

Sexual abuse Support

VCS Organisation	Service description	Contact details
National Agencies		
Stop It Now	<p>We are a child protection charity, working to prevent child sexual abuse. We campaign and raise awareness across the UK to help adults to do their part to stop child sexual abuse by addressing personal, family and community concerns.</p> <p>Wherever we work, we build community strength and help families to know the steps to keep their children safe from sexual abuse.</p>	<p>Stop It Now! UK and Ireland Preventing child sexual abuse Confidential Helpline: 0808 1000 900</p>
Barnardos	<p>We support thousands of children and young people who have experienced sexual abuse. We make them safe and help them recover.</p>	<p>Child sexual abuse Barnardo's (barnardos.org.uk)</p>
Childline	<p>We're here for you, whatever is on your mind. We'll support you. Guide you. Help you make decisions that are right for you.</p> <p>Our tips and techniques, ideas, and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace.</p>	<p>0800 11 11 Childline Childline</p>
NSPCC	<p>We're the UK's leading children's charity. We've been looking out for children for over 130 years – and we couldn't do it without you.</p> <p>Find out more about our structure, the way we operate and how we fight for every childhood.</p>	<p>What is Child Abuse & How to Keep Your Child Protected NSPCC</p>

<p>National agency against Crime</p>	<p>Are you worried about online sexual abuse or the way someone has been communicating with you online?</p> <p>Make a report to one of CEOP's Child Protection Advisors</p>	<p>https://www.ceop.police.uk/safety-centre/</p>
<p>National Institute for Health Care and Excellence</p>	<p>This guideline covers children and young people who display harmful sexual behaviour, including those on remand or serving community or custodial sentences. It aims to ensure these problems don't escalate and possibly lead to them being charged with a sexual offence. It also aims to ensure no-one is unnecessarily referred to specialist services.</p>	<p>Overview Harmful sexual behaviour among children and young people Guidance NICE</p>
<p>RSACC The rape and sexual assault Counselling</p>	<p>RSACC is a charity run by and for women working to end rape and sexual violence in Darlington and County Durham by supporting and empowering women and girls. They offer free, safe support to all women over 13 who have experienced any form of sexual violence at any time in their lives.</p> <p>Their confidential, local helpline is free to call for any girl or woman who has been directly or indirectly affected by sexual violence, abuse, or domestic violence.</p> <p>The Live Chat Helpline operators are there to listen and offer you emotional support for up to 30 minutes. You can talk about what happened to you, how you feel, and any difficulties you are facing. Monday to Thursday</p> <p>10.00am-2.00pm</p>	<p>For more information Tel: 01325 354119</p> <p>www.rsacc-thecentre.org.uk</p> <p>Helpline: 01325 369933</p>
<p>Victim Care and Advice Service</p>	<p>Offers free independent, confidential advice to victims of crime</p>	<p>For more information Tel: 0303 040 1099</p> <p>www.victimcareandadvice.service.uk</p>

Local support agencies not solely Sexual Abuse specific

The Meadows

The Meadows Sexual Assault Referral Centre aims to provide a sensitive and comprehensive service to residents of County Durham and Darlington who have experienced rape or sexual assault. Their free services are available to both females and males.

For more information Tel: 0191 375 2933

24-hour crisis support service and referrals:
03333 448283
(Option 2)