



# Offering support to anyone who has experienced any form of sexual violence

Canolfan Gefnogaeth  
Trais a Cham-drin Rhywiol  
Gogledd Cymru  
Rape & Sexual  
Abuse Support Centre  
North Wales

## About Us

We are a registered charity, founded in 1983, that provides specialist support to people across North Wales. Our services are confidential, with a couple of exceptions including where the protection and safeguarding of children and vulnerable people is involved.

Our head office is in Bangor and we offer our services from a variety of venues across the six counties of North Wales. We try to meet with you as close to where you live as possible.

All of our services are free of charge.

## Who can we support?

We provide support and counselling services to anyone aged 13 and over who has experienced any kind of sexual violence, whether this happened recently or a long time ago. We also support partners and family members.

We also have specialist play therapy and counselling for children and young people from the age of 3 to 19 who have experienced any form of sexual violence.

## Ways in which we can help

People ask for support about a range of issues including child sexual abuse, sexual exploitation, organised abuse, sexual assault and rape, whether recent or in the past.

If you need to talk to someone, we will listen to you and believe you. We will not make judgements about you or the ways that you have coped. We will not tell you what to do.

We hope to provide a safe environment for you to explore how you feel, and to make your own choices about the way forward.

## Services we provide

**Counselling:** If you have experienced any form of sexual violence we can provide one to one counselling.

We can also provide pre-trial therapy, which follows specific guidelines from the Crown Prosecution Service.

**Practical Support:** A support worker is available to provide information or to assist you, for example accompanying you to a police station, court, clinic or hospital.

**Helpline:** There is a helpline available in Wales which is staffed by trained support staff and is available at any time of the night or day on **0808 80 10 800**.

**Community Education:** We offer free awareness-raising sessions to groups who would like to know more.

**Information:** We have various fact sheets on different aspects of sexual violence and its' after effects.

**Information and Signposting:** We can help with access to other services such as the Independent Sexual Violence Advocacy Service that advises and offers support about going through the criminal justice process.

## What happens next?

We can be contacted by telephone, letter or email in the first instance.

We can then make an appointment for you to meet with one of our workers to work out how best to support you. It is ok to bring someone to that first meeting if you would like to.



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