

Sexual Violence

Sexual violence takes many forms. It includes:

- Rape
- Sexual harassment / intimidation
- Sexual assault
- Sexual abuse in childhood

It occurs anytime a person is forced, coerced, &/or manipulated into unwanted sexual activity.

The perpetrator may be a stranger, acquaintance, friend, family member or intimate partner.

Effects of Sexual Violence

Surviving sexual violence impacts on individuals in many different ways.

Some of the effects, feelings & behaviours experienced may include:

- Anger
- Shock
- Trust difficulties
- Disbelief
- Coping difficulties
- Memory flashbacks
- Self-blame, guilt & shame
- Anxiety / panic
- Hypervigilance
- Emotional numbness
- Grief / mourning
- Questioning why?
- Fear / terror
- Sexual difficulties
- Sexually transmitted infection
- Pregnancy

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CONTACT INFORMATION

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Donate online: www.rcne.ie

CHY: 11972



The National Office for the Prevention of Domestic, Sexual and Gender-based Violence
An tOifig Náisiúnta chun an Domhan a Choscú agus an Gairneoireacht a Choscú

RCNE

Rape Crisis North East



**A Confidential Counselling
& Support Service**

**FREEPHONE HELPLINE:
1800 212 122**

Our Organisation:

Rape Crisis North East provides a specialised, professional counselling & support service to women, men & young adults who have experienced any form of sexual violence in the North East region of Ireland – Louth, Meath, Monaghan & Cavan.

Our Counsellors:

All Rape Crisis North East counsellors are highly trained & experienced practitioners with expertise in the field of sexual violence.

Our Volunteers:

Our trained helpline volunteers & staff provide a confidential, listening support service to all callers.

Our Service Offers:

- North East free phone helpline
- Crisis support & intervention
- Individual counselling & therapy
- Counselling support for teenagers 14+
- Support groups for survivors of sexual violence
- Help for families & friends of survivors
- Practical information & support
- Court attendance accompaniment
- Medical accompaniment to SATU – (Sexual Assault Treatment Units)
- Victim Impact Statement support service
- Community outreach
- Talks & information
- Advocacy – speaking up for the rights of survivors of sexual violence.

Why Attend Counselling?

Counselling offers you a confidential, safe space to talk where you will receive practical & emotional support.

Making an Appointment:

Contact our freephone helpline to arrange an initial meeting with one of our counsellors.

Volunteers & staff are happy to assist you in this process.

Initial Meeting with Your Counsellor:

A counsellor will meet with you to discuss what your needs & expectations are in counselling.

If both you & your counsellor feel that counselling will be useful at this time, your first appointment will be arranged.

Alternatively, your counsellor will help you explore what other options are available.