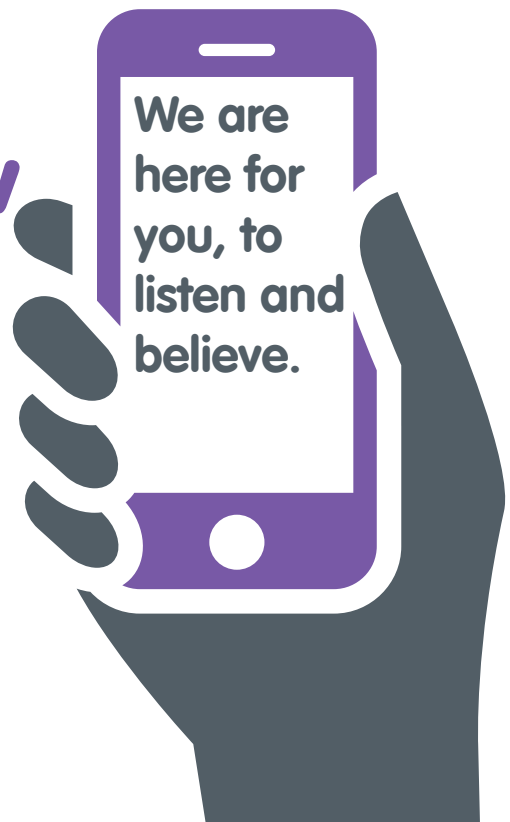




PARCS

Portsmouth Abuse and Rape Counselling Service

Have you or someone you know been affected by sexual violence, sexual abuse or rape?



If you are an adult living in Portsmouth, Gosport, Fareham, Havant, Waterlooville, Petersfield, and the surrounding areas and need to speak to someone who will listen, offer emotional support, practical information, and help with accessing other services call,

0300 222 5735

Mondays 11am-2pm, Tuesdays and Thursdays 4:30pm-8pm.

If you leave a message when we are closed, we will respond during the next helpline operating time.

Please note this helpline is not an emergency or crime reporting line.

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