

Was it my  
fault?

I'm scared

Who can  
I talk to?

Will anyone  
believe me?

I don't know  
what to do

Have you been affected by rape,  
sexual assault or sexual abuse?

Our local helpline is **free** and **confidential**. We offer support and  
information for women from **Tyneside and Northumberland**.

**Free local Rape Crisis helpline**

**0800 035 2794**

Open Tuesday, Wednesday and Thursday, 6pm-8.30pm

**T Y N E S I D E**  
**RAPE CRISIS CENTRE**

[www.tynesidercc.org.uk](http://www.tynesidercc.org.uk)

Tyneside Rape Crisis Centre is a Registered Charity: No: 1138149 Company No: 7285969

  
Northumberland Sexual Violence Project