

## Facts

Anyone can be sexually abused, sexually assaulted or raped regardless of age, gender, ethnicity, background or lifestyle.

Most perpetrators of rape and sexual assault are known to the victim.

Most abuse takes place indoors in the person's own home or the abuser's home.

Rape and sexual abuse are crimes of power and violence.

The survivor is never to blame for the abuse. The abuser is always the one to blame for the abuse.

## How to contact us

38/40 High Street  
Kirkcaldy  
KY1 1LU

[info@frasac.org.uk](mailto:info@frasac.org.uk)  
**01592 642336**  
[www.frasac.org.uk](http://www.frasac.org.uk)

**NHS Scotland Sexual Assault  
Self - Referral Phone Service**  
**Call SARCS on: 0800 148 88 88**  
**(available 24 hours a day, 7 days a week)**



**FRASAC**  
Fife Rape & Sexual Assault Centre

We are a Fife wide service  
available to anyone aged  
12+ of any gender and  
any ethnicity affected by  
rape and sexual assault.



**FRASAC**  
Fife Rape & Sexual Assault Centre

Company Ltd No: 327459  
Scottish Charity No: SC033050

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

**T. 01592 642336 E. [info@frasac.org.uk](mailto:info@frasac.org.uk)**

** Twitter: @FRASACKirkcaldy**

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# What is FRASAC?

Fife Rape and Sexual Assault Centre (FRASAC) is an independent voluntary organisation which offers a range of free and confidential support services to anyone of any gender and any ethnicity who has been raped or sexually assaulted at some point in their lives.

## What we offer

- **Face to Face Support**
- **Outreach to all areas of Fife**
- **Support and information for friends and relatives of survivors**
- **Practical support to access other agencies**
- **Support through Police and Court procedures**
- **Advocacy support**
- **Crisis appointments**
- **Prevention Workshops which can be tailored to different audiences including schools, colleges, voluntary groups.**

A support worker can meet with you anywhere across Fife and will try to find a venue which takes into account your need for comfort, privacy and confidentiality.

## How to make a referral

Referrals can be made by phoning our office on 01592 642336. Ideally we would like you to contact us yourself if you would like an appointment.

However we realise that you may need support in taking this step and might wish someone to contact us on your behalf.

We aim to provide an assessment within 14 days of referral, however if you have experienced a recent assault we will try to meet with you as soon as possible.

For partners and family members we offer shorter term support.

Please contact the office if you would like to discuss anything in the leaflet or if you would like more information.

## Confidentiality

We have a strict policy on confidentiality and as a rule we do not release information about clients to anyone else without their permission.

The information which we would ask for when you make first contact with us is:

- **Your name**
- **Your contact details**
- **Any special needs/considerations**



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