

# Have you been raped or sexually assaulted?



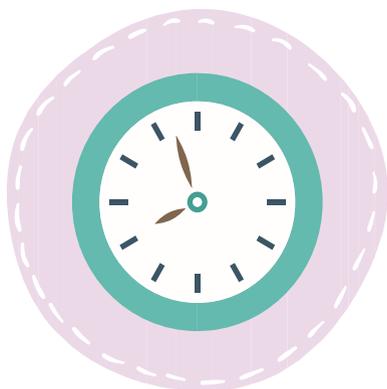
**The Havens are a place to come if you have  
been raped or sexually assaulted.**

We will help everyone.



## **We will help you when the rape or assault has happened within the past year.**

It could have been in the last few days, weeks or even months.



We know that you may be feeling scared or anxious.

## **We can support you in lots of ways:**

1	Immediate support
2	Examination and medical support
3	Independent Sexual Violence Advisor (ISVA) support
4	Counselling support
5	Support for children and young people

## 1. Immediate support

If you come to us for an examination, a member of staff will meet you and explain what will happen. We can help you in lots of ways.



A member of staff will talk to you and tell you what help we can give you.

A member of staff will be with you when you have your medical check-up.

## 2. Examination and medical support

The doctor will give you a check-up to make sure you are ok.

The doctor can check to make sure you are not injured and give you help if you are injured.

The doctor will make a note of any injuries in case it is needed for evidence.



The doctor can take swabs to help the police investigate what has happened.

The doctor can also give advice about pregnancy and infections that might happen because of the rape or sexual assault.

### 3. Independent Sexual Violent Advisor (ISVA) support

An ISVA is a support worker who can help you if you have been raped or sexually assaulted.

The ISVA will support you if your case is taken up by the police or goes to court.

The ISVA will listen to you and give you the information you need to make choices that are right for you.



You can come to the Havens to see an ISVA or the ISVA can phone you or have a video meeting with you.

The ISVA will ask you some questions to help understand what support you might need.

## 4. Counselling support

Counselling is available for people who have been raped or sexually assaulted.

After a person has been raped or sexually assaulted it is normal to feel different things. It can be hard to know how to cope with these feelings when they happen.

Some people find it useful to be able to talk about how they are feeling with someone they can trust.

Sometimes it helps if this person is not their family or friends.



You can come to the Havens for counselling.

A counsellor will not ask you to talk about what has happened to you, unless you want to.

## 5. Support for children and young people

Our child team will help children, young people and their families. You can speak to the team and ask any questions you may have about your visit to the Havens.



You can phone the Havens if you are worried or have any questions

**020 3299 6900**

for urgent advice/appointments

**020 3299 1599**

for non-urgent information

Email: [kch-tr.Havensinfo@nhs.net](mailto:kch-tr.Havensinfo@nhs.net)

[www.thehavens.org.uk](http://www.thehavens.org.uk)

# Notes

## More specialist help

**London Survivors Gateway**  
[www.survivorsgateway.london/](http://www.survivorsgateway.london/)

London Survivors Gateway offers victims and survivors of rape and sexual abuse help to access specialist services.

You can ask for support by phoning them or filling in a form on their website.



Tel: **0808 801 0860**

# Thank you to...



[www.stmaryscentre.org](http://www.stmaryscentre.org)

The Havens gratefully acknowledges the support of Saint Mary's Centre SARC, Manchester, and Manchester People First for allowing us to reproduce sections of their Easy Read leaflets.



**RESPOND** from hurting to healing is a charity providing therapeutic and support services to people with learning disabilities, autism or both who have experienced abuse, violence or trauma.

[www.respond.org.uk](http://www.respond.org.uk) 020 7383 0700

Respond's Action Group works to make information more accessible for people who have experienced abuse. The Havens gratefully acknowledges the Action Group's valuable contribution to the development of this leaflet.

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