

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 **confidential and anonymous**. Trained and experienced women are there to listen and support sexual or domestic violence survivors. **Call us on 0300 222 5730**. Check our social media for our Helpline opening times.

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

Rev2-Sept2021

**For survivors 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 survivors 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 survivors 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 survivors feelings at a pace and time which suits them.

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

Survivors who have experienced sexual violence may not feel like talking to anyone at first but our counselling is available to anyone, 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 survivor can refer herself for free, confidential counselling at RSACC.

