

Always remember!  
Whoever your attacker  
was, the important  
thing to know is that it  
is not your fault.



What some of our clients said:

- 76% reported a reduction in nightmares and flashbacks
- 88% reported to have an improvement in their ability to cope
- 53% reported an improvement in their participation in education/employment.
- 65% reported an improvement in their mental health

## How to get in touch

Doncaster Rape and Sexual Abuse Counselling Service (DRASACS) is an independent charity that has been helping victims of sexual violence since 1987. We are not part of the police or any other public service. To find out more, visit: [www.drasacs.org.uk](http://www.drasacs.org.uk)

We understand that it can be difficult to talk about your experience, particularly if you know your attacker.

To get in touch, speak to us 01302 360421, if there is no answer please leave your name and number and a counsellor will call you back. You can also ring us on our office line 01302 341572, between 9:30am and 5pm. Email: [admin@drasacs.org.uk](mailto:admin@drasacs.org.uk)

If you need to speak to someone more urgently, or anonymously, you can also call our helpline on 01302 328555. A counsellor will be available to speak to on Tuesday between 9:30 and 10:30am and Thursday between 12 and 1pm.

# We believe you

A free and confidential Counselling Service for anyone who want to find a way forward from the effects of rape and sexual abuse



# Don't think you're alone.

The counselling service is here to help you.

Counselling provides an opportunity to talk about the issues affecting you in a private setting, with someone who has no other role in your life. Many people find that talking things over with a trained counsellor can offer a new perspective and help them take control of their situation. Our counsellors will not judge you and will not try to tell you what to do. Instead they will help and support you to make your own choices and decide your own way forward. All of our counsellors are professionally trained and are experienced in working with people who have had similar experiences to you. If your life has been thrown into chaos by a recent assault, or you feel you are struggling with something that happened a long time ago, maybe we can help.

## Can I use the counselling service?

Our free counselling services are available to anyone who has suffered from rape or sexual abuse at any time in their life. We are able to provide counselling for adults, children and young people with our dedicated children's facilities. We are also able to offer support to the family members of victims. We can facilitate group support for some clients, where people are able to share their feelings with other individuals who have had similar experiences.

## What else do I need to know?

Our counselling sessions are free and normally take place once a week for 50 minutes. We have comfortable facilities in the town centre which provide an excellent venue. In the beginning you will be offered an assessment which helps us to offer you the number of sessions you need. We do have a short waiting list for some of our client groups, but if you need to talk to someone more urgently you can also call our helpline. Confidentiality is the cornerstone of our service and we will not disclose any personal information without talking to you first, unless in exceptional circumstances.

"I was 6 when the abuse started. By the time I was eight my uncle was forcing me to give him oral sex, and by the age of 11 he was regularly raping me. I left home at 15 to escape from the abuse. I felt too frightened and ashamed to tell anyone and didn't think I would be believed.

At 34 years old I decided to talk about what had happened and came to see drasacs. Counselling helped me to find a way forward from the effects of my abuse."

Emily

We will not judge you

