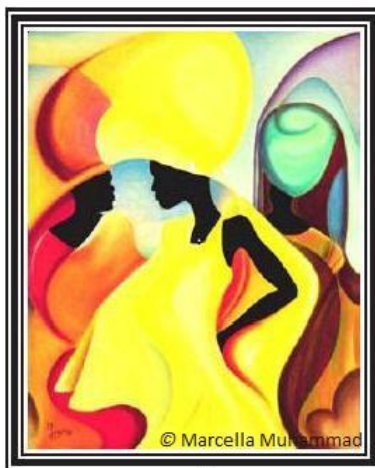


*Free confidential support for women, by women*

If you have experienced rape... sexual abuse... unwanted sex... trafficking... forced marriage... sexual exploitation...

*No matter when or where it happened*



*We will listen, believe and support you*

**We can support you on the phone or by email.  
Dedicated services if you prefer to be supported by a  
Black, Asian or Minoritised Ethnic (BAME) woman.**

## 📞 Phone us

**Helpline:**

**0800 783 4608**

The phone helpline is open:

**Tuesday evening: 6pm - 9pm**

**Thursday evening: 6pm - 9pm**

**Sunday afternoon: 3pm - 6pm**

**BAME helpline:**

**0800 434 6484**

If you would prefer to speak to a Black, Asian or Minoritised Ethnic woman, our BAME phone line is open:

**Thursday evening: 6pm - 9pm**

**Friday morning: 10am - 1pm**

**Sunday afternoon: 3pm - 6pm**

## ✉ Email us

**[dorothytrc@hotmail.co.uk](mailto:dorothytrc@hotmail.co.uk)** or if you'd prefer to email a BAME worker, **[dorothy.bme@hotmail.co.uk](mailto:dorothy.bme@hotmail.co.uk)**. You can email us as often as helps you.

We reply as soon as we can, usually within two to three days.

Any unwanted sex is rape which is a crime of sexual violence.  
It involves dominating someone in a sexual way.  
It may be done once, or on a repeated basis.

**In any circumstance it is wrong, and is always the fault of the rapist  
and not of the person who was attacked.**

Rape can involve weapons or fists; it can involve threats and swearing  
but it can also be quiet and manipulative.

*Do you feel you are being put under pressure to have unwanted sex or are  
you a woman who has been raped or been touched in a sexual way that feels  
uncomfortable and that you did not want?*

*Are you being forced into a marriage?*

*Do you feel you have no choice over what happens to you?*

Rapists can be men we know and trust. They are often respectable,  
likeable and even good-looking. You can't spot a rapist by looking at  
him.

*Trafford Rape Crisis is a confidential women's support  
service provided by women. You can talk to us. We will  
listen. We will always believe you and take you seriously.*

**Helpline:  
0800 783 4608**

**Black Asian & Minoritised Ethnic Women's  
Helpline: 0800 434 6484**