

Afraid to go out

Anger / Sadness

Difficulty Concentrating

Drugs / Alcohol

Eating problems

Flashbacks / Nightmares

Relationship problems

Self-harming

Shame / Guilt

Stress

Suicidal thoughts



Phone: 01702 667590  
Email: info@sosrc.org.uk  
Web: www.sosrc.org.uk



*Contact us!*

For more information or support

SOS Rape Crisis  
Office: 01702 667590  
Information & Support Helpline: 01702 303232

www.sosrc.org.uk  
info@sosrc.org.uk

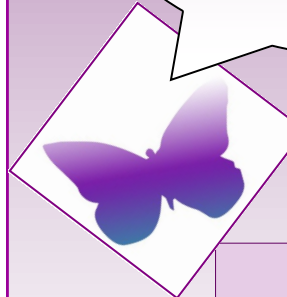
National Helpline: 0808 802 99 99

**Young Persons' Service**

SOS Rape Crisis  
Registered Charity Number: 1143021

**Did 'something' happen...?**

Perhaps it's time to talk



All you need to know about the Young Persons' Service

Specialist support services for young survivors of sexual abuse

**Young Persons' Service**

Pressured into sexting?

Inappropriate touches?

Pressured to do something sexual to someone else or yourself?

Forced to have sex?

Experienced or worried about Female Genital Mutilation (FGM)

The person who did this may be a stranger or it may be someone you trusted—a partner, a friend, a colleague or a family member. It could have happened yesterday, last week or many years ago.

Phone: 01702 667590  
Email: [info@sosrc.org.uk](mailto:info@sosrc.org.uk)  
Web: [www.sosrc.org.uk](http://www.sosrc.org.uk)

*Afraid to tell?*

**Perhaps you think:**

- ◆ No one will believe you
- ◆ That you did something to deserve it.
- ◆ You may feel or have been threatened.
- ◆ You don't want your friends to find out
- ◆ You want to protect your family
- ◆ You want to protect the person who did this to you

*I really just need someone to talk to*

**We are here to listen to you and to support you.**

**SOS Rape Crisis Phone: 01702 667590  
Information & Support Helpline:  
01702 303232**

**Young Persons' Service**

*SOS Rape Crisis*  
Registered Charity Number: 1143021

*We can help*

**One-to-One**

Support to help you come to terms with what happened and to deal with the effects it is having on your life.

There is no pressure to go into details about what happened. You can talk at your own pace, when you are ready in a safe and confidential space.

**Young Persons' Group**

The group brings together young people who have been through similar situations.

It is a safe place to share experiences and advice, which can help you to see that you are not alone.



**We also offer support to partners, family and friends**

**SOS Rape Crisis**  
Southwest Cheshire Police Partnership