

We Offer

Information

To help answer your questions and uncertainties.

Advice

On the kinds of help available and how to access it

Support

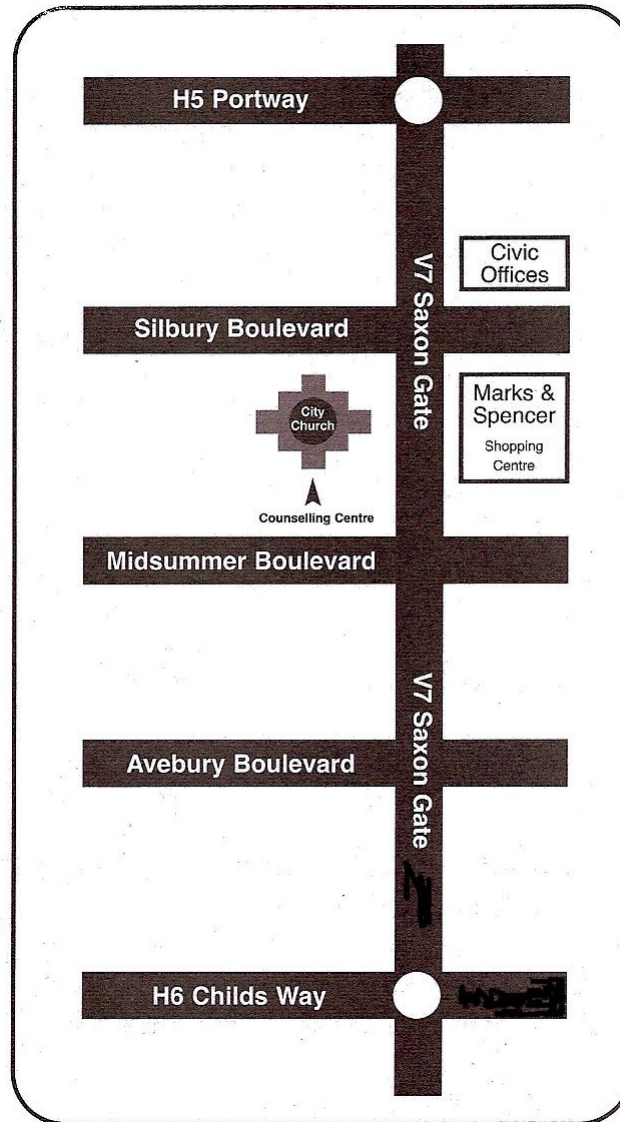
We can offer you emotional support and put you in contact with other support agencies.

Options

You remain in control and you decide what you want to do.

Counselling

We have qualified and experienced counselors who can help.



City Counselling Centre
320 Saxon Gate West, Central Milton Keynes
MK9 2ES

Tel: 01908 231131

Email: ccc.projects@btinternet.com

Web: citycounsellingcentre.org.uk

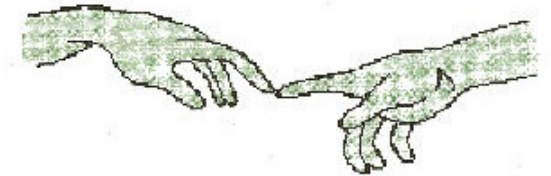
CCC Logo designed by Springetts.

Contact Number 020 7486 7527



BACP ACCREDITED CENTRE

MK-SASS Rape and Sexual Assault Support Service



Phone 01908 231131

For more detailed
information of services

Milton Keynes City Counselling Centre
Registered in England 05049781
Registered Charity No. 1104017

We Help

Women and men

Our service is for men and women over 17 years of age. Who live in Milton Keynes

Anyone who has experienced rape or sexual assault.

We are aware that both men and women experience rape and sexual assault. We will help regardless of whether or not you want to involve the police.

Adults who were abused as children

Childhood sexual abuse leaves many scars, but it is possible to recover and we will help you to find your way to recovery.

Women or men who are affected by domestic violence

Sexual assault and rape can often happen within any adult relationship. This is often hidden and you may feel afraid to ask for help, our service is confidential and you will remain in control of the process

We Can be Contacted

By telephone

01908 231131

Email

ccc.projects@btinternet.com

Someone will be available to take your call between:

9.30 am-9.30pm Mon-Thursday

9.30am-4.00pm Friday

A counsellor may not be available at the time but please leave a message and we will call you back.

If you do not wish to leave a number then the person who answers the phone will tell you when a worker will be available.

If you would like more information, you can call into the centre to pick up an information pack.

The **MK SASS** information pack includes information about other agencies that may be able to help such as health services and police. The pack gives an explanation about what they offer and what will happen if you contact them

Helpful Contact Numbers

Milton Keynes Police	08458 505505
Sexual Health Centre	01908 690500
MK Family Mediation Service	01908 231293
Farthing House Counselling Centre	01908 667055
Marriage Care	01908 696606
Relate	01908 310010
Samaritans	08457 909090
Octagon Counsellors	01908 696677
Phoenix Counsellors	01908 200443
Q:Alliance-Lesbian and Gay Helpline Tuesdays & Thursdays 7pm-9pm	0800 5872246
Q:Alliance- Lesbian and Gay At all other times	01908 241528
Brook	01908 669215
MK Lighthouse	01908 672082
Victim Support	01908 607989
MK Women's Aid	01908 271900
Youth Information Service	01908 604700

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