



TRC Sexual Abuse & Rape Support Greater Manchester

Free, confidential and non-judgemental support service run by women for women and girls who have experienced any form of rape, sexual abuse or sexual violence, whether now or in the past. We will listen, support and believe you. You are not alone.

SPECIALIST COUNSELLING SERVICE

We provide free one-to-one counselling with a trauma-trained therapist, for women aged 18 and over who have experienced sexual violence, or abuse at any stage of their lives. If you live in Greater Manchester and think you may benefit, please complete a referral by visiting: traffordrapecrisis.com/counselling-referral-form

CONFIDENTIAL HELPLINE

HELPLINE NUMBER:

0161 647 7559

0800 783 4608

Opening times:

Tuesday: 6pm - 9pm

Thursday: 6pm - 9pm

Sunday: 3pm - 6pm

BAME HELPLINE NUMBER:

0800 434 6484

Opening times:

Friday: 10:00am - 1pm

EMAIL SUPPORT SERVICE

If you would like to receive emotional support from us by email, you can contact us at

dorothytrc@hotmail.co.uk

You can email us as often as it helps you.

LIVE CHAT: 
traffordrapecrisis.com/livechat

Wednesday: 11:30am - 2pm

