



Support men and women (18+) from across Suffolk who have experienced sexual abuse, exploitation or violence in childhood, through a range of trauma informed, psycho-educational activities including one to one and group therapy, counselling, advocacy, research and training to become empowered and improve self esteem and resilience.

*We also support men who have experienced sexual assault in adulthood.*

**We operate a 3-phase approach to treating trauma:**

1. Stabilisation
2. Treating trauma
3. Consolidation, Integration & reconnection

**We offer the following services:**

- Listening & Disclosure service
- Phone support during office hours
- Ad hoc / drop in sessions
- Stabilisation & Self esteem programmes (group & 1:1)
- Individual counselling and therapy (face to face and online)
- A range of group support sessions (Including personality disorders group, parenting group, walking group -see website for up to date details) for men and women
- Support for partners / parents of survivors (monthly café)
- Peer support opportunities
- Community outreach

## SUFFOLK SEXUAL VIOLENCE SUPPORT SERVICES

**Services available in Suffolk for victims/survivors of sexual violence.**

[www.survivorsintransition.co.uk](http://www.survivorsintransition.co.uk)  
support@survivorsintransition.co.uk  
01473 232499

***Support for adults who experienced sexual abuse in childhood and men who have experienced sexual violence in adulthood***

[www.fsnb.org.uk](http://www.fsnb.org.uk)  
admin@fsnb.org.uk  
01473 353355

***Therapy service for children who have disclosed sexual abuse***

[www.srchelp.org.uk](http://www.srchelp.org.uk)  
Info@srchelp.org.uk  
01473 231200  
Helpline 0800 0850 520 (Tues/Thurs 7-9pm)

***Support for women and girls 14+ who have experienced any form of sexual violence***

[www.theferns-suffolk.org.uk](http://www.theferns-suffolk.org.uk)  
contact@theferns-suffolk.org.uk  
0300 123 5058

***The Ferns, Sexual Assault Referral Centre (SARC) are here to help if you have been raped or sexually assaulted.***

## SUFFOLK SEXUAL VIOLENCE SUPPORT SERVICES

INFORMATION FOR PROFESSIONALS



*Making Suffolk a safer place to live, work, travel and invest*

***This leaflet details the services available in Suffolk for victims/survivors of sexual violence.***



## SUFFOLK RAPE CRISIS

**Suffolk Rape Crisis (SRC) is a specialist service providing trauma-informed support across Suffolk. The service is open to anyone who identifies as a woman or girl aged 14 and over who has been affected in any way by sexual violence at any point in their lives. This includes childhood sexual abuse, rape, sexual assault, coercive sexual violence within relationships, FGM or so-called 'revenge porn' (image-based abuse). SRC provides a safe, supportive, non-judgmental environment where you will feel heard, validated and believed.**

SRC is a service delivered by and for women offering an empowering space to work creatively and practically. SRC provides a range of specialist support, including:

**Counselling** – 25 sessions of free, specialist support at locations across Suffolk and online

**Outreach** – emotional and practical support and advocacy to women and girls across the county

**Helpline** – every Tuesday and Thursday, 7 – 9pm (0800 0850 520)

SRC takes self and agency referrals and will work with women to reduce any barriers to accessing support.

 [www.srchelp.org.uk](http://www.srchelp.org.uk)

 [Info@srchelp.org.uk](mailto:Info@srchelp.org.uk)

 01473 231200



## Fresh start new beginnings

**Fresh Start-new beginnings is a charity which provides free specialist therapeutic treatment for children and young people who have been sexually abused/assaulted.**

Professionals can refer children/young people up to the age of 18. We provide therapy, advice, guidance and support to aid recovery. We help the child process their abuse as well as helping them develop strategies to deal with the effects of the abuse. We cover all of Suffolk and Norfolk. We offer individual therapy as well as groups for children and their parents/carers. We also work with non-abused siblings. For each case we will undertake a full assessment of needs and family members needs in relation to the child's sexual abuse. Each victim will have an individually tailored treatment plan. We offer two models of therapy depending on legal proceedings:

Initial therapy which is aimed at supporting children and preventing their emotional and mental health from deteriorating while they await a decision on their case or court date.

Comprehensive therapy which addresses trauma symptoms, helps children understand why they are not to blame, express their feelings healthily and gain an understanding of consent and healthy relationships as part of recovery.

We provide this service for as long as we are needed.

 [www.fsnb.org.uk](http://www.fsnb.org.uk)

 [admin@fsnb.org.uk](mailto:admin@fsnb.org.uk)

 01473 353355



## The Ferns

**The Ferns, Sexual Assault Referral Centre (SARC) are here to help if you have been raped or sexually assaulted. You can call us 24 hours a day, seven days a week, for advice and guidance on your options. There are no age, gender or sexual orientation restrictions. We provide support to individuals who do not choose to report to police, as well as those who do. Your well-being is important to us and no one will judge you. If the assault has happened in the past 7 days, you may be offered a medical examination. Our team will discuss your needs with you before you attend. We can refer you to our in-house ISVA (Independent Sexual Violence Advisor) service and to partner agencies that can provide ongoing support.**

ISVAs support their clients through the Criminal Justice system if they choose this option, but also support those that do not report the assault to police. They provide practical advice and assistance in matters clients often encounter following disclosure of an assault. If the client so wishes, the ISVA will act as the single point of contact between the client and the police. The ISVA will individualise the support provided to ensure the best possible outcome for each situation and negotiate a plan that is right for each client.

 [www.theferns-suffolk.org.uk](http://www.theferns-suffolk.org.uk)

 [contact@theferns-suffolk.org.uk](mailto:contact@theferns-suffolk.org.uk)

 0300 123 5058