

Follow up care and support

You might just want some emotional and practical support from caring people who understand what you're talking about. You can call the Havens and talk to a health professional over the phone or make an appointment to be seen for sexual health screening. Follow-up care is also available and we can advise you about this. We can also help you with practical things like putting you in touch with other support groups and services.

You can phone the Havens on 020 3299 1599

9am – 5pm, Monday to Friday
(not public/bank holidays)

We can answer general enquiries and help you with queries about your follow-up and aftercare appointments.



Who are the Havens for?

We see anyone in London who has been raped or sexually assaulted in the past 12 months: men, women, young people and children of all ages. We treat you as an individual because everyone's experience is different. We're here for you whether you are straight, lesbian, gay or bi, or if you identify as trans.*

What's important to us is you and your wellbeing, not your ethnicity, gender, religion, sexual orientation or what you do. No one at the Havens will judge you. We're here to help and make things easier for you.

Do I have to be referred?

You don't have to be referred. All you need to do is phone the Havens for an appointment before visiting. You don't need to report the assault to the police or see your GP. You can call us to book an appointment 24 hours a day.

Do I have to talk to the police?

You don't have to talk to police. However, the Metropolitan Police Service worked with the NHS to set up the Havens, so if you decide at any time to talk to police, you can ask one of our crisis workers to help you. You may choose to have an informal chat with a police officer. If you choose this, the officer you speak with will be a specially trained and experienced officer who will act as a single point of contact between you and the police.

What happens next?

If you want to see us please call 020 3299 6900 to make your appointment.

If you are still not sure what the Havens can offer, or there are other questions you would like to ask, please call us, or visit us at www.thehavens.org.uk

Provided by King's College Hospital NHS Foundation Trust, our three specialist sexual assault referral centres (SARCs) cover the whole of London. We are open 24/7 for urgent advice and arranging a forensic medical examination.

If you need to come in to see us, you can pick the one that's best for you.

Camberwell Haven in south London

Near to King's College Hospital
SE5 9RS

Paddington Haven in west London

Near to St Charles Centre for Health and Wellbeing
W10 6DZ

Whitechapel Haven in east London

Near to The Royal London Hospital
E1 5DG

Need to speak to someone now?

Call **020 3299 6900** – 24 hours a day, 7 days a week. If you need to be seen straight away, you can book into one of our three centres by phoning this urgent advice / appointments number.

Need non-urgent information?

Call **020 3299 1599** – 9am – 5pm, Monday to Friday (not public/bank holidays)
We can answer general enquiries and help you with queries about your follow-up and aftercare appointments.

www.thehavens.org.uk

Sexual Assault

Do you need help?

the havens 



Have you or has someone you know been raped or sexually assaulted?

The Havens are sexual assault referral centres. We have specially trained, experienced professionals who can give you:

- medical help and advice;
- counselling; and
- practical and emotional support.

We can help you through the immediate trauma of rape or sexual assault and guide you along the road to recovery.

And we can help you decide what you want to do next, like whether you want to talk to the police or have any health checks.

Sexual assault can happen to anyone. At the Havens, we can offer you a place of safety and support to help you recover.

You don't need to be referred – it's totally up to you if you want to see us. We can offer you treatment, advice and support, 24 hours a day, seven days a week.

How can **The Havens** help me?

You can see one of our specially trained examiners who will carry out a forensic medical examination. The examiner can also talk to you about any other concerns you might have, for example about sexually transmitted infections or pregnancy.

If you come to the Havens without having contacted the police first, the examiner who sees you will take your forensic samples, but only with your permission. Samples will be stored for up to 12 months and you can decide at any time if you would like these sent to the police for anonymous testing or destroyed. If the forensic tests show evidence that is of particular interest to the police, we will let you know and give you details that might help you decide what to do next. Whatever your decision at the time of the examination, we always try to meet with you within the first month to go through your options.

For young people

All our examiners are trained to give medical help to anyone who has been sexually assaulted. But, if they think any young girl or boy might need special attention, they will get help from a paediatrician, a doctor who specialises in looking after children.

Psychology and Counselling

We offer time-limited psychological therapy and counselling to support you following a sexual assault. Options include: one-to-one therapy, groups and stand-alone workshops. Effects of sexual assault can be difficult to cope with so talking to a professional can help.

Safety

Your safety is very important to us, and we give advice if you have safety concerns following a sexual assault. If you are concerned for your safety at any time, please contact the police. In an emergency dial 999.

Need to speak to someone now?

Call **020 3299 6900** – 24 hours a day, 7 days a week.
If you need to be seen straight away, you can book into one of our three centres by phoning this urgent advice / appointments number.

Need non-urgent information?

Call **020 3299 1599** – 9am – 5pm,
Monday to Friday (not public/bank holidays)
We can answer general enquiries and help you with queries about your follow-up and aftercare appointments.