

Rape and Sexual Abuse - One Minute Guide

Cheshire Sexual Assault & Referral Services

What is it?

Sexual Assault & Referral Services provide crisis and aftercare services to children and adults who have experienced rape or sexual abuse. This includes a forensic medical examination, psychological support, aftercare pathway and referral to other services such as housing or sexual health.

It doesn't matter whether it happened recently or a while ago.

If you have been raped recently.

In the first instance consider reporting to the police. If this is not an option contact St Mary's Sexual Assault Referral Centre on 0161 276 6515.

Support in the community is provided by RASASC

They have centres in Crewe and Macclesfield.

Core services include

- **Information Line**
- **Specialist Counselling**
- **Independent Sexual Violence Advisors**
- **Survivor Groups**

If you are not sure what steps to take contact them for advice and support on:

01330 363 0063

support@rapecentre.org.uk

www.rapecentre.org.uk