

USEFUL CONTACTS

WRASAC Dundee & Angus 01382 201291
for support and information

Rape Crisis Scotland Helpline 08088 01 02 02
(free phone) 6-12pm

Other Violence Against Women Services

Vice Versa 01382 201291
(for women involved in Prostitution)

Domestic Abuse

Dundee Women's Aid 01382 207099
Angus Women's Aid 01241 439457
Scotland Domestic Abuse Helpline 0800 027 1234

Crisis Support

Samaritans National Helpline 08457 909090
Samaritans Dundee 01382 832555
Breathing Space 0800 83 85 87
Trauma Counselling Line 08088 020 406
Scotland (Male Survivors)
Childline 0800 1111
The Corner 01382 206060

Victim Information & Advice 0844 561 2879

Sexual and Reproductive Health

Dundee 01382 425542
Angus 01241 879753

Alcohol & Drugs

Tayside Substance Misuse Service 01382 424544
Cair Scotland 01382 200532
Tayside Alcohol Problem Service 01382 443120



Women's Rape & Sexual Abuse Centre
Dundee & Angus



Women's Rape and Sexual Abuse Centre

Helpline: 01382 201291

Business: 01382 205556

Email: support@wrasac.org.uk

www.wrasac.org.uk



www.facebook.com/WRASAC



WRASAC Dundee & Angus is a company limited by guarantee
registered with OSCR and registered in Scotland
as a company number SC241372 and charity number SC009070

Support Service Information

supporting
believing
listening

www.wrasac.org.uk

WOMEN'S SUPPORT SERVICE

The women's support service provides support to women (over 18) who have experienced rape, sexual abuse and / or exploitation. We can also provide support to family, friends, partners and agency workers.

We respect the courage and strength it takes to speak out about your experience of sexual violence, whether it is a recent assault or something that happened a long time ago.

Confidentiality

All our services are free and we can offer appointments on weekdays, evenings and weekends. We won't share what you tell us, unless you tell us we can or we believe there is a risk to you or someone else.



One of our support rooms

Contact us

Business line: 01382 205556

TYPES OF SUPPORT

How to get in touch

*If you require support you can contact us on
01382 201291*

Please leave a message stating your preferred times and days for a call back and we will get back in touch to arrange an appointment.

The referral process

Once you have been referred we will get in touch and we will take some details from you and arrange an appointment for an initial introductory session where we will give you information about our services and gather further info from you to identify the correct service for you.

After your introductory session you will be able to access our groups and complimentary therapies and will be placed on a waiting list to see our support workers on a one to one basis.

Face to face support

We usually have a waiting list for our face to face support. If you require this support you will be offered a number of support sessions with a support worker, who can provide you with emotional and practical support.

Video call

If getting to our office is difficult we can provide you with support via video call.

Email and letter support

Our dedicated support email is:
support@wrasac.org.uk

OTHER FORMS OF SUPPORT

Creative support and gardening group

We run a creative group every second Friday at this group we do crafts and create things. During the summer months this group becomes a gardening group held in our garden.

Forrest Yoga programs

Forrest Yoga is a physical and internally focused practice that challenges students to access their whole being and to use Forrest Yoga as a path to finding and then cleansing the emotional and mental blocks that dictate and limit their lives.

Our yoga runs in blocks of ten weeks at a time on a Saturday afternoon from 1-2 pm.

Complimentary therapies

We can provide up to 4 treatments to our service users. The therapies include: Aromatherapy massage, reflexology, naturopathy, emotional freedom technique, angelic reiki, aromatherapy facial and Swedish massage.

If you are interested in accessing any other form of support please contact the center (01382 205556) or speak with your support worker who will arrange for you to attend.

You don't have to be receiving face to face support to access these alternative forms of support.

“Coming to WRASAC for support has totally changed my life. I used to feel shame, broken and worthless. I am now realising that I am not to blame for what happened to me.”