

## You do not need to report the abuse/assault to the police to get support from an ISVA

Every person's reaction to rape and sexual abuse will be different. A common myth around rape is that everyone will react hysterically or tearfully after the attack. In reality however, people can experience a mixture of different emotions in the immediate aftermath of the attack, or in the hours, days, even years that follow.

Some of the symptoms you may experience or be experiencing are:

- Constant anxiety
- Fear and shock
- Being on edge and easily startled
- Nightmares
- Sleeping and/or eating difficulties
- Feelings of shame and self-blame
- Health related issues



## What is an Independent Sexual Violence Advisor?

Our Independent Sexual Violence Advisors (ISVA) are specially trained workers who are independent from the police and other statutory services. The role of an ISVA is to offer practical and emotional support to anyone who has been raped, sexually assaulted or abused, including grooming, FGM and exploitation (CSE). Whether this happened recently or in the past.

We recognise the severity of the experience that you have had and that sometimes it may be difficult to speak about the experience with others. We can help you to liaise with other agencies such as the police and medical team to ensure that you are able to access the necessary support in your own time.

We would also carry out safety planning and explore with you your rights regarding the support available.

The aim of our work is to listen, encourage and empower you, enabling you to openly express your feelings within a confident and safe setting. We will provide you with information to help in your recovery without overwhelming you.



## How can the ISVA help me?

- We can help you and your children to stay safe through immediate crisis intervention, including supporting you with medical examination, other health needs and housing where necessary
- We can help you and your children to feel safe in your own home through additional safety measures or move to somewhere safe
- We can liaise with the police only **if you want** and support you through the investigation
- The ISVA will work with you if you do not wish to report to the police, but need help identifying what support you may need.
- We will explore your legal options and can support you throughout the court processes
- We can link you and your children with other support agencies such as specialist counseling and therapy, family related support and also help you to develop support network

## How do I access the ISVA Service?

Anyone (male or female), aged 13+ living in Leicester, Leicestershire or Rutland you can access ISVA support through the UAVA Public Helpline on 0808 802 0028

If you have experienced sexual assault but do not wish to access the ISVA service, but would like to speak to someone in confidence, you can still contact the helpline and have the opportunity to talk to our trained helpline team.

We recognise that domestic abuse is strongly linked to rape and sexual assault.

If you have been assaulted by your partner, ex-partner, or a member of your family, support is available to you. Please contact the helpline team.

The helpline is a confidential, freephone number that allows callers to access information and the support services of UAVA Ltd. Our specially trained staff can assess any risks to you, offer personal and family safety advice and make referrals to specialist services.

**In an emergency please contact the police on 999 and you will be supported by a specialist trained police officer from the SIGNAL team**

## Who Is UAVA?

UAVA Ltd is a consortium of three local specialist providers of domestic abuse and sexual violence services.



We aim to provide a simplified service, which can be accessed by anyone who has been affected by domestic abuse and or sexual violence.

You do not need to report to the police to access our services.

**HELPLINE: 0808 80 200 28**

For text support: 07715 994 962

Monday to Saturday 8am – 8pm

Email: [info@uava.org.uk](mailto:info@uava.org.uk)

Websites: [www.uava.org.uk](http://www.uava.org.uk)

[www.freeva.org.uk](http://www.freeva.org.uk)



## Specialist Independent Sexual Violence Advisory (ISVA) Support

FreeVA provides the specialist ISVA support for anyone (male or female) aged 13+ across Leicester, Leicestershire and Rutland on behalf of the UAVA Consortium

