

## Group Support

Our support group, Self-confidence and Esteem programme, offer survivors the opportunity to listen to each other and support each other, in a safe and confidential environment. This group allows you to work towards your recovery, drawing on support from other survivors coming to terms with similar issues.

### ■ Self-confidence and esteem programme

This 12-week programme looks at some of the common issues that survivors experience and their feelings around them. Topics covered include relationships, self-esteem, guilt and blame. The discussion is led in part by the group and is facilitated by a qualified counsellor and a volunteer.

To access this group, please complete our counselling self-referral form available from our website at <https://www.rasasc.org/get-support/counselling/adult-counselling/>. If you have difficulty in completing the referral form please call our Counselling Coordinator on 01483 568000, who will be happy to help.

**You can find out more about all our services by visiting the Get Support page on our website <https://www.rasasc.org/get-support/>**



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## Get Support

[www.rasasc.org](http://www.rasasc.org)

*RASASC is an independent registered charity that has been supporting survivors of sexual abuse since 1992. We are not part of the police or any other public service.*

## About Us

**We are an independent registered charity, established in 1992. We work with anyone in Surrey whose life has been affected by rape or sexual abuse, whether recently or in the past.**

**Our aim is to help survivors overcome the abuse they have experienced and to rebuild their lives.**

## How we help

We support women, men and young people aged 13 and over, as well as family and friends of survivors, in Surrey.

We provide a range of free, specialist support services.

## Helpline

Our free helpline is open to survivors and people who are supporting a survivor. If you need information, emotional support or just someone to listen to please call our helpline.

Our helpline is open 7:30pm to 9:30 pm, Monday to Thursday (excluding Bank Holidays)

Call us on freephone

**0800 0288 022** or

local number 01483 546400.



## Independent Sexual Violence Advisor (ISVA)

Independent Sexual Violence Advisors (ISVAs), provide 1:1 practical and emotional support to survivors. We have seven ISVAs covering all of the Surrey area, including specialist services for young people and people with complex mental health needs.

We aim to give you support and information so that you can make informed choices, take control of your situation and rebuild your life.

You can request support from our ISVA service by completing our on-line referral form which is available from our website at [www.rasasc.org/get-support/isva](http://www.rasasc.org/get-support/isva) or by calling the office on 01483 568000.

## Counselling

We provide a range of counselling services to meet the needs of survivors.

Counselling gives you the opportunity to talk to someone about your experiences and how they affect you. We aim to help you come to terms with what has happened to you.

We provide three types of counselling services.

1. Adult counselling – face-to-face individual counselling sessions for survivors aged 16 and over
2. Youth counselling – face-to-face individual counselling for young survivors aged 13-17 years
3. Family support – we offer two different family support services
  - A service for the family of the young survivor receiving support through our youth counselling service
  - A service for the family or close friend of any adult survivor.

To request our adult counselling service or our family support service for family or close friends, please complete our counselling self-referral form available from our website at <https://www.rasasc.org/get-support/counselling/adult-counselling/>. If you have difficulty in completing the referral form please call our Counselling Coordinator on 01483 568000, who will be happy to help.

Statutory and voluntary agencies and other professionals can make a referral, with the survivor's consent, by completing the agency referral form on our Counselling web page.

Referrals to our youth counselling service and support for families of young survivors receiving youth counselling, are made through our ISVA service.