

Need to Talk?

- Your emotional support options



For all survivors, and those who support them, who need to talk anonymously to someone about sexual violence

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

Our Emotional Support Email

support@rsacc-thecentre.org.uk

Our anonymous and confidential emotional support services provide a safe space for anyone who has been affected by any type of sexual violence. It is also for friends and family members.

It is entirely up to you how much or little you want to share. Our trained volunteers are there to listen and support without judgement. We may be able to help you explore options, but we will never tell you what to do.

Phone calls to our **Emotional Support Line** can last up to a maximum of one hour. Call us on **0300 222 5730**. Check our social media for days and times.

Contact with our **Emotional Support Email** is confidential and emails are responded to within 7 days. Email us at support@rsacc-thecentre.org.uk

From Survivors who have used our services

“It has helped to talk - thank you for listening”

“It’s good to talk to someone who isn’t just going to tell me what to do or get upset”

For more information about these services please visit our website: www.rsacc-thecentre.org.uk/emotionalsupportservices



How to get in touch

As well as our **Emotional Support Line** and **Emotional Support Email**, 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