

Rape Crisis Tyneside and Northumberland

Rape crisis Tyneside and Northumberland (RCTN) provide free sexual violence information and support services to women and girls over the age of 13 who live, work or study in Tyneside and Northumberland. They can help you if you have experienced any form of **sexual violence** at any time in your life. It's an inclusive service for women who identify as

They offer:

- face-to-face counselling
- telephone helpline
- email support
- group work
- practical and emotional support
- specialist information

They offer an inclusive service for women who identify as: lesbian, bi sexual, transgender and/or questioning, disabled, ethnically minoritised or a refugee or asylum seeker.

They have training for professionals who may be supporting survivors of rape and sexual assault.

Rape Crisis Tyneside and Northumberland is commissioned by Newcastle City Council to provide rape and sexual assault services.

Last updated: March 7, 2025

Telephone: 0191 222 0272

Website: www.rctn.org.uk

Helpline: 0800 035 2794

Monday to Thursday 6pm to 8.30pm; Friday 11am to 2pm

Email: enquiries@rctn.org.uk

Website 2: <https://rctn.org.uk/safer-transport-northumbria-app-launched/>

Twitter: <https://twitter.com/@RapeCrisisTN>

Opening Hours: Monday to Thursday 6pm to 8.30pm
Friday 11am to 2pm

Address:

PO Box 1320
Newcastle upon Tyne
NE99 5DX

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