

If you want to know more about our counselling service you can

Phone us us on

0161 2734591 (General Enquiries) or

0161 2734500 (Helpline)

Email us at

[help@manchesterrapecrisis.co.uk](mailto:help@manchesterrapecrisis.co.uk)

Women using our counselling service have said

- This service is a lifeline
- I am a member of the LGBT community and I felt very isolated, it has really helped to share my concerns with my counsellor
- I have a better understanding of what happened to me when I was younger and so surprised how I have been affected by it ...in the present
- Being heard and believed has changed my life

# Greater Manchester Rape Crisis

Rape and Sexual Abuse Support Centre

Counselling Service Information



Greater Manchester Rape Crisis (GMRC) provides free face to face counselling for women over 18 who have experienced rape or sexual abuse. This can be something that happened in childhood or as an adult at any time in your life.

GMRC are members of the British Association for Counselling and Psychotherapy and we adhere to the standards set out in the BACP Ethical Framework for Good Practice.

Our counsellors may use a variety of ways to help you. They will treat you as an individual providing a warm, non-judgmental professional relationship enabling you to talk safely about your thoughts and feelings.

Your counsellors will work with you at your own pace empowering and supporting you and encouraging you to find your own answers, helping you to cope and recover from the trauma of rape and sexual abuse.

We usually offer up to 26 sessions for 50 - 60 minutes once a week. The sessions are by appointment and are always with the same counsellor on the same day and time unless there are exceptional circumstances.

If you are accessing counselling at GMRC for Pre Trial Therapy we will still be able to support you but we will not be able to discuss any details of the incident during the sessions: we will be able to support you with the impact of your experience.