

## How to refer to us

Survivors can get in touch to talk about our services themselves, or through any organisation that is supporting them. We have a short basic referral form for organisations wishing to refer to us.

## What else we do

### Training & Awareness-raising

We offer training, workshops and talks for organisations who want to increase their knowledge of the issues around sexual violence, who want to improve their responses to survivors, or who are interested in the Rape Crisis movement. We can also deliver talks to school and community groups on issues including consent and myth-busting.

### Volunteering

We offer a range of volunteering opportunities for women wishing to work with or for survivors of sexual violence and abuse. We provide full training, supervision and support.

## Get in Touch

**Office enquiries** (main office number, office hours) **01473 231200**

### Email

#### Counselling enquiries

[counselling@suffolkrapecrisis.org.uk](mailto:counselling@suffolkrapecrisis.org.uk)

#### Volunteering enquiries

[volunteercoordinator@suffolkrapecrisis.org.uk](mailto:volunteercoordinator@suffolkrapecrisis.org.uk)

#### General enquiries

[admin@suffolkrapecrisis.org.uk](mailto:admin@suffolkrapecrisis.org.uk)

We receive funding from the following:



SUFFOLK  
Community  
Foundation

LLOYDS BANK FOUNDATION  
England & Wales



*Making Suffolk a safer place to live, work, travel and invest*

Suffolk Rape Crisis is a Registered Charity. Our Charity Commission number is 1137355



## Supporting women & girl survivors of sexual violence

### Confidential face to face and telephone support

### Information for Professionals & Community Groups

listening, believing and supporting women and girls

## Who we are

Suffolk Rape Crisis is an independent charity. We provide safe, specialist, non-judgemental support to women and girls who have experienced recent or historic rape, sexual abuse, unwanted sex or any other form of sexual violence.

## What is Sexual Violence?

*Sexual violence is defined as: any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic, or otherwise directed, against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting, including but not limited to home and work. (Krug et al, 2002)*

This can include (not an exhaustive list):

- Rape (including date rape and drug rape)
- Childhood sexual abuse
- Sexual assault
- Unwanted sex and/or sexual contact in a relationship
- Sexual exploitation
- Sexual harassment & groping
- Ritual abuse
- Honour-based violence
- Forced marriage
- Female genital mutilation
- Trafficking
- Incest

## How we help

We provide free, confidential support services for women and girls, both face to face and over the telephone. When they contact us they will only ever speak to and/or meet with a woman. Our services include:



**Face to face counselling** – We offer free counselling for up to 6 months for women and girls who have experienced any kind of sexual violence. We can see clients in our women only centre in Ipswich or at other venues in Bury St. Edmunds and Lowestoft.



We offer specialist **'Pre Trial Therapy'** counselling if she is going through the Criminal Justice System.

Our counsellors are fully qualified, registered with either BACP/UKCP and are experienced in working with survivors of sexual violence.



**Telephone helpline** – Open 7-9pm every Tuesday and Thursday. Our free helpline provides support and

information for women and girls who have experienced any form of sexual violence or abuse. Staffed by our specialist trained volunteers, we aim to give women and girls a space to talk about their experiences at their own pace.

## Who we help

Women and girls aged 14 and over of all backgrounds, identities and experiences who live, work or study in Suffolk can contact us – they don't have to be 'in crisis' to call.

We also offer telephone assistance to anyone, male or female, who is supporting a survivor – family, friends or professionals, and can signpost male survivors to specialist services.

**Regardless of if they have reported to the Police or not, we are here to support survivors.**

*"I got more out of the Rape Crisis Centre than I could ever have imagined, I am now so very much proud of myself and content with my life"*