

<p>Southampton Rape Crisis and Sexual Abuse Counselling Service provides a range of advice, information and counselling services for people who have experienced rape or sexual abuse.</p>	<p>°ÉÉ=ΙÉÄ·{]ÖΚÉ ®ÄÜ{É ΓΟÉÊ°É°É ΒΗΒ÷ °ÉÄ°Ö+ ±É ΒΧ°ÉΥΝÉ ΕΔÉ=ÎΧ°ÉÉ±ÉΡΟ °É!;°É±ÉÄ ΧÉ±ÉÉΙΕΔÉ®Ü ´ÉÉ °ÉÉèΚÉ ηÉÉÄ'ÉΗÉΧÉÉ]Ö {ÉÖÈβ÷ΙÉ ´°ÉÊΗò½ÞÛ±ÉÉ<Ç Ê´ÉÉ;ÉΖÉ ÉΕΔÉ®ÜΕΔÉ °ÉÖΖÉÉ= . °ÉΥΣΕΚΕÉ ®Ü °É±±ÉÉ½Þ °ÉÄ´ÉÉ½ÞÛ ÉΝΥΕΚÉ ΜÉηÇÜ*</p>
<p>TELEPHONE HELP LINE</p>	<p>]Ö±ÉÖ]ΔÉÄΚÉ ½ÄÞ±{É±ÉÉ<ÇΚÉ</p>
<p>Provides advice, information and telephone counselling to anybody who has concerns relating to an unwanted sexual experience. The Help Line is available to both male and female callers.</p>	<p>+´ÉÉ!ΧÜΟΙÉ °ÉÉèΚÉ +ΚÉÖ!É´É½ÞÛΕΔÉÄ {ÉÖ®Ü´´ÉÉ {É®ÄÜΕΔÉÄ ΕÖΔΚÉè {ÉÉΚÉ ´°ÉÊΗò±ÉÉ<Ç °ÉÖΖÉÉ=. °ÉΥΣΕΚΕÉ ®Ü]Ö±ÉÖ]ΔÉÄΚÉΥÜÉ®ÜÉ °É±±ÉÉ½Þ ÉΝΥΕΚÉ ΜΕÉ®ÜΗÜ* ½ÄÞ±{É±ÉÉ<ÇΚÉ {ÉÖÛ'É´´ÉÉ´´ÉÉ½Þ±ÉÉ ηÖÜΧÉèΕΔÉ ±ÉÉÊΜÉ={É±ÉΧΥÉ Üò*</p>
<p>The help line is open on;</p>	<p>°ÉÉÄ ½ÄÞ±{É±ÉÉ<ÇΚÉ]ÉÖ±±ÉÉ ®Ü½ÞΧÜò:</p>
<p>Sun 7-10pm</p>	<p>+É<ΙÉ´ÉÉ®Ü ®ÜÉΙÉÖ 7 - ®ÜÉÊΙÉ 10 ΧÉΥÉÄ</p>
<p>Tues 10am-1pm</p>	<p>´´ÉΕΜÉ±É´ÉÉ®Ü ÊΧÉ½ÞÉΚÉ 10 - ÊΝÜ=Ä°ÉÉÄ 1 ΧÉΥÉÄ</p>
<p>Thurs 1 - 4pm</p>	<p>Ê´ÉÉ½Þ´ÉÉ®Ü ÊΝÜ=Ä°ÉÉÄ 1 -- +{É®ÜÉΚ½Þ 4 ΧÉΥÉÄ</p>
<p>(On Tuesdays the Help Line is occasionally staffed by a male counsellor)</p>	<p>(´´ÉΕΜÉ±É´ÉÉ®ÜΕΔÉÄ ÊΝΥΚÉ ½ÄÞ±{É±ÉÉ<ÇΚÉ´´ÉÉ ÉÉ°É: {ÉÖÛ'É °É±±ÉÉ½ÞΕΔÉ®Ü ΧÉ°ÉÄΕΔÉ ½ÖÞΧÜΟΚÉÄ)</p>
<p>At other times if your call is not answered you can leave a message to be called back.</p>	<p>ΕÖΔΚÉè {ÉÉΚÉ ΧÉÄ±ÉÉ ΙÉ{ÉÉ<È±ÉÄ]ΔÉÄΚÉ´´ÉÉ ΥÉ´ÉÉ]ò {ÉÉ=ΚÉÖ !ÉΒΚÉ</p>

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<p>You can also e-mail us on info@sotonrc.org.uk or write to us at</p>	<p>ιέ{έέ<è±έä ½ðέ°έò±έέ<φ info@sotonrc.org.uk °έέ <φ°έä±έ {έέκέ {έ`òέ=κέ °έçκέö½öðκυò ´έέ °έ°έ `äöμέέκέέ°έέ ±έä}κέ °έçκέö½öðκυò*</p>
<p>P.O.BOX1401 SOUTHAMPTON SO18 9AD</p>	<p>P.O.BOX1401 SOUTHAMPTON SO18 9AD</p>
<p>For further information about services visit our website at:</p>	<p>°έä´έέ½ð½υέòέä ê´έ´έ°έ°έέ κέφòò νέέκέέòέ@ύòέòέ ±έέέμέ ιέ{έέ<è ½ðέçέέä ´έäκέ°έέ<}ò ½äðκέφ °έçκέö½öðκυò:</p>
<p>www.southamptonrapecrisis.org.uk</p>	<p>www.southamptonrapecrisis.org.uk</p>
<p>Southampton Rape Crisis and Sexual Abuse Counselling Service is an Organisational Member of the British Association for Counselling (BACP) and adheres to the BACP Code Of Ethics and Practice for Counsellors and the Supervision of Counsellors.</p>	<p>°έέ=ιέä°{]òκέ ®äύ{έ çòέ<έ°έέ Bhb÷ °έäç°έö+ ±έ Bκ°έύνέ εòέ=ìκ°έέ±έέó °έ!;έέ. έφέέ]òη έ βηέέä°έβ°έκέ]ò®ύ εòέ=ìκ°έέ±έέó (BACP) εòέä °έπéμέ`òκέέí°έέò °έñύ°έέ ½ðέä ®ü °έ°έ±έä °έ±±έέ½ðέòέ@ύ B´έ°έñ °έ±±έέ½ðέòέ@ύ½ð½υέòέä]έέηέίέήέòέ ±έέέμέ BACP εòέä +έέέέ®ύ ®ύ °έ´έ½ðέ®ύ °έπé½ðίέέ½ð½υέòέä {έέ±έκέέ Mέηçύυò*</p>
<p>FACE TO FACE COUNSELLING</p>	<p>+έ°έöκέä°έέ°έöζέä κέ°έò °έ±±έέ½ð</p>
<p>One to one counselling is available to any male or female, aged 12 or over, who has experienced rape, sexual assault or childhood sexual abuse at anytime in their lives.</p>	<p>+έ}κέέä νέò´έκέ°έέ εöðκέè {έέκέ κέä±έέ κέ±έέίεòέ@ύ. °έέèκέ ηέέä'έήέ ´έέ κέέ±έέ´έ°ιέέ °έέèκέ =ι{έòò÷κέέòέä +κέö!´έ´έ]έβέòέ 12 ´έέφ]έκñύέ °έέέίέέòέ {έö½´έ´έέ</p>

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<p>All counselling is free of charge and can be short or long term as appropriate. All our counsellors receive training and regular supervision.</p>	<p>°ÉΧÉε ÉΕδÉ®ÚΕδÉä °É±±ÉÉ½± ÊÉÉΚÉè•ÉÉ ÊΝÙ<ÇΚΥΟ ®Ú °ÉÉä °É±±ÉÉ½± ΥδÉä]δÉä ´ÉÉ ±ÉÉ•ÉÉä + ´ÉÊΝÉΕδÉä ½ÖÞΚÉ °ÉÇΥδ* ½±É©ÉÉ °ÉΧÉε °É±±ÉÉ½±ΕδÉ®Ú½±½±Éä ΙÉÉ±ÉΟ•É ®Ú ÊΚÉ°ÉÉ•ÉiÉ ÊΚÉ®ÚΟiÉΗÉ {ÉÉΒΕδÉ ½ÖÞΚΥδΚÉÂ*</p>
<p>THERAPY GROUP</p>	<p>ΙÉä®ÚÉ{ÉΟ ΟÉÖ{É</p>
<p>The SPACE therapy group is for adult women who experienced sexual abuse in childhood. Please telephone our office or email for further information or to make referrals.</p>	<p>°{ÉäŒÉ ΙÉä®ÚÉ{ÉΟ ΟÉÖ{É ΙÉΟ ΧÉ°ΕΕδ ••ÉÊ½±ÉÉ½±½±ΕδÉä ±ÉÉÉΜÉ ½ÖÞΚΥδ ΝÉ°É±Éä ΧÉÉ±°ÉÉ´É°ΙÉÉ•ÉÉ °ÉÉεΚÉ ŒÉÉä'ÉΗÉ ;ÉÉäΜÉäΕδÉ ΥδΚÉÂ* ΧÉεδ ΝÉÉΚÉΕδÉ®ÚΟ´É °ÉΚΝÙ;ÉÇΕδÉ ±ÉÉÉΜÉ ½±É©ÉÉä ΕδÉ°ÉÉÇ±É°É•ÉÉ ;δÉäΚÉ ΜÉΚÉÖÇ½±Éä°ÉÂ´ÉÉ <Ç•Éä±É ΜÉΚÉÖÇ½±Éä°ÉÂ*</p>
<p>INDEPENDENT SEXUAL VIOLENCE ADVISOR</p>	<p>°´ÉiÉΚŒÉ °ÉÉεΚÉ ŒÉÉä'ÉΗÉ °É±±ÉÉ½±ΕδÉ®Ú</p>
<p>This is an advocacy and support post networking with other agencies to ensure appropriate advice, information and practical support is provided to people who have experienced sexual violence both within and outside the criminal justice system.</p>	<p>;δÉεΝÉΝÙÉ®ÚΟ Η°ÉÉ°É ÉΗÉÉ±ÉΟ Ê;ÉŒÉ ´ÉÉ ΧÉÉÉ½±®Ú °ÉÉεΚÉ Ê½±°ÉÉ ŒÉÉä'ÉΗÉΕδÉä +ΚÉÖ;É´É ;É<Ç°ÉÉäδΕδÉ±ÉÉ<Ç = {É°ÉÖΗδ °ÉÖΖÉÉ = . °ÉÚΣÉΚÉ®Ú´°ÉÉ´É½±ÉÉ®ÚΕδ °É•ÉiÉÇΚÉ °ÉÖÊΚÉiŒΣiÉ ΜÉΚÉÇΕδÉ±ÉÉÉΜÉ +Η°É</p>

	<p>ΒΥΕÄκ°ΕÖ½þÙεðÉ °ΕΕΙΕ Ê°Ε±ΕÄ®Ù κÉä]οΙεðRó ΜΕ®ÚÒ {Ε®ÚΕ°°Εη ΕÇ ®Ú °Ε°ΕΙΕÇκÉ ÉñÙÉκÉ ΜΕκÉεε °Εä´ΕΕ ½þÉä °ΕΕä*</p>
<p>THE S*TAR PROJECT</p>	<p>S*TAR ΕÉäΝέäÇ]ö</p>
<p>The S*TAR project is an educational and outreach project working with young people in schools and youth services on preventing sexual assault and improving access to support and counselling services.</p>	<p>S*TAR ΕÉäΝέäÇ]ö °ΕÚð±É½þÙ°°ΕÉ ΙΕΖÉä®ÚÒ½þÙ±ΕΕ<Ç Êη ΕΙΕΕ °ΕΕΙΕä ΝΕΕκΕεðÉ®ÚÒ ÉñÙÉκÉ ΜΕκÉεε {ΕÊ®Ú°ΕΕäΝέκΕΕ ½þÉä °ΕΕΙΕä η ΕΕä'ÉhÉ ®ÚÉäÇκÉ °Ε°ΕΙΕÇκÉ ®Ú °Ε±±ΕΕ½þ ÊñÙΒ®Ú °ΕÖ´ΕΕ½þÙ±ΕΕ<Ç ΝΕΕΜΕÙεð ΜΕΕ®ÚκU*ö</p>
<p>Southampton Rape Crisis can also offer training on issues relating to sexual assault and are happy to come and talk to community groups and other agencies about our work.</p>	<p>°ΕΕ=ΙÉä°°]öκÉ ®äÙ{Ε ΓðÉ<Ε°Ε°Ε±Éä °ΕΕäκÉ η ΕΕä'ÉhÉ °Ε°°κÉκΝέÖ °°ΕΕ°°Ε±ΕΕ½þÙ°°ΕΕ ΙΕΕ±ΕÖ°°Ε {ΕÊκÉ ÊñÙκUö +ÊκÉ +κ°Ε ΒΥΕÄκ°ΕÖ½þÙ®Ú °Ε°ΕÖñÙÉ°ΕεðÉ °°ΕΕÊκÉ°Ε½þÙ°°ΕäΜÉ κ°ΕÉä®Ú = +É}κΕÉä ΕðÉ°ΕεðÉä κΕΕ®äÙ°°ΕΕ Ê´ΕΣΕΕ®Ú-Ê´Ε°°Εη ΕÇ ΜΕκÉÇ {ΕÊκÉ {ΕÊκÉ ΙΕ°ΕΕ®Ú ®Ú½þκUö*</p>
<p>Donations</p>	<p>+κÉÖñÙÉκÉ</p>
<p>Southampton Rape Crisis welcomes donations so that it may continue to offer a free counselling service. If you would like to make a donation please complete the form below and return it to P.O. Box 1401, Southampton, Hampshire, SO18 9AD. Cheques should be made payable to Southampton Rape Crisis.</p>	<p>°ΕΕ=ΙÉä°°]öκÉ ®äÙ{Ε ΓðÉ<Ε°Ε°Ε +É}κΕÉä Ê°ΕΚÉäεðÉä {Ε®ÚΕ°°Εη ΕÇ °Εä´ΕΕ±ΕΕ<Ç ÊκÉ®ÚκΙΕ®Ú ΣΕ±ΕΕ=κΕεðÉ ±ΕΕΕΜÉ +κÉÖñÙÉκΕεðÉä °´ΕΕΜΕΙΕ ΜΕñÇÙUö* ΙΕ{ΕΕ<È ñÙÉκÉ ÊñÙκÉ ΣΕΕ½þÉκΕÖ½ÖþκUö ;ÉκÉä. ΙΕ±É ÊñÙ<ÇΒΕðÉä]ðÉ°°ΕÇ±ΕΕ<Ç ;ÉκÉÖÇ½þÉä°Ε®Ú °ΕΕä´äöΜΕΕκΕΕ°°ΕΕ</p>

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<p>Please tick this box if you do not pay uk income tax.</p>	<p>ίÉ{ÉÉ<È ÊΥÉ]äöhÉÉοÉä + É°ÉΕò®ú ÊíÉκÉÖφ½ÖþζÉ ¡ÉκÉä °É°É πÉÉΕο°É¨ÉÉ °É½þÖΕοÉä ÊκÉηÉÉκÉ ±ÉΜÉÉ=κÉÖ½þÉä°Éâ*</p>
<p>*You must pay an amount of UK tax at least equal to the amount that SRC reclaims on your donations.</p>	<p>°ÉÉ=ΙÉä¨{]öhÉ ®äú{É Γοέ<É°É°É±Éä ίÉ{ÉÉ<ÈΕοÉä ñÜêÉ ®úÉÉηÉ¨ÉÉίÉ ΥÉίÉΕοÉä {ÉÖê: ñÜÉπÉò ΜένφùUò Εò¨É°ÉäΕò¨É ί°ÉίÉΕοÉä ®úÉÉηÉ ίÉ{ÉÉ<È±Éä ÊΥÉ]äöhÉ Εò®úΕοÉä ¡ù{É¨ÉÉ ÊíÉκÉÖφ {ÉκÉε Uò*</p>

Supported by	°É°ÉΙÉΦΗ°ÉÉ
OTHER USEFUL CONTACTS	+Η°É = {É°ÉÉÄΜÉÒ °É°{ÉΕΦò½ÞÙ
Samaritans (24 hour helpline)	°É°ÉÉÉ®ύ]òΗ°É (24 ΡέΗ]äò ½äÞ±{É±ÉÉ<ΦΗÉ)
Southampton Womens Aid - Refuge and Advice Line	°ÉÉ=ΙÉä°{É]òΗÉ ´ÉÒ°ÉΗ°É Ββ÷ - +É.É°É ®ύ °É±±ÉÉ½Þ ±ÉÉ<ΦΗÉ
No Limits -	ΕÖòΗÉè {ÉÈΚÉ °ÉÒ°ÉÉ UèòΗÉ
Young Persons Counselling service (13 - 25 years)	°ÉÖ ´ÉÉ½ÞÙUÉòÉ ±ÉÉÉΜÉ °É±±ÉÉ½ÞΡÉòÉ®ύ °Éä´ÉÉ (13-25 ´ÉΙÉΦ)
Independent Sexual Violence Advisor	°ÉÉèΚÉ È½Þ°ÉÉÉòÉ °´ÉίΕΗ]É °É±±ÉÉ½ÞΡÉòÉ®ύ
COMMUNITY MENTAL HEALTH TEAMS	°ÉÉ°ÉÖñυÉÉ°ÉÉò °ÉÉΚÉÉ°ÉÉò °´ÉÉ°Ι°É]òÉä±ÉÒ½ÞÙ
West - Canon House	{É]η]ΣÉ°É - ΕäòΗÉΚÉ ½ÞΡÉ=°É
Central - College Keep	°Éν°É— Εò±ÉäνÉ ΕòÒ{É
East - Hawthorn Lodge	{ÉÚ´ÉΦ - ½ÞΡΙÉ°É ±ÉνÉ
Funded by Southampton and S.W.Hampshire Health Authority and Southampton City Council (Social Services).	ΕòÉä´ÉñυÉίÉÉ ½ÖÞΚÉ °ÉÉ=ΙÉä°{]òΗÉ Β´É°ÉÄ Β°É. β÷ϫ±°ÉÚ. ½äÞ°{ÉηÉÉ°É®ύ °´ÉÉ°Ι°É ÉÉÈνÉÉò®ύhÉ ®ύ °ÉÉ=ΙÉä°{]òΗÉ É°É]òÒ ΕòÉ=ÎΗ°É±É (°ÉÉ°ÉÉÈνÉÉò °Éä´ÉÉ½ÞÙ)*
Registered Charity Number 1111753.	®ύÉνÉ°]òβΦ÷ Σ°ÉÉÉ®ύ]òò ΗÉ°ϫÉ®ύ 1111753.
Company limited by liabilities in England and Wales Registered Office 230 Shirley Road, Southampton. Hampshire .Company number 5486084 (Please do not use registered address for general correspondence)	Εò°{ÉΗÉÒ <ΠΕΜ±°ÉÉΗβ÷ ®ύ ´Éä±°É°ÉÉ ñυÉÉ°Éί´É½ÞÙUUÉ®ύÉ {ÉÉ®ύ°ÉÒÈ°ÉίÉ ®ύÉνÉ°]òβΦ÷ ΕòÉ°ÉÉΦ±É°É 230 ηÉ±Éε ®ύÉäβ÷. °ÉÉ=ΙÉä°{]òΗÉ. ½äÞ°{ÉηÉÉ°É®ύ Εò°{ÉΗÉÒ ΗÉ°ϫÉ®ύ 5486084 (+É°É {É]É-´°É´É½ÞΡÉ®ύÉòÉ ±ÉÉÉΜÉ ΕΡò{É°ÉÉ ®ύÉνÉ°]òβΦ÷ `äöΜÉÉΚÉÉ = {É°ÉÉÄΜÉ ΗÉ

	ΜΕΚΕΟ 1/2 (023) 80 636315
Southampton Rape Crisis and Sexual Abuse Counselling Service	023 80 636313 023 80 636314 023 80 636312 023 80636315 www.southamptonrapecrisis.org.uk
Tel:(023)80 636313 Minicom:(023)80 636314 Office: (023)80 636312 Star Project: (023)80636315 www.southamptonrapecrisis.org.uk	023 80 636313 023 80 636314 023 80 636312 023 80 636315 www.southamptonrapecrisis.org.uk