

USEFUL CONTACT NUMBERS

Women's Aid

Support, information and refuge for women and their children who have experienced domestic abuse.

Dundee (01382) 202525
Perth (01738) 639043
Angus (01241) 431659

Police (Family Protection Unit)

Dundee (01382) 665117
Perth (01738) 892911
Forfar (01307) 303921

Procurator Fiscal Offices

Dundee (01382) 227535
Perth (01738) 637272
Arbroath (01241) 876555
Forfar (01307) 463296

Samaritans

National helpline (08457) 909090

National Counselling Service

Dundee (01382) 305720

Victim Support Witness Service

Dundee (01382) 202265
Perth (01738) 638018

Dundee North Law Centre (01382) 432458

Genito-Urinary Medicine Clinics

Ninewells Hospital, Dundee (01382) 425542
Perth Royal Infirmary (01738) 473220

HELPLINE

(01382) 201291

Support workers are available at the following times, to offer support and provide information.

Monday 12pm - 2pm

Tuesday 10am - 12pm

Wednesday 7pm - 9pm

Thursday 2pm - 4pm

Friday 7pm - 9pm

24 Hour Answering Machine

At any other time, messages can be left and will be returned discreetly, as soon as possible.

HOW TO CONTACT US

Women's Rape and Sexual Abuse Centre

PO Box 83

Dundee

DD1 4YZ

Business line: (01382) 205556

Email: wrasac@btconnect.com



WOMEN'S RAPE AND SEXUAL ABUSE CENTRE



A free and confidential service

**SUPPORT AND INFORMATION
FOR GIRLS, YOUNG WOMEN AND WOMEN
WHO HAVE BEEN RAPED OR
SEXUALLY ABUSED AT ANYTIME IN THEIR LIVES**

WHAT WE OFFER

A free, safe, confidential women-only place to speak to a trained support worker.

One-to-one support sessions arranged for a suitable time. If you prefer we can provide support by phone, letter or e-mail.

WOMEN SUPPORTING WOMEN

From time to time the centre also runs support groups for survivors.

Fact: Girls, young women and women (including babies and elderly women), of any culture and from any background can be, and are, sexually abused and raped.

The centre provides reasonable travel, childcare and dependant care costs to enable women to access the service and for its volunteers.

We can provide you with support through Police and Court procedures if necessary.

Fact: About 75% of the women contacting us for support do not contact the police. WRASAC will provide support to women whether they go to the police or not.

WHAT WE OFFER

The centre has books and information on issues such as child sexual abuse, self-esteem, self-harm, assertiveness etc. that can be borrowed.

Fact: Many people believe that women are more at risk outside, at night from strangers. This is not true! Our statistics show that most women are abused, either in their own home, or in the home of the abuser.

Fact: Women and girls usually know their abuser/s. They may be husbands, boyfriends, friends, neighbours, fathers, mothers or another family member. Occasionally an abuser is a stranger.

We can provide practical support and information about other agencies you may need help from.

‘NO’ MEANS ‘NO’

The centre can arrange for signers or translators to be available if necessary.

We offer awareness raising workshops for women's groups in the community.

We can arrange personal safety workshops and self defence sessions for women's groups and agencies (there may be a charge for this).

WHAT WE OFFER

We offer training for agencies in the statutory and voluntary sector on issues relating to rape and sexual abuse (please note there may be a charge for agencies wanting training).

We provide training for women who want to volunteer (see our leaflet on volunteering for more information).

Fact: Women and girls are never to blame for being abused or raped. The abuser is always the one to blame.

We provide support and information for friends, partners and relatives of survivors via our helpline.

We provide support to workers from agencies who are supporting survivors.

Fact: Women should be able to wear what they want, and live their lives fully without the fear of rape or sexual abuse.

Rape and sexual abuse are crimes of power and violence. Women and children should be free to live their lives without fear of violence and abuse and we should feel free to speak about our experiences if we wish, to someone we trust.

NO-ONE DESERVES TO BE RAPED OR SEXUALLY ABUSED