

## Who we work with...

### Survivors

We provide support for women and transwomen and all young people between the age of 12-18 who have experienced sexual violence in any form, at any time in their lives.

### Family and Friends

We recognise that family members and friends can play an important role in supporting recovery and healing. Our services offer individual support to family and friends if they know someone who has been affected by sexual violence. We also provide support for families through our dedicated Young People and Families Support Service.

### Professionals

We offer practical information and emotional support to workers who are supporting people who are affected by sexual violence. We will not ask for the survivors details. We also have a resource library which can be accessed by appointment.

Professionals we work with include; social workers, teachers, health care professionals, police, youth workers and volunteers supporting social justice organisations.

### Frequently Asked Questions About Support

WHAT IF I DON'T THINK SUPPORT IS FOR ME AFTER I START?

As we are a person-centred service, you make your choices every step of the way. If you decide you want to stop support for any reason, we will respect your wishes. This can happen for many reasons; home life is too busy, talking about it feels overwhelming just now, you are focusing on work. However, you can re-refer at any time in the future if you feel that you are ready.



### 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](mailto:Support@rasacpk.org.uk)



### Rape Crisis Scotland Helpline:

08088 01 03 02 ( Free-phone)

07537 410 027 ( Text)

[support@rapecrisisscotland.org.uk](mailto: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](mailto:info@rasacpk.org.uk)

01738 626290



### Address:

RASAC P&K  
16 King Street  
Perth  
PH2 8JA



### Website:

[www.rasacpk.org.uk](http://www.rasacpk.org.uk)



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



ALL ABOUT OUR  
**Support Services**

WORKING TOGETHER TO END SEXUAL VIOLENCE

## What is Support?

Sometimes when you, or someone you care about, has experienced a traumatic and/or confusing sexual experience it can be difficult to think about, and process, what happened.

Support is a safe space for you to talk freely about these feelings and thoughts without being judged. You are in control of what the session focuses on and what feelings are discussed. This is at your pace, free and confidential.

## Types of Support...

We can provide support in person at either the Centre or in another place you feel safe, on the phone, online video, email, text and even letter.

You can also use the RASAC P&K Helpline anytime you need. If you would like to speak to us; give us a call, leave your contact number, and we will call you back as soon as possible. You do not have to leave your real name if you do not want to.

### Crisis Support

Short term, support to those who feel they are unable to cope with their current situation. The aim is to help reduce the immediate crisis and find ways of coping.

### Therapeutic Support

Longer term support allows to focus on an area which you would like to explore, it can also include looking at coping strategies, and memory work but everyone will have their own unique needs and experience of Support.

### Justice Advocacy

Support and information for survivors 16yrs+ who have reported, or are considering reporting to Police and/or are engaged with the court process. Deciding to report is an individual choice and we will respect whatever decision you have made. We will not contact the Police without your consent (unless a child or vulnerable adult is at risk).

### Other Services

In addition we deliver a range of Wellbeing, Therapeutic, and Creative Groups as well as a Befriending service.

### Frequently Asked Questions About Support

WHEN I TELL PEOPLE WHAT HAPPENED TO ME, THEY CAN'T HANDLE IT. HOW DO I KNOW I CAN TRUST YOU WITH MY STORY??

All our support team have had extensive training in understanding sexual violence, in all its forms, before they ever provide any support. We never make judgement of your life experiences, coping strategies and the choices you make. You are the expert in the room when it comes to your life and we are here to listen, believe and support.

## What is Sexual Violence?

Sexual violence is a violation of someone's right to fully consent to sexual activity/contact.

Sexual violence and abuse can include Childhood Sexual Abuse, Child Sexual Exploitation, Rape and Sexual Assault, Sexual Harassment, Stalking and much more.

Sexual violence can be considered as 'contact' or 'non-contact'. Contact abuse is when physical contact has taken place such as in rape or sexual assault. Non-contact abuse involves non-touching activities such as online abuse/grooming/stalking.

Something might have happened to you, and you might not be sure if it was sexual violence. We can support you to understand what this means to you, what consent is, as well as the law and your rights.

No one is ever to blame for being abused or harmed in anyway. **Responsibility for sexual violence always lies with the perpetrator.**

We are here to Listen, Believe and Support.

To find out more about Sexual Violence or Consent visit our website. [www.rasacpk.org.uk](http://www.rasacpk.org.uk)

## Confidentiality...

Confidentiality is very important to us and is crucial when providing support for survivors of sexual violence.

Confidentiality means that we keep what you tell us, and your information, to ourselves (we don't tell others). It can help you feel safe enough to talk about how you feel and explore the things that have happened to you.

We take your confidentiality very seriously and do all we can to keep your information confidential within RASAC P&K.

There are times when we might need to pass on information if we are concerned about your safety or the safety of others, or if we have a child protection or vulnerable adult concern. We will always try to talk to you first if that ever happens.

We explain our confidentiality policy in detail after receiving your referral and you can ask as many questions as you would like.

### Frequently Asked Questions About Support

DO I HAVE TO TALK ABOUT WHAT HAPPENED TO ME?

Many people think that coming for support means talking about what happened. Your experience is yours, and you do not have to talk about what happened to you at any point in Support.

Many survivors want to focus on the impact that their experience has had on their lives. Some survivors find it helpful to talk about what happened, some don't. There is no right way or wrong way to engage with Support, what is important is that you find the right support for you.