

Confidential Helpline



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

Who We Are

RSACC is 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 girls and women 13 and above who have experienced any form of sexual abuse at any time in their lives.



**Our
telephone
Helpline
0300 222 5730**

**Monday – Thursday
– check our social media for times.**

Our anonymous and confidential Helpline provides a safe space for anyone who has been directly or indirectly affected by sexual violence, abuse or domestic violence. This includes family or friends who can call us to better understand how we help survivors. We can also support them too.

If you call our local Helpline you will be supported by trained women who are there to listen and support without judgement. As well as emotional support, they will be able to explore what practical support might be available to you and what your options might be. But it is totally up to you to choose what might happen next. Calls can last up to an hour, but you can call as many times as you need.

Our callers tell us that having a friendly, understanding and reassuring person to talk to can help them.

Calls to our Helpline are anonymous unless the caller chooses to identify themselves. Conversations are not recorded.

How to get in touch

As well as our Helpline,
you can also email us:
info@rsacc-thecentre.org.uk

Or write to us:

RSACC
PO Box 106
Darlington
DL3 7YS

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**.

Charity Number: 1164121



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