

## About CARA



**CARA (Centre for Action on Rape and Abuse) works with victims and survivors of sexual violence and child sexual abuse, providing independent, specialist support and promoting and representing their rights and needs**

CARA is a registered charity working with adults of all genders, young people and children from across mid and north Essex.

We provide our services from our head office in **Colchester** and from outreach premises in **Braintree, Chelmsford, Clacton-on-Sea, Great Dunmow** and **Harwich**. We also offer remote support, using video links or telephone.

CARA's aims are to:

- Provide high quality, specialist support to victims and survivors of sexual violence and child sexual abuse
- Increase awareness and understanding of sexual violence and child sexual abuse and the impact they have on victims and survivors, challenging myths and misconceptions
- Promote and represent the rights and needs of victims and survivors, including advocating for a fairer criminal justice system

You can find out more about **CARA** and the work we do through our website: [www.caraessex.org.uk](http://www.caraessex.org.uk)



**The services that CARA provides are free to all who need them.**

We rely on grants and donations to support our work. If you would like to make a donation to support **CARA's** work, you can:

- Go to our website [www.caraessex.org.uk](http://www.caraessex.org.uk) and click on the donate button
- Send a cheque made payable to **CARA** to:  
CARA (Centre for Action on Rape and Abuse)  
Mailbox 302, Communications House,  
9 St John's Street, Colchester, Essex CO2 7NN

Charity Number: 1124282  
Company number: 6525343

You can contact **CARA** to find out more about our counselling services by:

- Calling our enquiry line:  
**01206 769795**

GPs, social workers, mental health workers, police officers and other professionals can refer clients to **CARA** using our online referral form for professionals. You can find it on our website: [www.caraessex.org.uk](http://www.caraessex.org.uk)



## Counselling

**CARA** provides one-to-one specialist counselling for adults who are victims and survivors of any type of sexual violence or child sexual abuse, either recently or in the past.

We cover the Braintree, Chelmsford, Colchester, Maldon, Tendring and Uttlesford districts of Essex.

## How counselling can help



Counselling provides a space where you can explore your feelings around your experience of sexual violence or child sexual abuse. Your counsellor will never force you to talk about anything you are not ready to, and you and your counsellor will review whether you feel the counselling is meeting your needs on a regular basis.

Our support can help you gain a clearer understanding of yourself, your experiences and your situation. With our help, you can explore your experiences and feelings and move forward positively with your life.

Counselling at **CARA** is provided by a team of specialist practitioners, who have all been trained to support victims and survivors of rape, sexual assault and sexual abuse.

**CARA** is an organisational member of the **British Association for Counselling and Psychotherapy (BACP)**. We abide by the BACP Ethical Framework for the Counselling Professions and are subject to the Professional Conduct Procedure.

## Other **CARA** leaflets



**CARA** – Providing specialist support for victims and survivors of sexual violence and abuse



**ISVA (Independent Sexual Violence Adviser)** and advocacy services for victims and survivors of sexual violence and abuse



Specialist support for **young people**



Specialist support for **children** who have been sexually abused, and their **families**



**Supporting CARA:** How you can help victims and survivors of sexual violence and abuse

## How **CARA** helped

“It’s the first time I have had someone that listens to me and understands how I am feeling.”

“Fantastic support. I no longer blame myself for what happened.”

“Counselling made me a stronger person.”



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