

## Information

We can provide leaflets and information for survivors of rape and/or sexual abuse and we can recommend reading materials for anyone supporting survivors.

You may also be able to access our resource base and borrow any relevant books etc. Please contact us for further details about this service.

We can also provide information on other agencies and services that support survivors.

## Research

We also compile and monitor statistics that are made available to us in our work. These prove useful to us and other agencies when trying to find out more about the nature of the sexual crime. Please feel free to ask us for our most recent statistics.

## Publicity / Campaigning / Lobbying

Fife Rape and Sexual Assault Centre recognises how important public campaigning and lobbying is in changing public attitudes to the various issues surrounding sexual violence. We would also hope that by bringing such issues to the fore that we might influence government and legal thinking.

## Contact Us At:

<b>29 Townsend Place</b>	<b>2a Burnside North</b>
<b>Kirkcaldy</b>	<b>Cupar</b>
<b>Fife</b>	<b>Fife</b>
<b>KY1 1HB</b>	<b>KY15 4DG</b>
<b>01592 642336</b>	<b>01334 655205</b>

**Email: [info@frasac.org.uk](mailto:info@frasac.org.uk)**

**Website: [www.frasac.org.uk](http://www.frasac.org.uk)**

## Opening Times

**Monday to Friday 9am – 5pm**

## Other Useful Numbers

<b>Rape Crisis Helpline:</b>	<b>08088 01 03 02</b>
<b>Samaritans:</b>	<b>08457 90 90 90</b>
<b>Police:</b>	<b>0845 600 5702</b>
<b>GUM Clinic:</b>	<b>01592 643774</b>
<b>Women's Aid:</b>	<b>01592 261008</b>
	<b>01334 657537</b>

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**INFORMATION FOR  
WORKERS WORKING  
WITH SURVIVORS OF  
SEXUAL ABUSE**

**SUPPORT**

**INFORMATION**

**CONFIDENTIALITY**

## For The Worker

FRASAC is an independent voluntary organisation which offers a range of free and confidential support services to anyone, male or female, who has been raped or sexually assaulted at any point in their lives.

We recognise that workers in many different agencies are dealing with disclosures and supporting survivors of sexual abuse in their work place. In response to this we offer the following service to all workers in the voluntary and statutory sector.

## What We Offer

- o Someone to talk to in confidence for information and/or support.
- o Free, non-directive, non-judgemental support.
- o Multi-agency training, awareness-raising workshops and talks for all workers.
- o Face to face and telephone support for people working with survivors of sexual abuse.
- o Access to our resource base.
- o Information, help and support for friends and family of survivors of rape or sexual abuse.
- o Training for anyone who would like to volunteer

## Telephone Support

Workers supporting survivors in the community can telephone at any time for support or information. We have a 24 hour answering machine. Please leave a message if no one is there and we will get back to you as soon as possible.

## Face to Face Support For Workers

Face to face support can be arranged. It can be arranged at your workplace or at either of our centres. All support is free and confidential.

(Please be aware that we give priority to survivors of abuse)

## Training & Awareness Raising

We can provide training, talks and awareness workshops on issues related to rape and child sexual abuse.

The training can be specific to your agency's needs and can be organised at a time that suits workers.

We also provide multi-agency training throughout the year.

## The Effects of Rape

No two survivors of sexual assault react in exactly the same way, or feel the same emotions at the same time, or heal in exactly the same way. Every survivor deals with the assault in a way that addresses their particular situation. While every survivor should feel encouraged to seek a healing path that works for them, there are some commonalities among most, if not all, sexual assault survivors.

Remember, these are not "rules" for a "normal" reaction to sexual assault, but rather some of the many emotions and experiences you *may* have as a survivor. It is important for the survivor to know that they are not alone in their pain or experience.

## Common Reactions To Sexual Assault

- o Emotional Shock
- o Disbelief
- o Fear
- o Embarrassment
- o Guilt
- o Shame
- o Depression
- o Anger