

"Trust your instincts,
if you're not sure,
come and find out."
'H' aged 18

"I now see what happened to
me as something to be proud
that I have come through."
'G' aged 17

"I can say anything to
my counsellor and she
doesn't get shocked."
'S' aged 14

"I went to the police when I was
attacked and someone from
Safeline supported me all through
the court case. It really helped."
'R' aged 15

Safetalk at Safeline

The objectives of Safetalk are to give everyone who needs to talk a chance to do so.

We're here to help.



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
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



Information about Safetalk at Safeline for young people

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

Safetalk

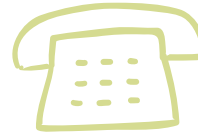
Safetalk at Safeline offers support for teenagers who have experienced past sexual abuse or rape.

Safeline is a charity that was started in 1994 by survivors of sexual abuse.

Sexual abuse is not something new, it has gone on for generation upon generation and has often been pushed under the carpet.

- Many survivors of sexual abuse wonder who can they tell? And will they be believed?
- You may have tried to tell people and no-one listened
- You may sometimes feel dirty and guilty and also want to harm yourself
- You may sometimes feel very small and lonely, that the world is a big hostile place with nowhere for you to be safe. It can affect your sleeping, eating and your moods leaving you feeling angry or sad
- You may feel that your abuse isn't important enough to talk about
- You may lack confidence and have low self-esteem

If you have experienced any of these feelings and would like to talk to someone who won't judge but will listen and believe then you can phone: **01926 408315 any weekday.**



Or, leave a message and we will call back.
Or you could get someone to call for you.
You can also call our free helpline open weekday evenings on 0808 800 5005.

We recognise that talking about very personal experiences can sometimes be embarrassing. Our staff and volunteers are all experienced and understand how sexual abuse and rape can affect people.

Safetalk at Safeline also provides the following services:

- One to one counselling
- Support Groups
- Befriending
- A free information pack
- A lending library
- A website with useful links for young people
- Self Help booklets

The Independent Sexual Violence Advisor (ISVA)

Safeline does not put pressure on anyone to report rape to the police. This is your choice. However if you are considering reporting, we have a dedicated worker who can provide you with emotional, practical and factual support right through the process. You may ask for an appointment with the ISVA either through your counsellor or group facilitator or simply by phoning the office number on the back of this leaflet.

Our services are also open to partners, carers, parents and anyone who has been affected by sexual abuse or rape.

All these services are free, confidential and if needed, Safeline may be able to help with the cost of transport for you.

Support groups are also available and give people the opportunity to chat with others of the same age and share experiences.

There is no pressure; you don't have to join in until you feel okay to do so. Give us a ring if you're interested and we'll explain how the groups work and what to do next.

