

HELPLINE

01382 201291

Women are always available, at the following times, to offer support and give information.

Monday 12pm - 2pm
Tuesday 10am - 12pm
Wednesday 7pm - 9pm
Thursday 2pm - 4pm
Friday 7pm - 9pm

24 Hour Answering Machine

At any other time, messages can be left and will be returned discreetly, as soon as possible.

ONE TO ONE SUPPORT

Alternatively, an appointment can be made, for day, evening or weekends, to meet, and speak with a worker at the Centre.

Sessions usually last about an hour and we can provide reasonable travel and childcare costs.

SUPPORT BY LETTER

You can access support by letter. A support worker from the Centre can write discreetly on a regular basis.

SUPPORT GROUPS

The Centre runs support groups for survivors. If you would like to join a support group contact the Centre for more details.

LEAFLETS AVAILABLE

Sexual harassment at work.
Information for family and friends of survivors.
Information for women who want to volunteer.
Information on the police and courts.
Information for survivors of rape or sexual assault.
Information for adult survivors of child sexual abuse.
Information on ritual abuse for survivors and supporters.
Information for workers.
Resources and contacts list.
Survivors and Self-harm - Self-injury.
Survivors and Flashbacks.
W.R.A.S.A.C Service information.

HOW TO CONTACT US

Women's Rape and Sexual Abuse Centre
PO Box 83
Dundee
DD1 1YN

Helpline (01382) 201291
Text-phone (01382) 226936

Monday 12pm - 2pm
Tuesday 10am – 12pm
Wednesday and Friday 7pm - 9pm
Thursday 2pm – 4pm

Answering machine all other times

Business line: (01382) 205556
Email: wrasac@btconnect.com

WOMEN'S RAPE AND SEXUAL ABUSE CENTRE

A free and confidential service

**SUPPORT AND INFORMATION
FOR WOMEN, YOUNG WOMEN
AND GIRLS WHO HAVE BEEN
RAPED OR SEXUALLY ABUSED
AT ANYTIME IN THEIR LIVES.**

W.R.A.S.A.C

is a women's collective involved in running a Centre offering support to women and girls who have been raped or in any way sexually assaulted at some time in their lives.

The Centre offers a comprehensive service, including support and information on legal and medical issues arising from rape or sexual assault. You can get in touch with the Centre by phoning or writing. All contact with the Centre is confidential.

The centre seeks to raise awareness in the community, work towards challenging and changing the attitudes that allow women and girls to be abused. Rape & sexual abuse are currently part and parcel of societies' attitude to women & girls.

No one deserves to be raped or sexually abused. All women, young women and girls, no matter who or where they are, are at risk, and the legal system, as it is now, offers no real protection.

Many changes need to be made so that women are safe from this threat and the centre is part of that campaign for change.

NO-ONE DESERVES TO BE ABUSED MYTHS AND FACTS

Any woman or girl can be raped or sexually abused. There is no particular type of woman who is abused, women of all ages, cultures and backgrounds can be, and are, sexually abused.

Many people believe that most abuse happens outside, at night and is by strangers. **This is not true!**

Our statistics show that most women are abused, either in their own home, or in the home of the abuser.

The abuser/s are usually known to the person. They may be husbands, boyfriends, friends, neighbours, a father, mother or other family member. Occasionally an abuser is a stranger.

Rape and sexual abuse are crimes of power and violence. Women and children should be free to live their lives without fear of violence and abuse and we should feel free to speak about our experiences if we wish to someone we trust.

The survivor is **never** to blame for the abuse. The abuser is always the one to blame for the abuse.

Women should be able to wear what they want, live their lives fully without the fear of rape or sexual abuse.

'NO' MEANS 'NO'

WHAT WE OFFER

Non-directive support at a time to suit by phone, or one to one. We can also provide support by letter.

- Support groups for survivors.
- Relaxation room for service users.
- Practical support to access other agencies.
- Support through Police and Court procedures.
- Signers & Translators available on request.
- Free pregnancy testing
- Books and information that can be borrowed. (There may a charge for agencies to access this service.
- Awareness raising workshops in the community.
- Training for agencies in the statutory and voluntary sector on issues relating to rape and sexual abuse. There is a charge for this service.
- Training for women who want to volunteer.
- Support and information for friends, relatives or agencies supporting survivors.