

How can you help?

You could become a volunteer

Our volunteers help to operate our 24 hour National Helpline, accompany people to the Sexual Assault Treatment Unit or to court and give talks to schools and community groups. At the Centre we provide a 72 hour training programme and ongoing supervision and support to all our volunteers. For further information contact volunteerservices@rcc.ie

You could make a donation or help with fundraising

Financial donations and contributions are very welcome. Help with flag days and other fundraising events is always needed. We have charitable status, so your donations can be tax efficient. To sponsor or hold your own fundraising event, or make us a bequest, simply contact our fundraising team or email fundraising@rcc.ie

You could attend a training course

To know more about sexual violence and trauma, its effects and treatment, to enhance your professional work or to improve your working environment, attend a training course provided by the DRCC. For details contact the Education and Training Department or email etadmin@rcc.ie



National Helpline

**24 hours a day, 7 days a week,
personal support and advice.**

Helpline 1800 77 88 88

A new beginning at the end of the line

The Dublin Rape Crisis Centre

McGonnell House
70 Lower Leeson Street, Dublin 2
Telephone: 01 6614911
Facsimile: 01 661 0873
Email: info@rcc.ie
www.drcc.ie

Follow us on:



Dublin Rape Crisis Centre



@DublinRCC

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Dublin Rape Crisis Centre

*Preventing and healing the
trauma of rape and sexual abuse*

**If you or someone you know has been
raped or sexually abused, you don't
have to manage alone.**

National 24 Hour Helpline

1800 77 88 88

A new beginning at the end of the line

Support and Counselling Services

The Dublin Rape Crisis Centre provides counselling services to help people recover from the trauma of sexual violence. Counselling for clients who do not speak English is provided through interpreters. For deaf clients, sign language interpreters will be made available. Deaf clients can make an initial contact by emailing counselling@rcc.ie

24 Hour National Helpline 1800 77 88 88

Our telephone counsellors are available 24 hours a day, 365 days of the year, to listen, provide information and organise counselling if desired. The Helpline is available to people who have experienced rape, sexual assault, sexual harassment or childhood sexual abuse. It is also available to those supporting victims -family, friends and professionals.

Counselling

We have a dedicated group of professional psychotherapists and trained telephone counsellors, committed to the recovery of victims of sexual violence and abuse. All our psychotherapists are fully accredited and experienced in this area of work. We provide an empathic, non-judgemental counselling service, to help female and male victims cope with and recover from the trauma of rape, childhood sexual abuse and sexual harassment. In addition to our Centre in Leeson Street, we have outreach centres in Coolock and Tallaght. **N.B.** All face to face counselling is by appointment only - appointments are arranged by contacting the Helpline **1800 77 88 88.**

Accompaniment to the Sexual Assault Treatment Unit

We have a dedicated group of trained volunteers who are available to offer support and information to women and men who are attending the Sexual Assault Treatment Unit in the Rotunda Hospital. This support service is also offered to families and friends accompanying those attending the unit.

Court Accompaniment

Our trained volunteers are available to accompany those attending court and other similar proceedings e.g. asylum hearings. We also accompany anybody wishing to make a statement to the Gardai.

Outreach Awareness Programme

Our experienced volunteers are available to speak to schools and community groups in order to highlight awareness of sexual violence and inform the public about the services offered by the Centre.

Training

The Education and Training Department provides a wide range of training programmes for professionals and volunteers who encounter issues of rape, sexual assault, childhood sexual abuse and other trauma in the course of their work.

Training programmes are also available for individuals and organisations on preventing and dealing with bullying, harassment and sexual harassment in the workplace. Training programmes are provided for staff, managers, HR personnel, and those in the role of Support Contact Person.

BodyRight Training Programme

The BodyRight programme is a prevention and awareness programme for use in schools and other educational and youth work settings. Training is provided to teachers, guidance counsellors, youth workers and others who wish to use this programme with young people.

Campaigns

The DRCC campaigns for a more victim supportive legal system, lobbies for Children's Rights and improved child protection systems and has run awareness raising campaigns about preventing and combating sexual violence. #AskConsent is our most recent campaign to raise awareness on the issue of sexual consent.

Research and Publications

The DRCC is committed to research into sexual violence and has published *The SAVI Report* (2002), a comprehensive study of Irish experiences, beliefs and attitudes concerning sexual violence and *The Legal Process and Victims of Rape* (1998), a report comparing the legal systems in 15 member states of the EU and their impact upon victims of rape. The DRCC publishes statistics on an annual basis. All of these publications can be accessed on the DRCC website.

The DRCC also collaborated in *Different systems - similar outcomes, Tracking Attrition in Reported Rape Cases in Eleven European Countries* (2009).

DRCC has produced a practical Handbook for community interpreters 'Interpreting in situations of Sexual Violence and other Trauma' which can be accessed on the DRCC website.