



TRC offers free, confidential support, for women, by women. We provide someone to talk to who can listen whilst you tell us what's worrying you right now.

If you have been raped, assaulted or had unwanted sex, today, last month, or 50 years ago then we are here to support you while you sort things out.

Trafford Rape Crisis works without pay and aims to create a safe space for women in Trafford. We aim to provide support for all women who want it. Our services are always free to use.

## **Contacting TRC for support:**



**0800 783 4608**

You can call our freephone number for details of the line opening times and you can leave a message at all other times. If you want us to, we can call you back.

We have a dedicated call-back service for Black or Asian women, on



**0798 3496 776**

All women can also text or leave a message, on



**0796 7000 205**



**dorothytrc@hotmail.co.uk**

You can email us for support and we will write back. If you are feeling bad and need to type those feelings out, then please send them to us.

You can also write to us.



**Trafford Rape Crisis, Unit 314,**

**Peel House, 30 The Downs,**

**Altrincham, Cheshire,**

**WA14 2PX.**

If you have memories that are troubling you it is fine to write them out and send them to us for safekeeping.

Trafford Rape Crisis is a women's voluntary group. You can find out more about us at our website:



**[www.traffordrapecrisis.com](http://www.traffordrapecrisis.com)**

Resources for survivors and supporters are listed on our website, together with full details of our up-to-date opening hours.

You can also find "Trafford Rape Crisis" on [www.facebook.com](http://www.facebook.com).

If you would like to donate, or get involved in our work then please contact us at our business email address: [traffordrapecrisis@googlemail.com](mailto:traffordrapecrisis@googlemail.com).

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