



COUNSELING SERVICES

Counseling Services at Monterey County Rape Crisis Center

The Monterey County Rape Crisis Center offers counseling for children and adults. The purpose of MCRCC's counseling services are to:

- Surround our clients with care and support
- Provide clients with the tools they need to address trauma
- And help clients achieve their goals and dreams

Who can receive counseling?

- Adult survivors of sexual assault and/or any type of human trafficking
- Children under age 18 who are a victim of a crime (physical abuse, sexual abuse, emotional abuse, neglect, bullying, witness to domestic or community violence)
- Significant others (family members, partners, etc.) of the child and adult trauma survivors described above

How to start counseling:

- Schedule an intake appointment by calling the Salinas Office (831-771-0411) or Monterey Office (831-373-3955)
- Meet with a staff person to complete the intake (30-60 minutes) - the intake paperwork asks questions about contact information, best times for appointments, and reasons for seeking counseling
- Once the intake is completed, the client will be placed on the waitlist for the next available therapist. The duration of time a client may be waiting for their first appointment with a therapist varies

Type of counseling offered:

- Individual – Short-term, trauma-focused, individual therapy (available in English and Spanish)
- Group – 10-week support group for adult survivors of sexual trauma (subject to availability and pre-screening)

Cost of service:

- Sliding fee scale (starting at zero dollars) or Victim of Crime compensation for adults. Insurance is not accepted
- Free of charge for all children under 18

Established in 1973, the Monterey County Rape Crisis Center (MCRCC) is a nonprofit agency whose mission is to provide ongoing advocacy, support and healing for all victims and survivors of sexual assault, human trafficking and child abuse; and to prevent sexual violence in our community through education.

www.mtryrapecrisis.org

**24-Hour Crisis Lines: (831)
375-HELP or 424-HELP**

Monterey Office
(831) 373-3955

Salinas Office
(831) 771-0411

info@mtryrapecrisis.org



@mtryrapecrisis