

What to do if you are sexually assaulted or raped:

1. If you do not want the police involved and you are not in danger, contact:

The Ferns

Tel: **01473 668974 (9 to 5)**

Email: **contact@theferns-suffolk.org.uk**

2. Save all of the clothing you were wearing at the time of the assault, unwashed and if possible, place in a paper bag.
3. **DO NOT:**
 - Shower, bath or wash.
 - Brush your teeth.
 - Disturb anything in the area where the assault occurred.
4. If you have been raped or sexually assaulted and you require emergency police assistance, call 999 and get to a safe place.

Phone lines are open 24 hours a day, 7 days a week and a member of staff will support you and give you options of what steps you can take next.

You do not have to go through a GP or another professional to speak to us, you can simply contact us direct.

Other formats and languages

A summary of this document in other formats or languages is available on request.

For a large print, Braille or audiotape summary version of this document, please contact us on: **01473 668974(9 to 5)**, or email: **contact@theferns-suffolk.org.uk**

If you would like a summary of this leaflet in another language, please contact us.

Arabic	يرجى الاتصال بنا إذا كنت ترغب في الحصول على ملخص لهذا الكتيب بلغة أخرى.
Bengali	আপনি যদি এই পুস্তিকাটির একটি সারসর্ম অন্য ভাষাতে পেতে চান, অনুগ্রহ করে, আমাদের সাথে যোগাযোগ করুন।
Farsi	در صورتی که تمایل به دریافت این دفترچه به زبان دیگری دارید، با ما تماس بگیرید.
Gujarati	જો તમારે આ પત્રિકાનો સારાંશ અન્ય ભાષામાં જોઈતો હોય તો, કૃપા કરીને અમારો સંપર્ક કરો.
Hindi	यदि आप इस पुस्तिका का सारांश किसी अन्य भाषा में चाहते हैं, तो कृपया हमें संपर्क करें।
Sorani	ئەگەر پوختەى ئەم ناملىكەىەت بە زمانىكى تر دەوێت، ئەوا تەكایە پەيوەندىمان پێوه بكە.
Mandarin	如果您想要本手册摘要的另一语言版本，请联系我们。
Polish	Jeśli pragną Państwo otrzymać podsumowanie treści tej ulotki w innym języku, prosimy o kontakt z nami.
Portuguese	Caso pretenda um resumo deste folheto noutra língua, por favor contacte-nos.
Turkish	Brosürün bir baska dilde özetini isterseniz lütfen bizimle temas kurunuz.



**Help & support for
all victims of
sexual assault**

24 hour helpline:

0300 123 5058



www.theferns-suffolk.org.uk
email: contact@theferns-suffolk.org.uk



Have you or has someone you know been raped or sexually assaulted?

Staff at 'The Ferns' are here to help.

The Ferns is a Sexual Assault Referral Centre and provides a one-stop location, offering medical care and emotional support to any victim of sexual assault.

Sexual assault can happen to anyone; women, children and men. At The Ferns, we can offer you a place of support, also practical and emotional support to help you recover.

It's your choice

At The Ferns you will not be pressured into contacting the police. We are here to provide the support you need and we will respect whatever decision you make.

Your case and any information you give us, will be treated in strict confidence and only cases involving children or vulnerable adults will be automatically reported to the relevant services as part of our duty of care.

Police involvement

Should you wish to involve the police we can explain how to do this and support you through this process. You can also choose to pass information about the assault to the police anonymously.

Time to think

We can securely store evidence gained from your examination, and if you decide to report at a later date we will be able to help you with this process.

How can The Ferns help me?

Our specialist centre offers a range of services to give you the best care possible, suited to your individual needs:

Medical help

You can see one of our specially trained doctors who will carry out a forensic medical examination, with your consent. The examination will take place in one of our fully equipped suites, specially designed to protect your dignity and privacy.

The purpose of the exam is to look after your immediate health care needs and to collect forensic evidence from you with your

permission. If you have not already contacted the police, the doctor can collect samples and we can give these to the police for forensic analysis without disclosing your identity. The samples will then be stored until you have decided whether or not you would like to talk to them.

We can also provide advice for sexually transmitted infections and support you through any follow-on care.

Emergency contraception

We can provide a range of emergency contraception, our specially trained doctor will discuss these options with you.

Pregnancy testing

If you think you may be pregnant as a result of an assault, we can offer you pregnancy testing and support you with this.

Counselling

When you first attend The Ferns, you will be met by a Crisis Worker who will give you information and talk to you about your options.

Whether you talk to the police or not, we can still offer you support and discuss the issue of counselling further with you.

The Ferns can assist you in accessing the services of

partner agencies, who can provide specialist independent therapeutic support for the after effects of rape and sexual assault.

Safety

Your safety is very important to us, and we give advice if you have safety concerns following a sexual assault. If you are concerned for your safety at any time, please contact the police. In an emergency, dial 999.



The Ferns - recovery room: designed to make victims feel as comfortable as possible

Who is at The Ferns?

We have a team of dedicated professionals; committed to providing help and support from the moment you contact us:

Crisis Workers

A Crisis Worker will be available to support you throughout your time at The Ferns.

Forensic Medical Examiner

If you choose to have a forensic medical examination, a specially trained doctor will come to the centre to see you. With your consent they may take samples for evidence.

The doctor will also aim to address any immediate health concerns.

Independent Sexual Violence Advisor (ISVA)

After your initial contact with The Ferns, your Crisis Worker will ask an ISVA to get in touch with you.

They will give practical and emotional support such as with appointments or advocating on

your behalf with services and agencies if you wish.

Your ISVA can accompany you and support you through the police and court process if you are taking this route.

Specially trained Police Officer

If you decide you wish the police to be involved, then a specially trained police officer will attend The Ferns to speak to you.