



**Dublin Rape
Crisis Centre**

Preventing
the harm and
healing the
trauma of
sexual violence

National 24 Hour Helpline

1800 77 88 88

Free & confidential
support & advice for anyone
affected by sexual violence,
at any time.

Learn more at drcc.ie

Healing the trauma: Support & Counselling Services

DRCC offers a range of supports and services to help people recover from the trauma of sexual violence. Our dedicated staff and volunteers provide support to anyone affected by sexual violence at any time, regardless of gender or gender identity, sexuality, ethnicity or status. We mainly help adults, but for cases of recent, non-familial assault, we can work with young people aged 16-17, with parent/guardian agreement. If you are unsure or have questions, you can simply call us.

National 24-Hour Helpline 1800 77 88 88

Our dedicated telephone counsellors are available 24 hours a day, 365 days a year. We are there for anyone impacted by any form of sexual violence, including supporters of victims/survivors.

The National Helpline is free, confidential and inclusive of all—we are here to listen, to believe and to offer information and options.

- If you are deaf or hard of hearing, we have a text service available Mon-Fri, 8am-6:30pm at 086-8238443.
- We also provide a **webchat service** where you can message with a trained support specialist online via our website at drcc.ie – please check for availability.

Counselling & therapy

We provide an empathic, non-judgemental counselling service, to help all victim/survivors cope with and recover from the trauma of rape, sexual assault, childhood sexual abuse and sexual harassment. All our psychotherapists are fully accredited and experienced in this specialised area of work.

- DRCC provides counselling at its Dublin city centre office as well as in Coolock, Balbriggan, Tallaght and Dóchas Women's Prison.

- For clients who are deaf or are hard of hearing, or for those who do not speak English, counselling is provided through interpreters.
- *Moving Forward from Sexual Violence* is an online & coach-supported trauma support programme, developed in cooperation with KRTS International. It aims to give victims/survivors a better understanding of trauma and to develop coping tools to manage harmful symptoms like panic attacks, anxiety and nightmares.

Accompaniment services

- **Accompaniment to Sexual Assault Treatment Unit:** We offer psychological support and information to anyone attending the Sexual Assault Treatment Unit in the Rotunda Hospital, as well as families and friends accompanying those attending the unit.
- **Justice system accompaniment:** We provide information, support and accompaniment to all victims reporting or attending a court case.

For information on counselling or accompaniment services, please call 1800 77 8888 during office hours or e-mail counselling@rcc.ie. For information on *Moving Forward*, e-mail movingforward@rcc.ie.

Education & Training

DRCC provides training for various groups who as part of their work support people impacted by the trauma of sexual violence. This includes dealing with disclosures of sexual violence & managing secondary or vicarious trauma to themselves that may arise from such encounters. All our training is trauma-informed and focuses on the welfare of victim/survivors and of those supporting them. Contact ETadmin@rcc.ie or see drcc.ie.

Preventing the harm: An Ireland free from sexual violence

Youth Programmes

DRCC offers courses to those working with young people aimed at preventing sexual violence through greater awareness of important issues such as sexual consent and healthy relationships among young people, including the flagship programmes, BodyRight and #LetsGetReal. Youth outreach talks and consent workshops are also available to schools and colleges – contact youthprogrammes@rcc.ie.

Policy, Research & Advocacy

We draw on our expertise and our experience with supporting victims/survivors to inform how we advocate, towards a society free from sexual violence. We collaborate with diverse groups and contribute to policy-making at national level. We collect and disseminate data to advance an understanding of the prevalence and incidence of sexual violence, particularly from a survivor perspective.

Information & Campaigns

DRCC campaigns for victim-centred, trauma-aware systems of justice, education and health. We raise awareness on the need to prevent and combat sexual violence, in particular about the vital role of sexual consent and activities based on respect & equality. We seek to empower survivors and overcome stigma. We provide information and resources to victims/survivors, their supporters and those who work to prevent sexual violence at www.drcc.ie and via our social channels.

DRCC is a non-profit, charitable organisation with a dual mission: To prevent the harm and heal the trauma of sexual violence. Our vision is of an Ireland free from sexual violence, that promotes healthy sexual behaviour based on consent, communication, mutual respect & equality.

Our holistic approach means we provide a range of services and supports to victims/survivors. This helps us ensure that their voice & experience is reflected in policy, services & law. Our activities include education, outreach, campaigns, advocacy & research.

National 24-Hour Helpline 1800 77 8888 – free, confidential support & advice for anyone affected by sexual violence, at any time.



Contact us at:

Dublin Rape Crisis Centre
McGonnell House
70 Lower Leeson Street,
Dublin 2
D02 VW13

Office: 01 6614911

Email: info@rcc.ie

Web: www.drcc.ie

Office opening hours:

By appointment only – Mon–Fri, 8am–5:30pm,
Saturday 9am–3:30pm, except public holidays.

Follow us on social!

 fb.me/dublinrapecrisiscentre

 [@DublinRCC](https://twitter.com/DublinRCC)

 [dublinrapecrisis](https://www.instagram.com/dublinrapecrisis)

 [dublinrcc](https://www.linkedin.com/company/dublinrcc)

DRCC is a member of Sexual Violence Forum Ireland. We comply with the Charities Governance Code & are registered with the Charities Regulatory Authority.

Charity No: CHY 8529 | RCN: 20021078 | CRN: 147318

How can you help?

You could become a volunteer

Our telephone counsellors & accompaniment volunteers play a central role in operating the 24-hour National Helpline & in supporting victims/survivors at the Sexual Assault Treatment Unit (SATU), at Garda stations & in court. Helpline & accompaniment volunteers undergo a comprehensive training programme. They are provided with regular supervision as well as a range of in-house support services. Volunteers also give talks to schools & community groups & assist our fundraising, research & campaign work.

Contact volunteerservices@rcc.ie for more information.

You could help us raise funds

As a charity, we are grateful for any donation, no matter the amount, that helps us to work for an Ireland that is free of sexual violence.

You can donate online: www.drcc.ie/donate or text DRCC to 50300 to donate €4.

(Texts cost €4.00. DRCC will receive a minimum of €3.60. Service Provider: LIKECHARITY. Helpline: 076 6805278.)

Donate to DRCC now



We also work with companies & philanthropists to support their Diversity & Inclusion, CSR & ESG objectives. To find out more about partnering with DRCC, please contact fundraising@rcc.ie. The team can also help if you are considering leaving a legacy to DRCC in your will.

You could join our Youth Advisory Panel

If you are aged between 16 & 25 and want to help us build programmes & campaigns aimed at younger people, we'd be delighted to hear from you! Contact youthprogrammes@rcc.ie.