

What We Offer

We offer free, confidential and non-directive support at a time to suit by:

- FACE TO FACE
- TELEPHONE SUPPORT
- EMAIL
- LETTER
- HELPLINE

Support to explore coping strategies with effects that you may be experiencing eg., (flashbacks, anger, anxiety & fear).

Support and information for partners, friends and relatives of survivors. Support through Police and Court Procedures.

Activity and group support sessions are also available. Sign on Screen for initial contact. Books and information are available from the Centre.



SEX WITHOUT FULL CONSENT ...IS RAPE



Who We Are

RASAC P&K offers free and confidential support to anyone who identifies as a woman aged 12+ and boys aged 12-18 who have experienced sexual violence at any time in their lives.

If this has happened to you in any way at any time then you can contact our centre by phoning, emailing or writing. When you contact us we will **LISTEN** to you, **BELIEVE** you and **SUPPORT** you regardless of ethnicity, sexual orientation, transgender identity, disability and cultural background.

What is sexual violence?

Sexual violence is what happens when someone does not freely consent to a sexual act. Rape, Childhood Sexual Abuse, Sexual Bullying and Sexual Harassment are all forms of sexual violence. It can happen to anyone and nobody ever asks for it!

Q: WHO IS RESPONSIBLE FOR SEXUAL ABUSE?

A: ALWAYS THE ABUSER, NEVER THE SURVIVOR.



ABOUT US

**WOMEN WORKING TOWARDS
FREEDOM FROM RAPE
& SEXUAL ABUSE**

**Support is Available
Contact Us**



Other Useful Contacts

Business Contacts

For enquiries that are not regarding support
Please Contact Our Business Line Or Email:

Helpline

01738 630965

A 24 hour answering machine is also available out with helpline hours. Messages will be responded to discreetly and as soon as possible.

This helpline is not a freephone number, however we can call you back immediately if required.

National Helpline

08088 01 03 02

Evenings 18.00 - Midnight

Face To Face

Support is available by appointment

Email Support

rasacpk@gmail.com

Letter

RASAC P&K, 18 KING STREET
PERTH PH2 8JA

Business Line

01738 626290

Business Email

info@rasacpk.org.uk



www.rasacpk.org.uk

Rape Crisis Scotland
08088 01 03 02

Childline
0800 1111

Citizens Advice Bureau
01738 450 580

Criminal Injuries Compensation Board
0141 331 2726

Perthshire Women's Aid
01738 639 043

Procurator Fiscal Office
01738 637 272

Samaritans
01738 626 666

Sexual Health Clinic
01738 564 272

Victim Support
01738 567 171

