



**One-to-one Live Chat Helpline  
launched by Argyll & Bute Rape Crisis on**

**[www.ab-rc.org.uk](http://www.ab-rc.org.uk)**

**Monday to Friday 10am to 3pm**

**The helpline will provide free, confidential, support to all survivors of sexual trauma, including, rape, sexual assault and childhood sexual abuse whether the abuse is recent or historic.**

**The phone helpline is also open**

**0800 121 4685**

**Monday to Friday 9am to 4pm**