

You may wish to access Safeline's other services.

These include:

- Counselling
- Young people's service
- Support groups
- Freephone helpline
- Website with moderated forums
- Independent Sexual Violence Advisor
- Mentoring and Advocacy
- Befriending
- Training, workshops
- Dental and healthcare referral
- Specialist lending library
- Wellbeing station
- Free information pack

All our Counsellors undertake Safeline's training and are CRB checked.



The aims of Safeline are:

- To relieve suffering and support people experiencing the after effects of the trauma of sexual violence without distinction of sexual orientation, race, colour or of political religious or other opinions



For more information or an informal chat please contact us at:

Safeline  
3 Trinity Mews  
Priory Road  
Warwick  
CV34 4NA



Office/fax: 01926 408315  
E-mail: [office@safelinewarwick.co.uk](mailto:office@safelinewarwick.co.uk)  
[www.safelinewarwick.co.uk](http://www.safelinewarwick.co.uk)

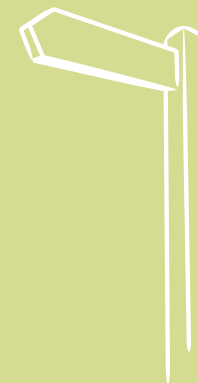


Registered Charity No. 1070854  
Company limited by guarantee in England & Wales No 03529271

- Nuneaton & Bedworth Safer Communities Partnership
- Lloyds TSB Foundation for England and Wales
- BBC Children in Need
- Warwickshire County Council
- Stratford-upon-Avon Town Trust - a registered charity
- Home Office
- The Coalfields Regeneration Trust



**Safeline**  
Surviving Abuse



**ISVA (Independent Sexual Violence Advisor) - working with survivors of rape and sexual abuse**

Ring us today for free confidential advice in a safe environment

**01926 408 315**

Counselling  
Support Groups  
Library Services  
Befriending  
Website  
Freephone Helpline:  
0808 800 5005

# ISVA - Providing emotional, factual and practical support

Safeline is a charitable organisation, which was established in 1994 and operates throughout Warwickshire and Coventry.

Our services are available for men, women and young people also to partners, carers, parents and anyone who has been affected by sexual abuse or rape.

## Rape - has it happened to you?

If you have been raped, the most important thing to remember is that it is not your fault.

Our ISVA support works with male and female victims of rape and sexual violence of any age and provides:

- Support from the point of crisis which may be within emergency services following an attack
- Support throughout the legal process and beyond if you wish to report the incident to the police
- Emotional, practical and factual support
- A safe place to talk
- Support for people who are unsure about reporting sexual violence. Safeline does not put pressure on anyone to report rape to the police. We respect your decision - it's your choice.



Safeline can support you, you are not alone.

Being raped or sexually assaulted is a very distressing experience and the effects can be long lasting.

You may experience some of the following reactions:

- Shock
- Disbelief
- Fear
- Anger
- Anxiety
- Crying
- Shaking
- Smiling

All people respond differently and may feel they should have done something to stop it happening.

Feelings of guilt and shame.

Many people blame themselves for what has happened. Some people believe that they could have stopped the assailant and therefore take on the responsibility for the attack.

Remember the responsibility always lies with the assailant.