

What other support is available?

As well as the Rape Support Line there are several specialist and non-specialist services in and around York and North Yorkshire that can provide you with vital support depending on your circumstances. These include:

Bridge House SARC

Bridge House is a Sexual Assault Referral Centre in North Yorkshire and the City of York. We provide a dedicated service for men or women who have been raped or sexually assaulted recently or in the past. www.turntobridgehouse.org
01904 669339

Survive (York)

A helpline, one to one support and groups for adult (18+) women and men survivors of child sexual abuse, rape and sexual assault. www.survive.org.uk
01904 642830

Women's Counselling Service (York)

YWCS counsellors have experience of working with clients with a history of rape and/or sexual abuse.
01904 652706

Castlegate (York)

General counselling support to young people aged 16 - 25 years old. **01904 555400**

Talking Spaces (Harrogate & District)

General counselling support to adults including specifically trained counsellors for survivors of rape and sexual abuse. Talking Spaces also runs a support group for survivors of childhood sexual abuse.
01423 527615



0300 111 0777

HOPE (Scarborough)

A helpline, one to one support and counselling for women and men survivors of child sexual abuse, rape and sexual assault. HOPE also provides support for young women.
www.hopesurvivors.org.uk
01723 381811

Independent Domestic Abuse Service

(York & North Yorkshire). Advice, accommodation and support to all those experiencing domestic abuse, including sexual violence. www.idas.org.uk
03000 110 110

Foundation Domestic Abuse Service:

(Scarborough & Ryedale). Advice, accommodation and support to all those experiencing domestic abuse.
01723 365609

Victim Support

Confidential advice, information and support to anyone who has been the victim of a crime.
0845 071 0871

National services

Rape Crisis

Information about Rape Crisis Centres throughout the country and a national Freephone helpline.
www.rapecrisis.org
0808 802 9999

National Domestic Violence Helpline

24 hour helpline for individuals experiencing domestic violence.
0808 2000 247



Rape Support Line



What is the Rape Support Line?

The new Rape Support Line is a free, confidential service offering telephone support, advice or just a listening ear to adults who have been raped or sexually assaulted.

The line is run across York and North Yorkshire by an organisation called IDAS, which also offers victims of domestic violence refuge space and support.

The line is staffed through a mixture of volunteers and paid workers who have received specialist in-depth training. They won't try to persuade you to take a particular course of action, but they will listen to what you want. They can also offer you practical advice such as where to get medical help and what to expect if you decide to report an offence to the police.

The line is open on Tuesdays from 5pm until 7pm and on Thursday from 5pm until 9pm.

What is rape and sexual assault?

Rape is an act of sexual violence that includes non-consensual vaginal, oral and / or anal penetration. Rape can involve weapons or physical violence. It can involve threats and intimidation, but it can also be quiet and manipulative.

Sexual assault covers a number of behaviours including; threats, physical violence, intimidation and forced touching.

In any circumstance rape and sexual assault is wrong and it is always the fault of the rapist, not of the person who is attacked.

Rape is far more common than most people realise. Up to 25% of women and 4% of men have been raped or seriously sexually assaulted.

Most survivors of rape are raped by men they know and many are raped by someone they are in a relationship with. A large proportion of rapists appear respectable, likeable and unthreatening.

How might rape affect me?

We are all individuals and respond and react in unique ways to our experiences; surviving rape is no different. Each person will have different feelings about what has happened and will need different support to help them. However, many people who have been raped share similar feelings including; emotional shock and numbness, disbelief, fear, embarrassment, guilt, shame and anger.

Many people also have physical reactions such as insomnia and nightmares, which can continue for a long time. Longer term reactions can include depression and phobias such as a fear of crowds or of being alone.

Remember all of these feelings are valid and normal reactions to an abnormal and traumatic event. Support is available to help you when these feelings become overwhelming and when you need practical help or advice.

For more information on the effects of rape, advice on how to move forward, information on myths and facts and to read survivors stories, please visit our website – www.idas.org.uk/rapesupport

Advice, support or just a listening ear for adults who have been raped or sexually assaulted.

