


## 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 and 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: PO Box 548, Colchester CO1 1YP

Charity Number: 1124282  
Company number: 6525343

You can contact **CARA** to find out more about the support we provide for young people by:

- Calling our enquiry line:  
**01206 769795**
- Filling in our online self-referral form:  
Visit [www.caraessex.org.uk](http://www.caraessex.org.uk)

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)



## Young People

**CARA** provides specialist support for young people, who are victims and survivors of any type of sexual violence or child sexual abuse, either recently or in the past.

We work across mid and north Essex.

## Support for young people



**CARA provides therapeutic support for young people who have experienced any type of sexual abuse. This service is usually offered to young people at secondary school, and up to the age of 19.**

Our team of young person's practitioners provide support in a safe and non-judgemental environment. They are trained to deal with the impact of rape and childhood sexual abuse on young people, as well as to provide support with a wide range of other issues including child sexual exploitation, anxiety, flashbacks, self-harm, eating disorders and drugs and alcohol misuse.

Our support can help you to gain a clearer understanding of yourself, your experiences and your situation. Your practitioner will never force you to talk about anything you are not ready to. With our help you can explore and accept your experiences and move forward positively with your life.

**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 **counselling** for victims and survivors of sexual violence and abuse
-  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

“I haven't self-harmed since I started counselling.”

“If I have flashbacks or nightmares now, it's only very rare.”

“Without CARA, I would not be here today. I have seriously been helped with how to cope.”



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