

THE ROAD TO RECOVERY.

Our counselling aims to help you feel safe, supported, respected and able to make informed decisions.



“My main aim in coming to counselling was to get advice about the court. I’ve since realised how helpful it’s been to have a space to regularly come and be heard”

“This has been such a good space to talk to my counsellor... someone who knows about rape. I can put aside all my other stuff and focus on moving forward and feeling free again”

BENEFITS OF COUNSELLING.

- Support in a safe environment
- Learn how to cope
- Understand trauma symptoms
- Empowerment
- Experience post-traumatic growth
- Reconnect with self & others
- Assistance in managing the criminal justice system (police/court/hospital)
- Linking current clients to social services

Who can receive counselling?

Anyone from the age of 14 years & upward who is affected by sexual violence, survivors & the people supporting them. Everyone is welcome regardless of gender identity or sexual orientation.

When should I seek counselling?

The decision to come for counselling is completely your own. Some people come immediately after experiencing sexual violence & others come months or years later. When you feel you need help we are here to support you.

To make an appointment.

We offer confidential counselling, free of charge.

- Monday - Thursday, 09h00 - 16h30
- & Friday, 09h00 - 15h30

We offer counselling in English, Afrikaans or Xhosa at our offices in Observatory, Athlone or Khayelitsha.

Helpline support.

We also offer advice & counselling over the phone via our 24/7 helplines:

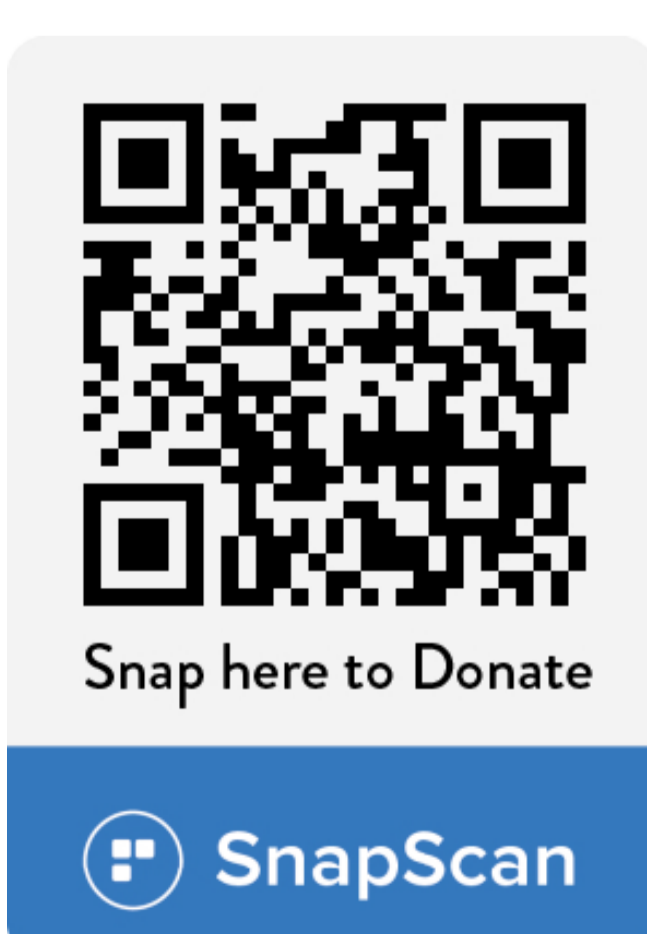
Observatory **021 447-9762**

Khayelitsha **021 361-9085**

Athlone **021 633-9229**

Email **communications@rapecrisis.org.za**

WITH YOUR DONATIONS WE ARE ABLE TO REACH MORE COMMUNITIES AND EMPOWER MORE RAPE SURVIVORS.



OUR BANKING DETAILS

Account name	Rape Crisis Cape Town Trust
Bank	Standard Bank
Branch	Rondebosch
Address	Main Road, Rondebosch
Branch code	025009
Account number	073600911
Type	Savings
SWIFT code	SBZAZAJJ
IBAN No	051001

*Please use your name & surname as reference

(Head Office) 23 Trill Road, Observatory - 021 447 1467
335a Klipfontein Road, Athlone - 021 684 1180
89 Msobomvu Drive, Khayelitsha - 021 361 9228

Email communications@rapecrisis.org.za
Website www.rapecrisis.org.za