

INFORMATION FOR WORKERS

WRASAC P & K 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.

What we offer

- Someone to talk to in confidence for information or support.
- Free, non-directive, non-judgemental support.
- A free and confidential telephone helpline.
- Face to face and telephone support for workers working with survivors of sexual abuse.
- Training for agencies on issues relating to abuse.
- 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.

Face-to-face support for workers

Face-to-face 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. 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.

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 can be arranged on request.

HELPLINE SUPPORT

You can telephone our helpline for support or information on 01738 630965. We also have a 24 hour answering machine, so that at any other time messages can be left and will be returned discreetly, as soon as possible.

Write to: WRASAC P & K, P.O. Box 7570, Perth, PH2 1BY

Email: rapecrisis@perthwomensaid.org.uk

USEFUL CONTACTS

Samaritans (01738) 626 666

Genito-Urinary Clinic (01738) 473 220

Police Family Protection Unit (01738) 892 911

Perthshire Women's Aid (01738) 639 043

Victim Support	(01738) 567 171
Criminal Injuries Compensation Board	(0141) 331 2726
Citizens Advice Bureau	(01738) 624 301
Bristol Crisis Service for Women	(0117) 925 1119
Childline	(0800 1111)