

## **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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