

## 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
- Self-harm
- Suicidal thoughts
- Anxiety / panic
- Hypervigilance
- Emotional numbness
- Grief / mourning
- Questioning why?
- Fear / terror
- Sexual difficulties
- Sexually transmitted infection
- Pregnancy



RAPE CRISIS  
NORTH EAST CLG

## Counselling & Support Service

Rape Crisis North East  
PO Box 72  
Dundalk, Co. Louth

Tel: 00353 42 933 9491  
Fax: 00353 42 938 1968  
Email: [info@rcne.ie](mailto:info@rcne.ie)

Open Monday to Thursday 9.00am to 5.00pm  
and Friday 9.00am to 4.00pm.

Freephone Confidential Helpline:  
**1800 21 21 22**

Working towards a society where rape and all other forms of sexual violence no longer exists.

Donate online: [www.rcne.ie](http://www.rcne.ie)

CHY: 11972

Registered Charity Number: 20034115

**[www.rcne.ie](http://www.rcne.ie)**

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RAPE CRISIS  
NORTH EAST CLG

## Counselling & Support Service

Based in Dundalk, Castleblayney and Drogheda.  
Covering Louth, Meath, Monaghan, Cavan  
and surrounding areas.



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# Be Heard

**[www.rcne.ie](http://www.rcne.ie)**



## About RCNE:

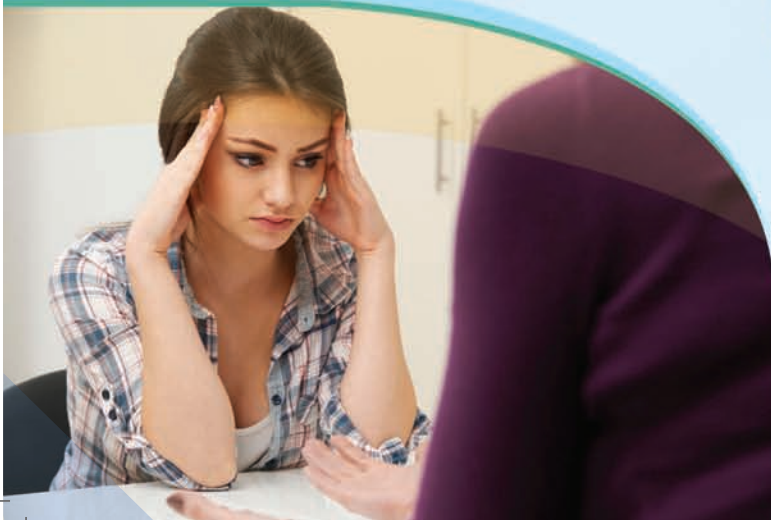
Rape Crisis North East provides a specialised, professional counselling & support service to women, men & young people who have experienced any form of sexual violence in the North East region of Ireland – Louth, Meath, Monaghan, Cavan and surrounding areas.

## Psychotherapists:

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

## Volunteers:

All helpline volunteers & staff are trained and experienced in providing a confidential, listening support service to all who contact the service.



## RCNE offers the following services:

- North East free phone confidential helpline
- Crisis support & intervention
- Short term & long term counselling & therapy for adults both male & female
- One-to-one counselling & support for young people from the age of 12 both female and male
- Support counselling for partners, families and friends of survivors
- Court attendance accompaniment
- Health services accompaniment
- Gardaí accompaniment
- Education and awareness training
- Advocacy



## Education:

RCNE provides a relationship and sexuality educational programme to young people in both community and educational settings.



## Why attend Counselling?

Counselling will offer you a confidential, safe space to talk by trained and professional therapists who will listen carefully to your experiences in a supportive and caring environment.

## Making an Appointment:

Contact our Confidential Freephone Helpline Number 1800 21 21 22 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 and expectations are in the counselling process.

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.