

## Child ISVA Services

Specialist child ISVA services are also available to provide appropriate support to child victims.

The SARC team can refer into these services on your behalf

## Counselling

There are services across Teesside who can provide counselling and support to individuals who need help dealing with their feelings around sexual violence. Counselling and support always takes place in a safe and confidential environment.

Counsellors will not judge or offer advice, but they will work with you to find ways of coping and help you take control of your life again.

The SARC is the referral centre for sexual violence across Teesside and with your permission will refer to specialist services on your behalf.

SARC services are free and confidential. We will not share any information with any service without your permission.\*

\* subject to confidentiality and safeguarding policies

In an emergency always dial: **999**  
Non-emergency dial: **101**

**Sexual Health Teesside**  
(contraception and sexual health)  
**0300 330 1122**



**Call us 24/7**  
**03333 44 8283**



[www.sarcteesside.co.uk](http://www.sarcteesside.co.uk)



@SARCTeesside



@TeessideSARC

### SARC Teesside

North Ormesby Health Village,  
13 Trinity Mews,  
Middlesbrough,  
TS3 6AL

**SARC**  
TEESSIDE

Providing support and a range of options for people who have experienced rape, sexual assault or abuse

SARC services are free and confidential. We will not share any information with any service without your permission.\*



**NHS**  
England

**Call 24/7**  
**03333 44 8283**

\*subject to confidentiality and safeguarding policies

## Rape, Sexual Assault & Abuse

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If you have been raped or sexually assaulted, you may be feeling unsure as to what to do. Some people choose never to tell anyone what has happened. SARC staff appreciate how difficult it is to talk to someone and understand that people react differently to sexual offences.

**SARC staff can be contacted 24 hours a day, 365 days a year on 03333 448283**

If you are in danger or there is an emergency always dial 999.

You do not need to report to the Police to access our service.

## SARC Teesside

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SARC stands for Sexual Assault Referral Centre, there are many SARCs located throughout the country. SARC Teesside is based in Middlesbrough, operates across the whole of Teesside and is available 24/7.

SARC staff are specially trained to provide support and advice following any crime of a sexual nature. They can assist with urgent issues such as emergency contraception and are specially trained in issues about evidence collection.

Your SARC worker will support and guide you through all the options available and work with you to meet your individual needs.

## What SARC staff can do

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- Ensure that your needs and any risks are identified from the outset
- Gather and store evidence without police involvement. This gives you time to decide whether or not you would like to report in the future.
- Enable you to provide information anonymously. For example, details of an offence you might want to share with police without being identified yourself.
- Provide information about what happens if you choose to report the offence.
- Give immediate emotional support and information to you, your family and friends.
- Address any contraception and sexual health needs.
- Put you in touch with other specialist services, as required.

## Reporting to the Police

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Following a sexual offence some people choose to report to the police straight away. The police have specially trained officers who are experienced in working with victims of sexual violence.

There is no time limit to reporting an offence to the police, however it may be easier to gather evidence if the crime is reported at an early stage. If you are unsure about this, the SARC can assist without police involvement. In most circumstances if you report it to the police you will automatically be brought to SARC where you will have the opportunity to speak with SARC Support Coordinators.

## ISVAs Independent Sexual Violence Advisors

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ISVA Services provide free and confidential access to trained advisors who can offer practical help and support, whether your case has been reported to the police or not.

An ISVA is completely independent of all other agencies. Their only interest is in supporting you. They will work with the various agencies on your behalf to make sure you have all the relevant information about your case and ensure that your voice and opinion is heard throughout the investigation.

If your case goes to court, your ISVA will be there to support you throughout the trial.

### They will help by:

- Work in partnership with a range of local public and voluntary services.
- Provide support throughout the investigation and prosecution process.
- Arrange pre-trial court visits and post-trial support as necessary
- Provide advice and support across a wide range of issues, such as housing, health and education

**SARC Teesside is supported by ISVA provision through ARCH North East**