



# WOMEN'S RAPE AND SEXUAL ABUSE CENTRE

A confidential service

## Information for workers

### How to contact us...

P.O. Box 83, Dundee, DD1 4YZ

**Helpline:** (01382) 201291

Monday 12pm - 2pm, Tuesday 10am-12pm  
Thursday 2pm-4pm, Wednesday and Friday 7pm - 9pm  
Answering machine at all other times

**Business Line:** (01382) 205556

**Email:** [wrasac@btconnect.com](mailto:wrasac@btconnect.com)

### FOR THE WORKER

W.R.A.S.A.C. is a women only organisation, which exists to provide long or short-term support to women, young women and girls who have been raped or sexually abused at any time in their lives. We recognise that workers in many different agencies are dealing with disclosures and supporting survivors of sexual abuse in their work place. In response to this we offer the following service to all workers in the Voluntary and Statutory sector.

### WE OFFER

- Someone to talk to in confidence for information or support.
- Free, non-directive, non-judgemental support.
- A free and confidential telephone helpline.
- One to one and telephone support for workers working with survivors of sexual abuse.
- Training for agencies on issues relating to abuse.
- Personal safety training for women's groups and agencies.
- Access to our book and video library and resource base.
- Information, help and support for friends and family of survivors of rape or sexual abuse.
- Training and awareness raising for women's groups covering all aspects of rape and sexual abuse.
- Training for women who want to volunteer.

*There may be a charge for some of these services – please contact us for further information.*

### ONE TO ONE SUPPORT FOR WORKERS

One to one support can be arranged either at our Centre or at your workplace, although we give priority to survivors of abuse. All support is free and confidential; we do not need to know the name of the woman you are supporting but can focus on the issues she is experiencing.

## **HELPLINE SUPPORT**

Workers supporting survivors can telephone our helpline for support or information. Helpline opening times are on the back of this leaflet. However we also have a 24 hour answering machine, so you can leave a message if no one is there and we will get back to you as soon as possible.

## **TRAINING AND AWARENESS RAISING**

We provide training, talks and awareness workshops on issues relating to rape and child sexual abuse which include the coping mechanisms such as self-harm, self-injury, eating problems etc. The training can be specific to your agency's needs and can be organised at a time that suits workers. We also run multi-agency training programmes from time to time.

## **INFORMATION**

We can provide leaflets and information for survivors of rape or sexual abuse and can recommend reading material for anyone supporting survivors. We can also provide information on other agencies and services that support survivors.

We have an extensive resource base offering books, worksheets, journals and magazines, videos and audiotapes and may even be able to order in any special requests. Please contact us for further details about accessing this service.

## **ASSISTING SURVIVORS TO CONTACT US**

We do not take referrals. However we recognise that some women may find it difficult to contact us. We have found that sometimes if the worker calls and passes the 'phone to the woman that this can help. It is also possible to accompany the woman to her first session – however we need to be aware that this is going to happen. Signers and translators are also available on request.

## **USEFUL CONTACT NUMBERS**

Dundee Women's Aid	(01382) 202525
Samaritans	(08457) 909090
Genito-Urinary Clinic	(01382) 425542
Family Protection Unit	(01382) 665117
Criminal Injuries Compensation Board	(0141) 331 2726

## **LEAFLETS AVAILABLE**

Sexual harassment at work.  
Information about the police and court.  
Information for friends and family of survivors.  
Information for survivors of rape or sexual assault.  
Information for adult survivors of child sexual abuse.  
Information for women who would like to volunteer.  
Information for workers.  
Information on ritual abuse for survivors and supporters.  
Survivors and flashbacks.  
Survivors and self-harm - self-injury.  
Suicide.  
Personal Safety.  
Useful contacts.  
W.R.A.S.A.C Service Information.