

## HOW TO ACCESS OUR SERVICES:

There are a number of ways you can access our services. You can call or email us for one-off immediate telephone support or to arrange to talk to us about longer term one-to-one support.

If someone contacts ORC on your behalf (eg your GP, the Police or another professional ), we will ask them for your written consent, or for you to speak directly to us, before we can proceed with the referral. This is to make sure you are happy to be referred and that you do want our support.

## HOW TO CONTACT US:

01856 872298

Mon-Thurs 9.30am-4.30pm

If you leave a message we will get back to you as soon as we can.

Email ORC at:

[contact@orkneyrapecrisis.scot](mailto:contact@orkneyrapecrisis.scot)

If you need support **outwith** these **hours** please contact:

Rape Crisis Scotland Helpline

08088 010302

6pm-midnight, daily

We also provide information via our website

[www.orkneyrapecrisis.scot](http://www.orkneyrapecrisis.scot)



@OrkRapeCrisis



[facebook.com/orkneyrapecrisis](https://facebook.com/orkneyrapecrisis)

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Registered in Scotland No 25868. Recognised by the Inland Revenue as a Scottish Charity No SCO25642.

Hosted by Women's Aid Orkney. Mentored by Rape & Sexual Abuse Service Highland (RASASH)



## INFORMATION SUPPORT & ADVOCACY

## For Survivors of Sexual Violence

Prevention & Campaigning  
Against Sexual Violence

Support Advocacy  
Prevention Campaigning

## ABOUT ORC

At ORC we provide free, confidential, emotional support, information and advocacy for survivors of sexual violence and abuse aged 13+. ORC also provides support for non-abusing partners, family and friends of survivors and professionals supporting survivors.

We work using a trauma-informed, person centred approach and aim to provide a safe, welcoming, and accessible service whether supporting people from our centre or in the community.

### ORC believes that ...



Anyone who has experienced rape, sexual abuse and/or sexual assault is entitled to receive non-judgemental, confidential support. ORC strives to be accessible and inclusive of all genders, ethnicities, cultures, sexual orientations, social backgrounds and abilities.



No survivor is to blame, under any circumstances, for any form of sexual violence they have experienced. The blame and responsibility for sexual violence lies solely with those who perpetrate it.



A zero tolerance approach to any form of sexual violence is everyone's responsibility and will help ensure the health and well-being of all communities.

## WHAT YOU CAN EXPECT FROM US AT ORC

Our service is confidential which means we will keep safe any information you wish to share with us in accordance with the data protection act. We will not share anything you can tell us with anyone outside of ORC without your express consent.

There are some exceptional circumstances where we cannot keep confidentiality, such as when a child is at imminent risk of harm. If we did need to involve another service (for example around child protection concerns) we would do this in discussion with you wherever possible, so you would know what was happening, and we would remain available to support you as needed.

Our service is free and we can currently provide support face to face at our centre and at venues in the community.

Support from ORC is also currently available by phone, email, text or secure VSee link depending on your circumstances and preference.

We can support you at any point in your journey. This can include but is not limited to:



Accompanying you to appointments and court



Giving you information about what is involved in reporting to the police



Support immediately following rape or sexual assault



Support in coping with rape and sexual abuse that happened a long time ago.

When you contact us we will be able to discuss what you would like from our service and what we can offer. Every survivor's needs are unique and there is no 'right' or 'wrong' way to feel.

If at any point you decide you no longer wish to use our service, that's okay. You can always contact us again another time if you change your mind.