



**My body belongs to me,
I can say NO
and feel safe doing so**

We offer free and confidential practical and emotional support to both children and adults who have experienced rape, sexual violence, sexual abuse or childhood sexual abuse – whether recent or non-recent.

Our aim is to help give you the confidence, support and information you need to take control of your situation and move forward.

For more information and referrals, please contact us:

Telephone Support
0300 002 0004

Referral email
onyx@ecpbedford.org

Or visit our website
onemca.org/onyx

