

## SUPPORT SERVICES AND COUNSELLING

We can provide support and referrals to counselling services that can help you deal with your feelings after a rape, sexual assault or abuse.

For further information on how we can help you please talk to our Independent Sexual Violence Advisor (ISVA).

Our ISVAs will:

- Contact you to offer ongoing support
- Discuss and assess your needs
- Offer face to face emotional and practical support and maintain contact with you by phone, email or text
- Refer or signpost you to other services that can help you
- Offer continued support throughout any criminal proceedings
- Assist you with Criminal Injuries Compensation (CICA) claims.

Helpline: 01604 601713



Serenity is a partnership between Northamptonshire Healthcare NHS Foundation Trust and Northamptonshire Police. Serenity and its workers are managed by the Health Service; we work closely with the police but we don't pass on any information without the consent of the client unless there is a safeguarding or public safety concern.



Sexual Assault Referral Centre  
Highfield Clinical Care Centre  
Entrances C & D  
(rear of building)  
Cliftonville Road  
Northampton  
NN1 5BU  
Tel: 01604 601713  
serenity@nhft.nhs.uk  
www.serenitynorthants.co.uk

Serenity premises are fully adapted for people with disabilities but please contact us in advance if you wish to discuss any particular requirements.

If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লিফলেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jej šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.



Sexual Assault Referral  
Centre Northamptonshire

## INFORMATION ABOUT OUR SERVICES

24 hour helpline  
**01604 601713**

Serenity offers a confidential 24 hour helpline if you are in crisis or need someone to talk to. If we cannot speak to you straight away you can leave a message and we will call you back as soon as possible.

Serenity aims to provide a comprehensive service to men, women and young people who have been raped or sexually assaulted. The service is available 24 hours every day to anyone who lives in Northamptonshire.

## WHAT WE DO

If you have been raped or sexually assaulted we will offer you (and your family) practical help and emotional support, including what you want to do next, and support you in your choices. We can provide you with information and support for as long as you require it and/or refer and signpost you to other organisations that can help you.

## DO THE POLICE HAVE TO BE INVOLVED?

No - you can self refer or be referred by another service or organisation.

If you are under 16 years of age we will discuss with you how we can help you access the right services.

## IS THERE A CHARGE FOR THE SERVICES?

No, all our services are free.

## IS THE SERVICE CONFIDENTIAL?

Yes. Our service is completely confidential and we won't pass on any information without your knowledge. As with all services a disclosure may be necessary if there is a safeguarding issue, e.g. child protection or public safety requirement, but we will always try to discuss and agree this with you.

## SERENITY'S SERVICES

### CONTACTING AND HELPING YOU

We will contact and help you in the way you prefer; this can include by telephone, email, text or face to face meetings, either here at Serenity or at a safe location nearer to you.

### FORENSIC MEDICAL EXAMINATION

The purpose of the examination is to look after your health care needs following an assault and, if you want it, to collect forensic samples that could assist with detecting the crime. These samples can be passed to the police or, if you are not reporting, stored by us in case you wish to report the assault in future. All examinations are carried out by a doctor who is trained and experienced in this field.

### EMERGENCY CONTRACEPTION

Our doctors can provide the emergency contraceptive (morning after) pill within 72 hours of the assault and alternative medication up to five days after. They will also discuss all other options available to you and can refer or signpost you to other services that can help.

### PREGNANCY TESTING

If you think you may be pregnant as a result of an assault then we can offer pregnancy testing.

### REFERRALS TO OTHER SERVICES

With your consent we can refer you to a range of other services - testing for sexually transmitted infections, your GP for ongoing health care and a range of support services; we will discuss and agree this with you.



## ADVICE AND SCREENING FOR SEXUALLY TRANSMITTED INFECTIONS

The risk of getting some infections can be reduced if medication is given as soon as possible. The doctor will evaluate the risk based on what has happened to you and discuss it with you. If necessary the doctor will start a course of treatment, referring you to a specialist clinic for follow up.

### POLICE INVOLVEMENT

If you report the assault to the police we will support you and work with the police to keep you informed; however, we won't pass on any information to them without your consent, or unless you request it.

### SELF REFERRING CLIENTS

If you self refer and don't want police involved, you will be supported in this and given exactly the same service. We will offer the opportunity for you to provide information to the police anonymously, which might help them identify a pattern of offences, but this is entirely your decision.

### SUPPORT FOR PARTNERS AND FAMILY

This can be a difficult time for partners and family and Serenity offers help and support for them too.

### KEEPING YOU INFORMED

We can liaise with the police and other agencies to help keep you informed about what is happening.

