

Exploring your options

We will discuss what is best for you and how we can support you.

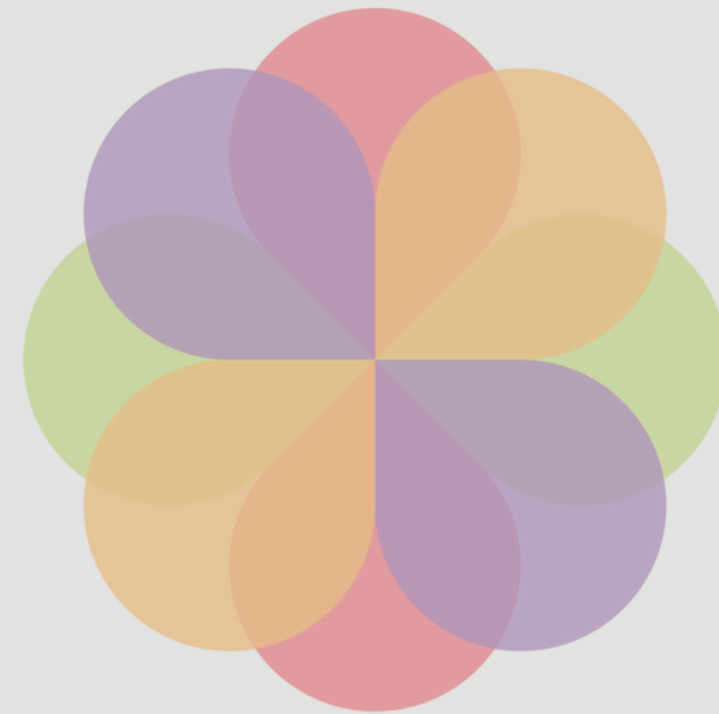
Advocacy

With your consent we can liaise with other professionals, talk to your employer, school or college to make sure your voice is heard.



Health and Wellbeing

We can signpost you to services and liaise with agencies such as sexual health services, mental health support, your GP and the Sexual Assault Referral Centre (SARC) on your behalf.



Court

The idea of going to court can be frightening but your ISVA can be there with you to make sure your experience is as comfortable as possible.



Coping strategies

Practical and emotional support to help with planning and managing the day to day impacts eg. flashbacks, nightmares, anxiety.



Police Reporting

You may wish to report to the police or you maybe unsure. We can help you understand the process and next steps. We can also advocate with the police on your behalf to ensure you receive the service you're entitled to.

some examples of what we can offer to you:

Advocacy



If you are currently in education we can advocate for safer studying conditions in school/college, especially if your perpetrator is still attending the same school/class. If you are working, we can advocate for you if your employers are questioning any time taken off work due to the trauma & time off for any potential police or court commitments.

Court



We can arrange and attend a pre-trial visit with you so you have a better understanding of what will happen on the day if your case progresses to trial. We can also attend at the trial to provide you with practical & emotional support on the day.

Health and Wellbeing



We can advocate for you to receive sexual health checks by a female doctor in a safe environment. We may also be able to attend mental health appointments with you to ensure your voice is being heard.

Coping strategies



This could include devising a safety plan with you or providing you with some grounding techniques to cope with flashbacks or panic attacks.

Police Reporting



We can log the incident with the police if you do not feel able to do so yourself. We can also attend with you to give you emotional support whilst you give your statement & be a point of contact between you & the police to ensure you are receiving the best possible service throughout the investigation.