

Rape & Sexual Abuse Support Centre North Wales

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Charity Number: 1057159



Providing specialist support and intervention to children and adults in North Wales that have experienced any form of child sexual abuse and/or sexual violence

About Us

We are a registered charity providing specialist support to children (3+) and adults across North Wales who have experienced any form of child sexual abuse, sexual abuse/violence and/or rape, whether this happened recently or in the past.

We also support partners and family members.

We use a Trauma Informed integrative approach, meaning that our services are bespoke and tailored to meet the individual needs of each client accessing our services. We have expertise in a variety of different therapeutic approaches from person centred, Walk and Talk Therapy, Rewind Therapy, Mindfulness, CBT, Play Therapy to name a few.

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

Our services are confidential, free of charge and are available across the six counties of North Wales both face to face and remotely.

What happens next?

We can be contacted by telephone, online, letter or email.

We can then make an appointment for you to meet with one of our workers to work out how best to support you.

We will then make arrangements for you to bring someone to that first meeting if you would like to.

Services we provide

Counselling: Trauma informed specialist counselling delivered remotely or face to face across all of North Wales

Group Programmes: We have a variety of therapeutic support group programmes delivered throughout the year across North Wales.

ISVA Support: We have an internal ISVA service that can provide you with emotional and practical support and offer tailored support to meet your needs.

Online Support: A variety of different online resources to support you.

Women only spaces available upon request. for the above

Holding Service: A dedicated SV specialist that can provide you with weekly emotional telephone support until you start your counselling sessions.

Live Fear Free Helpline is available on 0808 80 10 800 day or night.

Community Education: We offer a variety of 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 SARC, Mental Health, Social Services etc..

