



Tyneside and
Northumberland

**Services in
Tyne & Wear**

At Rape Crisis Tyneside and Northumberland, we are dedicated to providing specialist support for women and girls, aged 13 plus.

Our services are here for you if you have experienced any kind of sexual violence, at any time in your life.

Sexual violence can include; child sexual abuse, rape, assault, harassment (including via social media, email and messaging), exploitation through pornography and/or prostitution, flashing or female genital mutilation (FGM).

The sexual violence may have been carried out by a stranger or by someone you know – including your partner or a member of the family.

We believe in a world free from sexual violence and we will believe you.



Whether the sexual violence happened a long time ago, recently or if it is still happening; we are here for you.

You can use our services if you live, work or study in Northumberland or Tyne & Wear (Gateshead, Newcastle, North Tyneside, South Tyneside and Sunderland).

We are independent from the police and social services. Our services are confidential and free of charge.

We understand that, sometimes, you may need support to be able to use our services. You can talk to us about how we can help.

It doesn't matter how long ago it happened, we are here for you.

We are here for all women and girls.

This includes ethnically minoritised women and girls, refugees and those seeking asylum.

We are here for disabled women and girls as well as those with additional learning needs.

Our services are here for women and girls from the LGBTQIA+ community.

Our definition of women-only includes Trans women and non-binary people who identify that women's services are right for them.



Counselling

Specialist therapy to explore your experiences and work towards healing.

We offer counselling that is tailored to you. Our qualified counsellors will help you to draw on your strengths to heal and recover.

Our counsellors are kind, non-judgemental, and follow the highest professional standards.

We offer discreet, confidential spaces, including women-only options, in Tyne & Wear and Northumberland.

Evening appointments are available, and sessions can be in person, online or over the phone.

If you have reported to the police, you can still access counselling while the investigation is happening.

EMDR

Eye Movement Desensitisation and Reprocessing (EMDR) helps your brain process trauma naturally.

EMDR is recommended by NICE as a treatment for PTSD (Post-Traumatic Stress Disorder).

Trauma can leave memories stuck, affecting how you live in the present. EMDR reduces the emotional pain of those memories.

Group work

Our groups provide safe, welcoming spaces where can connect with others and explore creative approaches to healing.

Our groups are for women, aged 16 and over who have experienced sexual violence at any time in their lives.

We offer both in-person and online groups, including;

- Peer Support Core Groups,
- Trauma-Informed Mindfulness,
- Somatic (Movement) Groups and,
- Self-Care.

The groups we offer may change over time. Please visit our website for the latest information.

Those who attend our weekly groups are also invited to join our **Ongoing Monthly Peer Support Group**.

We also run one-off workshops, such as Mindfulness Walks, Trauma-Informed Yoga, and Art Sessions.

Together, we create an environment where women can be themselves, free from judgment.

Our groups are not therapy and do not involve discussing specific incidents of sexual violence. Instead, they focus on the impact of these experiences.



Practical & Emotional Support

Practical assistance, including help reporting to the police and navigating the criminal justice system.

Our Practical and Emotional Support Service helps you with what *you* need. We can help with housing, finance, work, or health.

While we don't provide legal advice or crisis services, we'll guide you to the right organisations. We offer a safe space for you to have someone to talk to. We can provide reassurance and encouragement.

Independent Sexual Violence Advisers (ISVA)

If you choose to report to the police or have an ongoing police investigation, we can support you.

We can also support you if you are concerned about anything that happened in the Criminal Justice process.

Our team includes specialist ISVAs for those with Additional Learning Needs, Under 25's, people from the LGBTQ+ community and people living in rural areas.

We are committed to responding to the needs of survivors, and our services can be adapted where needed.



Helpline & Email Support

Listening support, no waiting list.

Our Helpline and Email Support Service offers anonymous, confidential support.

You can call and speak to one of our specialist supporters. Calls can last up to 50 minutes. You can also choose to email at any time of the day and we will reply during Helpline times.

You are in control of what you talk about.

To make our service confidential we use a specialist system that anonymises your phone number and email. This means you have control over if and when you tell us who you are.

You are not alone. We're here to listen and support you.



Helpline & Email Support

Listening support, no waiting list.

T: 0800 035 2794

E: emailsupport@rctn.org.uk

Monday – Thursday

6.00 pm – 8.30 pm

Information & Referrals

You can contact us directly or ask someone to help you.

T: 0191 222 0272

E: enquiries@rctn.org.uk

Someone from our team will arrange to speak with you to understand your needs and find the right support for you.

You can also refer yourself to our services online.
The QR code below will take you to our website.

RCTN.org.uk

