

## SEXUAL ASSAULT HOW TO GET HELP

**Call 999 if you are in immediate danger**

*If you are unable to safely talk to the operator answering your 999 call, press 55 on your handset to let them know you are there.*

*If you have just experienced, or are at risk of, sexual or domestic violence try to be somewhere that feels safe and find a trusted friend or family member to be with you.*

You don't have to report the assault to police if you don't want to. However, consider getting medical help as soon as possible, because you may be at risk of pregnancy or sexually transmitted infections (STIs). If you want the crime to be investigated, the sooner a forensic medical examination takes place, the better.

For help and support ring your local Sexual Assault and Referral Centre.

For Southampton residents this is:

***The Treetops Centre: 0300 123 6616 – open 24 hours***

The following services will also provide treatment or support and can refer you to another service if you need more specialist help:

- a doctor or practice nurse at your GP surgery
- a voluntary organisation, such as Yellow Door, Victim Support, The Survivors Trust or Survivors UK (for male victims of sexual assault)
- the free, 24-hour National Domestic Violence Helpline on 0808 2000 247
- the Rape Crisis national freephone helpline on 0808 802 9999 (12-2.30pm and 7-9.30pm every day of the year)
- a hospital accident and emergency (A&E) department
- a genitourinary medicine (GUM) or sexual health clinic
- a contraceptive clinic
- A young people's service such as No Limits
- NHS 111
- the police, or dial 101
- in an emergency, dial 999

**You may wish to:**

- Call Yellow Door for information, advice or ongoing support about sexual violence/abuse. 02380 636313. The telephone helpline is open 12.00 - 14.00 Monday – Friday.
- Watch a video by TheSite, for young people, that has made a video about what to expect if you visit a SARC. People of all ages may find this video useful. Link: <https://www.youtube.com/watch?v=GkHAU2yNnKE>
- Download a booklet called “From Report to Court: A Handbook for Adult Survivors of Sexual Violence” by the charity Rights of Women.  
<https://rightsofwomen.org.uk/get-information/criminal-law/report-court-handbook-adult-survivors-sexual-violence/>

**Supporting a victim of sexual assault**

For relatives and friends of someone who has been sexually assaulted, The Havens website ( <https://www.thehavens.org.uk/family-friends/>) has advice on what you can do to help.

*This is a summary of information provided by NHS Choices*

**Always ring 999 in an emergency**