

What can the RCS Helpline do for me?

- The RCS Helpline is a free and confidential service offering short term support and information.
- RCS recognises how difficult it can be to talk about sexual violence, the Helpline is a safe space to help you find the words.
- RCS support is tailored to each callers particular experience/s.
- We understand and respect the effects that sexual violence can have.
- We understand and respect the many ways that survivors of sexual violence find to cope with their experience/s.
- We are not here to judge and will never blame you.
- RCS Helpline is not able to offer long term or in-person support, but if you would like this we are able to put you in touch with local Rape Crisis Centres or other projects that can support you.
- RCS Helpline has a wide range of self help support resources available on request or downloadable at www.rapecrisisscotland.org.uk

How can I get in touch?

- The RCS Helpline is open every day between 6pm and 12 midnight.
- The RCS Helpline has a free phone number so you will not be charged. **08088 01 03 02**
- The RCS Helpline has a withheld number so it will not show up on your phone bill.
- If you are deaf or hard of hearing RCS has a Deaf Access service every Tuesday 1.30 – 5pm. Full details on www.rapecrisisscotland.org.uk
- If English is not your first language, RCS is able to organise for a telephone interpreter. We can also arrange for information to be translated on request.
- If you require information on audio tape or Braille, we can arrange for this on request.
- If you are under 13yrs old, please contact Childline free on **0800 1111** or at www.childline.org.uk



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RAPE CRISIS SCOTLAND

HELPLINE

08088 01 03 02

Deaf access service: Tuesdays 1.30 – 5pm

LGBTI badging service:

Mondays and Thursdays 7pm – 12 midnight

open daily: 6pm – 12 midnight

E: support@rapecrisisscotland.org.uk

working to end sexual violence