

## About rape, sexual abuse and assault



**106,098**

Sexual offences recorded nationally by the police in the year ending March 2016 - the highest since 2002.



**15%**

The number of people who experience sexual violence who choose to report to the police.



**25,817**

People helped by Northamptonshire Rape Crisis since 2010.

Whatever has happened to you, you're not alone.

Talk to us today and access our free help and support.

## Help & support

After experiencing rape or any form of sexual abuse, you may well be struggling to cope with your feelings and emotions. Confusion, stress, grief, isolation, fear are common and you are not alone. If you're experiencing any of these feelings, get in touch with us so that we can help.

For support over the phone, call our helpline:  
0300 222 59 30 (Mon - Fri, 10am - 3pm)

To make an appointment at our Northampton town centre base, or for general enquiries:

Call: 01604 250721

Email: [info@northamptonshirerapecrisis.co.uk](mailto:info@northamptonshirerapecrisis.co.uk)

Visit: [northamptonshirerapecrisis.co.uk](http://northamptonshirerapecrisis.co.uk)

 [northantsrapecrisis](https://www.facebook.com/northantsrapecrisis)  [rapecrisisn](https://twitter.com/rapecrisisn)

### Opening hours:

Monday: 9am - 9pm  
Tuesday: 9am - 5pm  
Wednesday: 9am - 9pm  
Thursday: 9am - 9pm  
Friday: 9am - 5pm

CIO Charity: 1156246. NRC is an organisational member of the British Association for Counselling and Psychotherapy.

**bacp**



[northamptonshire  
rapecrisis.co.uk](http://northamptonshire<br/>rapecrisis.co.uk)

Enquiries: 01604 250721

Helpline: 0300 222 59 30

Support for anyone affected by sexual abuse, assault or rape



## Who we are

**Set up in 1986, Northamptonshire Rape Crisis (NRC) is an independent charity that supports people who have been sexually abused, assaulted or raped.**

Whether you were assaulted last night or abused fifty years ago, we exist to support you through the recovery process – from helping you if you're in crisis, to providing long-term counselling to help you move on.

Run by an all-female team, we provide a women-and-girls-only safe space to help you feel safe and secure following abuse or assault.

We're also proud to have extended our support services to males of all ages, and offer men and boys the help and support they need following sexual abuse or assault.

## How we help

We understand that it can be difficult to find the support you need following sexual abuse or assault. We're here to help. We offer you a safe and confidential space, with a range of services to give you the best support.

### Helpline

You can speak to us about anything related to sexual violence, rape, abuse and any other form of interpersonal violence. Your call will be handled by a trained sexual violence professional.

### Independent Sexual Violence Advisor (ISVA)

We can give you access to a ISVA, who can offer you support and practical advice, including help with reporting to the police and attending court.

### Sexual violence counselling + group work

Our team of trained counsellors offer face to face counselling and emotional support to help you on your recovery journey, regardless of when any violence, rape or abuse took place.

Our dedicated therapeutic groups provide a safe space for you to work with a small group with shared experiences. Visit our website for current groups available.

All support options are voluntary and it is completely up to you which you choose to use. You don't have to report anything to the police to get help and support from us.

## What people say

"I'm healing, I'm rediscovering myself, I'm starting over. I never thought I could believe in these words. Since my time here I've been on a journey where my counsellor has worked with me, guided me and given me strength to believe in myself and to stand up to those around me."

Anonymous

"Kate was always able to see my strengths and give me confidence to use this to help me. I now see I have strengths and that's down to Kate."

Anonymous - names have been changed

"I would like to say a huge thank you. I am stronger and now have self-belief. I feel alive again and I am now looking forward to the future and I am ready to embrace life's challenges!"

Anonymous