

HELP AND SUPPORT

If you have been raped or sexually assaulted there is help and support that you can access whether it happened recently or a long time ago. If you do not want to report to the police you do not have to - you can still be supported.

All of the organisations listed below work with both men and women and support those in same-sex relationships.

Isle of Wight Independent Sexual Violence Adviser (ISVA) 07930 932249

Treetops Sexual Assault Referral Centre (SARC) 023 9221 0352

Southampton Rape Crisis: 023 8063 6313

Hampshire Constabulary: 101 or 999 in an emergency

Island Women's Refuge and Outreach Services: 01983 825981

Broken Rainbow (LGBT): 0300 999 5428

Children and young people are also sexually abused and raped. Often it is by someone they know and thought they could trust. Whatever your age, help is available.

What you should do if you think a child is being abused.

If you have any concerns because you think that a child might be being abused and you want to talk to someone or ask someone to find out what is going on, you should contact:

- **Hants Direct on Tel: 0845 650 0097**

If this line is engaged you will be put through to an answerphone. Leave your name and number and we will call you back as quickly as possible.

Southampton Rape Crisis (also for the Island): 023 8063 6313

Treetops Sexual Assault Referral Centre (SARC): 023 9221 0352

Isle of Wight Youth Trust: 01983 529569

Childline: 0800 1111

Hampshire Constabulary: 101 or 999 in an emergency

If you have been subject to domestic or sexual violence or abuse.

In an emergency call 999

In a non-emergency call 101

You may not wish or feel comfortable going to the police immediately. If you do not want to report to the police you do not have to - you can still be supported.

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