

Counselling



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

Who We Are

RSACC is a feminist, women led charity working to end rape and sexual violence by supporting and empowering survivors across Darlington and County Durham.

We offer free, safe support to survivors 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 and expert 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 assess each case on an individual basis and usually recommend a course of counselling for up to 20 weeks. Sessions would be weekly, lasting for 50-60 mins each with regular reviews points throughout the process.

Any survivor can refer themselves for free, confidential counselling at RSACC.



How to get in touch with RSACC

You can refer yourself for our ISVA service and /or counselling by calling us on **01325 354119**.

Our local, confidential Emotional Support Line is available on 0300 222 5730. Our Support Line is staffed by trained women who are there to listen and support. For opening hours please check our website: Emotional Support Line - RSACC (rsacc-thecentre.org.uk).

We also have a confidential Emotional Support Email, where you can contact us for support and signposting. You will receive a response in up to 7 days. Email on support@rsacc-thecentre.org.uk.

If you have a general enquiry 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