



Survivors In Transition supports all survivors of all ages and genders who have experienced any form of sexual violence or sexual abuse regardless of when this happened or whether it has been reported or not. We do this through a range of trauma specialist, psycho-educational activities to become empowered and improve self esteem and resilience including:

Trauma stabilisation and safety work

One to one and group therapy / counselling




Research, Training & consultancy for professionals

**We also offer support to U18's who have not reported sexual violence through our Tope Project*

<https://tope.org>

We work 3-phase approach to treating trauma:

1. Stabilisation & safety
2. Specialist trauma therapy
3. Consolidation, integration & reconnection

 www.survivorsintransition.co.uk
 support@survivorsintransition.co.uk
 01473 232499



Brave Futures offers specialist support to children and young people up to the age of 18 who have experienced sexual abuse. We are a child-led, trauma-informed service, ensuring that every child and young person feels heard, supported, and empowered. We provide a safe space for young people to process their experiences and develop coping strategies to manage the trauma they have experienced.

Our services include:

- Individual Specialist Support
- Group Sessions
- Support for Parents and Carers
- Sibling Support
- Training and Guidance for Professionals

We accept self-referrals as well as referrals from professionals, including police officers, teachers, social workers, health-based professionals, and all persons who may work with or directly support children and their families, for young people up to the age of 18. We can continue working with them until they are 21. Referral forms are available on our website.

We are committed to providing confidential, individualised, and trauma-informed support to help young survivors and their families move forward with their lives.

 www.bravefutures.org
 admin@bravefutures.org
 01473 353355

SUFFOLK SEXUAL VIOLENCE SUPPORT SERVICES



**Commissioned by Suffolk County Council &
Suffolk Police & Crime Commissioner**





Independent Sexual Violence Advisor Service

An Independent Sexual Violence Advisor (ISVA) is a specially trained worker who is there to provide all survivors of sexual violence and abuse with a non-judgmental, safe, and confidential space to access support.

The support we offer can be accessed regardless of the person's gender, age and when the offence happened. Those accessing our support are not expected to travel to our office to access our service, we will work with you to identify a safe place or method to have contact with us. You can access our support whether you choose to engage in a police investigation or not.

The ISVA service will not make you report to the police. The ISVA's role is to work with you and to help you to access services to address both your short term and long-term needs. They will complete an initial assessment to identify these requirements.

ISVA's can provide support and advice across a wide range of issues such as housing, health, and education. If the police are involved, the ISVA service can provide advice and support alongside the criminal justice system, including supporting you at court.


If required, an ISVA can refer you to different agencies or assist you in accessing the services of these agencies. The ISVA service is non-therapeutic, which means the ISVA is not able to provide counselling or therapy, but they can advise you of the therapeutic support available in your area that may suit your needs.

The ISVA service is a free and confidential service.

An ISVA cannot discuss the evidential detail of what has happened to you, you can contact the Sexual Assault Referral Centre (SARC) confidential helpline on 0330 223 0099 to explore your options if you would like to talk about what has happened.

 www.suffolkisva.org.uk

 contact@suffolkisva.org.uk

 Duty ISVA: 07866 142139 (office hours)
24/7 helpline: 0330 2230099



The Ferns Sexual Assault Referral Centre

We offer free, confidential healthcare and compassionate support, in Suffolk, to people of all ages who have experienced sexual assault, including rape.

Our SARC Service operate between 9am and 9pm (Monday- Sunday).

During this time, you can call and speak with a nurse for support and to discuss your options for making an appointment and / or referrals. However, outside of these hours, you can still contact us for advice and guidance.

Our services include:

- Immediate over-the-phone rape and sexual assault support and signposting to specialist services
- In-person rape or sexual assault crisis support and healthcare including access to medicine
- Forensic medical examinations
- Holistic examinations and care for non-recent cases
- Collection and storage of forensic samples
- Comprehensive Risk Assessments
- Follow-up calls after an appointment

You will be offered these services based on your individual needs and you can choose to use as much or as little of our service as you wish.

 www.theferns-suffolk.org.uk/contact

 24/7 helpline: 0330 2230090



We use a holistic approach to ensure you are provided the skills to build resilience and begin your recovery. We recognise that trauma can affect your physical health and incorporate a health review into your support plan.

All support is individualised - we seek to identify what works for **YOU**.

We offer workshops, programmes, group and 1 to 1 support. We are community based, so you do not need to travel. We can provide all support remotely if you prefer.

We are confidential. Your GP/clinician will not be informed you are accessing our service, - unless you want them to be.


We support **ANYONE** affected by sexual assault - even if it did not happen to them personally. All ages, all genders.

Our support is not exclusive. If you are already engaging with other professionals, we will happily work with them to achieve the best possible outcome for **YOU**.

Recovery isn't linear...
...it is as individual as you are

 www.irisrefer.co.uk

 sgpfed.suffolkiris@nhs.net

 01473 921824 (24 hours)