



EVERYONE HAS THE RIGHT TO BE FREE FROM ABUSE

sarac (Sexual Abuse Rape Advice Centre) is a charity based in Burton providing free confidential emotional support services, advice and information to local people affected by rape, sexual abuse and/or exploitation. We also offer specialist guidance and training services for professionals.

Sarac provides specialist emotional support for anyone 11 years and over that may have, or is, being affected by rape, sexual abuse or exploitation.

You may not know what to do, who to tell, who will believe you. If you call us on the **helpline 01283 517185** all answerphone messages will be replied to asap.

We can offer **free of charge**:

- a confidential service
- someone to listen and believe you, who will not be judgemental
- practical advice and information
- support working through your feelings and reactions



Helpline: 01283 517185



staff@sarac.org.uk



www.sarac.org.uk