

Who we work with...

We support women of any age and young people who are between the ages of 12-18 years old who have been sexually abused.

It doesn't matter who you are, what you look like, where you are from, or when you were abused, we can help you.

We can also support family and partners to understand how things might be difficult for you, how you might be feeling, how they can help you and look after themselves.

We support professionals, like teachers, nurses and youth workers who help people who have been sexually abused.

Frequently Asked Questions About Support

WHAT IF I DON'T LIKE SUPPORT AFTER I START?

You decide if you want to come for support or not. You can stop for any reason, and you don't have to tell us why. Sometimes you might find you are too busy with work or family to come for support. This is okay and you can always come back when you have more time and feel ready.

We Listen, Believe and Support



RASAC P&K Helpline:

01738 630965

If you would like to speak to us; give us a call, leave your contact number and a message and we will call you back as soon as possible. We do not store your contact details past calling you back. You do not have to leave your real name if you do not want to.



Support Email:

Support@rasacpk.org.uk



Rape Crisis Scotland Helpline:

08088 01 03 02 (Free-phone)

07537 410 027 (Text)

support@rapecrisisscotland.org.uk

The Rape Crisis Scotland helpline offers free and confidential initial and crisis support and information to anyone who has experienced sexual violence at any time of their life, as well as their family, friends and workers. Open daily from 5pm – 12 midnight.



RASAC P&K Business Contacts:

info@rasacpk.org.uk

01738 626290



Address:

RASAC P&K
16 King Street
Perth
PH2 8JA



Website:

www.rasacpk.org.uk



ALL ABOUT OUR Support Services (Easy Read Format)



The Rape and Sexual Abuse Centre (Perth & Kinross) is a: Company Limited by Guarantee (no SC389959) and a Registered Scottish Charity (no SC037982)

WORKING TOGETHER TO END SEXUAL VIOLENCE

What is Support?

Sometimes sexual things might have happened that you feel confused about. Sometimes these things might be difficult to think about.

Support, is talking with a Support Worker about these things and finding ways to make it feel better. You only talk about what you want to talk about and our service is free.

We can support you by talking to you in our centre or somewhere else you feel safe or on the phone, online, email or by texting.

You can call the Helpline for a chat when things feel too much.

You can also see your support worker for weekly chats if that is what you need.

We can help if you want to talk to the police about what happened to you or if you need to go to court.

We can also help your family or partner understand how things might be difficult for you and how they can help you and look after themselves.

If you would like to talk to us, or have any questions, you can call our helpline or email us. We are here for you.

Frequently Asked Questions About Support

WHEN I HAVE TRIED TO TELL PEOPLE WHAT HAPPENED TO ME THEY DON'T UNDERSTAND. HOW DO I KNOW YOU WILL UNDERSTAND?

All of our Support Workers have lots of learning around sexual abuse and a very good understanding about how it can make someone feel. We will never think bad things about you and we will always believe you.

What is Sexual Violence?

Sexual violence is when someone does something to you that is sexual and;

- You do not want them to do that,
- It makes you feel uncomfortable,
- You are not able to tell them to stop,
- You don't understand what is happening,
- Or you are too young for these things to happen to you.

This is sexual abuse and it is against the law.

We can help you understand what sexual violence is and what this means to you. We can also help you understand the law and your rights to say no when you don't want anything sexual to happen to you.

Sexual abuse is never your fault and we are here to listen to you, believe you and support you.

Confidentiality...

Confidentiality means that when we can, we will not tell other people what you have told us. We will keep your information safe.

If we are very worried about you or someone else, we might speak to a professional but we will try to tell you before we do this.

If you have any questions about our confidentiality, you can ask us anytime.

Frequently Asked Questions About Support

DO I HAVE TO TALK ABOUT WHAT HAPPENED TO ME?

No you do not have to tell us what happened to you. Some people find it helpful to talk about what happened some don't. Support is about what is happening in your life right now and how we can help make it better.

To find out more about what we do visit our website
www.rasacpk.org.uk