



Need to talk? Call Our Helpline

Our free, confidential helpline is here for women aged 18 and over. You can call to talk, be listened to without judgement, get support with difficult feelings, or find out about other services that may help.

Monday 10am-4pm
Tuesday 10am-4pm
Wednesday 12pm-8pm
Thursday 12pm-8pm
Friday 10am-4pm

0161 273 4500

Thinking of reporting?

An Independent Sexual Violence Adviser, often called an ISVA, can support you if you are thinking about reporting, have already reported, or are involved in a police, court or criminal justice process.

An ISVA can help you understand what may happen, what your rights are, and what choices are available. You do not have to go through the process alone. You also do not have to report to the police to ask us for support.

Contact Us

0161 273 4591

help@manchesterrapecrisis.co.uk
www.manchesterrapecrisis.co.uk



Greater Manchester
Rape Crisis

If you're a woman affected
by sexual violence,
we're ready to support you.



Listen • Believe • Support

www.manchesterrapecrisis.co.uk

Emotional Support Calls

A short-term support service offering a listening ear, emotional support, and connection. These calls are not counselling or trauma therapy.

- Space to discuss how you are managing.
- Support to help you feel less alone.
- Grounding and emotional reassurance.
- No detailed exploration of traumatic experiences

Free, confidential counselling



We have a team of experienced and highly trained counsellors who offer weekly, face-to-face counselling sessions. Counselling is reviewed after the first twelve weeks and continually every six weeks.

We also offer a waitlist check-in call while you are on our waiting list to see how you are doing, if you need to talk about anything, or if your situation has changed at all.

Books, Brushes & Brews

A safe, social space to make connections, create art, and discuss books. Alternate art sessions with a relaxed book club (always accompanied by tea, coffee and snacks).

Education Workshops (online)

Learn how trauma impacts the way we think, feel, and relate to ourselves and others. The session provides an understanding of emotional regulation and practical techniques to help build stability and wellbeing.

Loved Ones (online) Support Group

A welcoming and supportive course for loved ones, focused on increasing understanding, developing knowledge, and encouraging self-care. The course includes 4 x 2-hour sessions held over 4 months led by experienced GMRC counsellors

Coffee Mornings

A space where you don't have to talk about your experiences, but can simply enjoy a distraction. Our coffee mornings run twice a month at GMRC, from 11am–1pm.

An informal group with refreshments, games and activities in a safe and welcoming space. Stay for the whole thing, or pop in for as long as you'd like.

Saheli Circle

سهلی سرکل

A nurturing, group space for South Asian women to connect, learn, heal, and thrive together.