.**
- **External training**
- **Out Reach for Chester-le- Street & Durham may be available please ask.**

## Additional Information

The Centre is a service provided for women and girls by women. Most importantly, our aim is to offer girls and women, who seek our support, a 'women-only, safe place' where they are able to feel as comfortable as possible. To ensure that this is the experience of all our clients we are unable to accommodate men in the Centre. We thank you for your understanding of this.

**Supporting a survivor of sexual violence** can raise concerns in all of us as to how best to do this. It can be especially difficult if the person doing the support is having to deal with their own difficult emotions and feelings about what has happened. The Centre is able to offer some guidance, support or counselling to family members, friends or workers who find themselves in this situation.

We do understand that male family members, friends or workers often find themselves in a position of supporting or wanting to support a girl or woman who has experienced rape or sexual abuse and where this is the case we are able to offer guidance and support over the telephone.

To access this support you can contact our helpline on **01325 369933** Monday to Thursday evening from around 6.30 till 9pm or you can email us on **rsacc.dton@virgin.net**