


About CARA



CARA (Centre for Action on Rape and Abuse) is a registered charity providing independent, specialist support to victims and survivors of any type of sexual violence

CARA works with adult women and men, young people (aged 13-19) and children of 12 and under 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** and **Great Dunmow**.



CARA's aims are to:

- Provide support to victims and survivors of sexual violence
- Increase awareness and understanding of sexual violence, and its impact on victims and survivors, challenging the myths and misconceptions that surround it.

You can find out more about **CARA** and the work we do through our website: 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 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 our counselling services by:

- Calling our enquiry line: **01206 769795**
- Filling in our online self-referral form: Visit 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



Counselling

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

We work across mid and north 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.

When you first contact **CARA**, we will invite you in for an initial meeting, to identify what you hope to get from counselling and help us to work out how we might best support you. You will then be placed on our counselling waiting list. Your allocated counsellor will contact you when a suitable day and time become available. You will usually be offered 6-20 weekly sessions.

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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