

How to get in touch with RSACC

You can refer yourself for counselling by calling us on **01325 354119**.

You can also email us:

info@rsacc-thecentre.org.uk

Or write to us:

RSACC
PO Box 106
Darlington
DL3 7YS

Our local helpline is **free and confidential**. It is staffed by trained women who are there to listen and support. **Call us on 01325 369933** Monday – Thursday, 6.30pm – 9.00pm.

You can find more information about our services or how to become a volunteer or supporter at www.rsacc-thecentre.org.uk or by calling our business line during office hours **01325 354119**.

Counselling



RSACC ♀
Rape and Sexual Abuse Counselling Centre
Darlington and County Durham

For women who need
to talk to someone about
rape or sexual abuse

Who We Are

Hello we are RSACC, a charity run by and for women. We work to end rape and sexual violence by supporting and empowering women and girls in Darlington and County Durham.

We offer free, safe support to all women 13 and above who have experienced any form of sexual abuse at any time in their lives.

If you need to talk to someone in confidence about sexual abuse, we are here for you.



Free Confidential Counselling

Counselling is one of the main ways we support and empower women who may be experiencing difficulty in coming to terms with what has happened to them. Our friendly team of trained counsellors offer their non-judgmental support, time and understanding to work through women's feelings at a pace and time which suits them.

They can help women perceive difficulties more clearly or from a different perspective to help reduce confusion and empower.

Women who have experienced sexual violence may not feel like talking to anyone at first but our counselling is available to any woman no matter when the events took place.

We review each case individually but usually recommend an initial 20 week course of counselling sessions which last one hour each with regular review points throughout the process.

Any woman or girl can refer herself for free, confidential counselling at RSACC.

