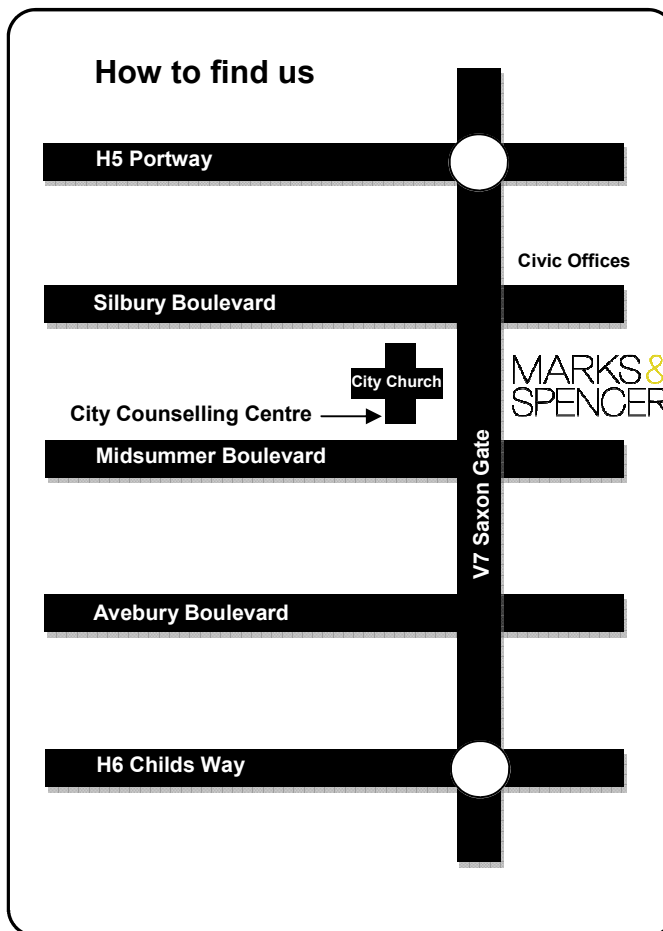


Helpful Contact Numbers

Milton Keynes Police	08458 505505
Sexual Health Helpline	01908 690500
Survivors UK (Male Rape Support)	0845 122 1201
MOSAC (Support for non-abusing parents & carers of sexually abused children)	0800 980 1958
MK Family Mediation Service	01908 231293
Farthing House (MIND) Counselling Service	01908 667055
Marriage Care	0800 389 3801
Relate	01908 310010
Samaritans	0845 790 9090
Octagon Counsellors	01908 696677
H4 (HIV Counselling)	01908 231131
Brook	01908 669215
MK-ACT (Domestic Violence Support)	0844 375 4307
Turning Point (Drug & Alcohol Support)	01908 247730
DACS Alcohol Counselling	01908 231131
BalancED MK (Disordered Eating)	01908 231131
MK Bereavement Service	01908 231292
City Counselling Centre Drop-In	01908 231131



The City Counselling Centre is based in the Church opposite Marks and Spencer in Central Milton Keynes. As you face the main doors to the Church, walk down the left hand side of the building where you will find the entrance to the City Counselling Centre.

Although operated within the Church building, the City Counselling Centre has no religious associations.

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



MK-SASS

Rape and Sexual Assault Counselling Service

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

Tel: 01908 231131

Email SASS: ccc.projects@btinternet.com
Email CCC General: cccmk@btinternet.com

Web: www.citycounsellingcentre.org.uk

We Help

Women and men

The SASS 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 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 Are

Our team of counsellors are experienced, professionally trained and qualified counsellors. All of our counsellors work within the BACP (British Association for Counselling and Psychotherapy) Ethical framework.

We Offer

Counselling

People sometimes feel unable to cope with aspects of their life such as memories from the past, painful events in the present or worries about the future. They may feel the need to talk to someone to explore their thoughts and feelings in a confidential setting.

Counselling is a process by which a person can sometimes discover their own answers and feel comfortable with their life and their relationships.

Confidentiality

All that takes place within the counselling relationship is confidential. Only when the client or another person is at serious risk would the counsellor, with the client's full knowledge, refer the matter to another agency.

Information

- To help answer your questions and uncertainties.
- On the kinds of help available and how to access it.

We Can Be Contacted

By telephone

01908 231131

Email

ccc.projects@btinternet.com

Someone will be available to take your call between :-

9.00 am to 9.30 pm Mon to Thurs, and
9.00 am to 4.30 pm Fri.

Outside of these times there is an answerphone in operation.

Our Co-Ordinator may not be available to speak to you when you call, but if you leave a message with your name and contact number (and if we are ok to leave you a message) we will return your call as soon as possible.

Will There Be A Cost?

SASS is part funded by Milton Keynes Council but beyond this the service relies on donations to run it.