

Children and young people support services



**For children, young people
and parents/carers who have
experienced sexual violence**

Who We Are

We are a feminist, women led charity working to end rape and sexual violence by supporting and empowering survivors across Darlington and County Durham. If you need to talk to someone in confidence about sexual abuse, we are here for you.



We provide a range of services to people of all genders and have specialist support for children, young people and parents/carers.



Counselling Service

Our counselling service offers free, safe and specialist support to survivors aged 13-17 years who have experienced any form of sexual violence or abuse. Counselling support is also available for adults who care for young people who have been affected by sexual violence. We offer 20 sessions that respond to meet your individual needs, and can be provided in person, by video call or over the phone.

Advocacy Service

Our Advocacy service have a specialist Independent Sexual Violence Adviser (ISVA) that offers support to children and young people aged 13+. They offer a safe space for you to have someone to talk with and make sure your voice is heard.

If you choose to report to the police or have an ongoing police investigation they can support you, explain what to expect and help you to get updates from the police.

They can also offer practical support around things like school and college, and coping with what has happened.

The Keystone Project - for parents/carers

We also provide a service for parents or those with caring responsibilities for children who have experienced sexual violence. The Keystone Project consists of 2 initial counselling sessions, 6 group work sessions, and 2 final counselling sessions.

The purpose is to provide support and space for parents to explore their feelings, access peer support from others who have been through something similar, and to develop an understanding of the potential impact of sexual violence.

To refer yourself to any of these services, please call our office on 01325 354 119 during business hours.

Emotional Support Services

We also run an emotional support phone line and emotional support email service available to anyone aged 13+ who has experienced sexual violence, or who is supporting a survivor. Both services are anonymous and confidential.

More information about all of our services is available on our website: www.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



Charity Number: 1164121

