

## SUPPORT SERVICES AND COUNSELLING

We can provide support and referrals to counselling services that can help you deal with your feelings after a rape or sexual assault.

For further information on how we can help you please talk to our Independent Sexual Violence Advisor (ISVA).

Our ISVAs will:

- Contact you to offer ongoing support
- Discuss and assess your needs
- Offer face to face emotional and practical support and maintain contact with you by phone, email or text
- Refer or signpost you to other services that can help you
- Offer continued support throughout any criminal proceedings
- Assist you with Criminal Injuries Compensation (CICA) claims.

Helpline: 01604 601713

Serenity is a partnership between Northamptonshire Healthcare NHS Foundation Trust and Northants Police. Serenity and its workers are managed by the health service; we work closely with the police but we don't pass on any information without the consent of the client unless there is a safeguarding or public safety concern.



Sexual Assault Referral Centre  
Highfield Clinical Care Centre  
Entrances C & D  
(rear of building)  
Cliftonville Road  
Northampton  
NN1 5BU  
Tel: 01604 601713  
serenity@nhft.nhs.uk  
www.serenitynorthants.co.uk

Serenity premises are fully adapted for people with disabilities but please contact us in advance if you wish to discuss any particular requirements.

If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লিফলেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Je šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.



Sexual Assault Referral  
Centre Northamptonshire

## USEFUL INFORMATION AND SERVICES THAT CAN HELP

24 hour helpline  
**01604 601 713**

Serenity offers a confidential 24 hour helpline if you are in crisis or need someone to talk to. If we cannot speak to you straight away you can leave a message and we will call you back as soon as possible.



Serenity aims to provide a comprehensive service to men, women and children who have been raped or sexually assaulted. The service is open 24 hours every day to anyone who lives in Northamptonshire regardless of whether or not it has been reported to the police. Our service is confidential unless vulnerable people are at risk.

If you don't want to use our services the following organisations may be able to help.

## SEXUAL AND MEDICAL HEALTH

We would recommend you attend a sexual health clinic two to three weeks after a sexual assault for screening. We will arrange to refer you to the clinic or you can choose to make the arrangement yourself.

Sexual health clinics:

- Northampton  
Tel: 01604 609766
- Kettering  
Tel: 01536 410647

You may want to visit your GP for a health check up, or we can write to your GP for you.

## SUPPORT AFTER SEXUAL VIOLENCE

Specially trained workers can provide practical, emotional support and counselling. These services include:

- Northampton Rape Crisis (for counselling and support) Tel: 01604 250721
- Voice (formally Victim Support)  
Tel: 0300 303 1965

## DOMESTIC ABUSE

If you have been a victim of physical, sexual or emotional abuse from your partner, ex partner, boy/girl friend or family member there are a number of agencies who can help support and advise you:

- Sunflower Centre  
Tel: 01604 888211
- Women's Aid  
Tel: 0845 123 2311
- Voice (Victim Support)  
Tel: 0300 303 1965

## CRIMINAL JUSTICE PROCESS

For information, advice and support through the criminal proceedings please contact any of the services below.

- Voice (Victim Support)  
Tel: 0300 303 1965
- Voice (Witness Care Unit)  
Information on progress of your case after charge  
Tel: 0300 303 1965
- Witness Service  
Service based at Crown & Magistrates' Courts to help victims or witnesses attending court.  
Tel: 03003 321 290



## YOUNG PEOPLE

Information, support and counselling for young people aged 10 to 20 years (sometimes up to 25 years) can access:

- The Lowdown  
Tel: 01604 622223
- Service Six  
Tel: 01933 226602
- Time 2 Talk  
Tel: 01327 706706
- Kettering Youth Info Service  
Tel: 01536 510089

## SOMEONE TO TALK TO

You may want to talk to someone in confidence who is not a family member or friend:

- Childline  
Tel: 0800 1111
- Samaritans  
Tel: 08457 909090
- Rape Crisis/Voice Helpline  
Tel: 0300 303 1965

