

REFERRALS GUIDE



SUPPORTING SURVIVORS
IN SUSSEX FOR 25 YEARS

Survivors' Network Services

It is important to us that we can direct you to the right service. This leaflet lists the various services we provide, with the relevant contact details for each provision. If you have any questions, or are unsure what service would be most helpful for your situation, please don't hesitate to get in touch on 01273203380 or at admin@survivorsnetwork.org.uk

SERVICES

Advocacy: The Advocacy team at Survivors' Network provide signposting & practical advocacy support for people of any gender who have experienced sexual violence and are thinking about reporting to the police, or who have an open police investigation, or who have concerns about a case that has previously been reported to the police. The service is for people of any age. For more information contact: 01273 203380 and ask to speak to an advocate.

If you are referring someone to the Advocacy (Independent Sexual Violence Advisors - ISVA) Service, you can download a form (young people's or 14+) from our website or contact us at referrals@survivorsnetwork.org.uk.

Counselling: Our specialist counselling service offers therapeutic support to survivors, aged 14 and over, of sexual abuse, rape and unwanted or confusing sexual experiences. There is currently a waiting list operating for this service. For more information contact: counselling@survivorsnetwork.org.uk

We prefer to receive self-referrals for this service, so you can direct people to our self-referral form on our website (young people's or 19+) or you can give them our counselling email address (see above). If a self-referral isn't viable, you can download a referral form from our website and send it through to the aforementioned email address.

Helpline: The helpline offers emotional support and signposting to self-identified women survivors (aged 14+) and supporters of any gender. It is open on Wednesdays 7pm-9pm. Tel: 01273 720110 or text: 07717 999989 or email help@survivorsnetwork.org.uk

Trans Helpline: This helpline offers emotional support and signposting to all trans survivors, including those who are non-binary or questioning. It is open on Sundays 1-5pm. Tel: 01273 204050. This is in collaboration with LGBT Switchboard.

Dropin: The Dropin service is a safe, welcoming, informal space where self-identified women (age 16+) who have experienced sexual violence or abuse (no matter how or when it happened) can draw on strength and support from other survivors coming to terms with similar issues.

When: The Dropin is open every Monday and Thursday evening, 7-9pm

Where: 6a Pavilion Buildings, BN1 1EE (above *Al Duomo* restaurant).

Other: Various workshops are also run for survivors, and training in relevant work is run for members of the community/voluntary sector. Up to date details on what is available can be found on our website: www.survivorsnetwork.org.uk

Should you be supporting someone who wishes to access the helpline or the drop in, all you need to do is give them the times and dates, and the services can be accessed immediately. Anyone wanting to attend a workshop or some training should be advised to call our main line on 01273203380 or to email admin@survivorsnetwork.org.uk

COSTS:

The counselling service is free for 14-18yr olds and donation based for 19+. Advocacy is free, as is the help-line and drop in service. Workshop costs vary, and training costs vary dependant on whether you are applying via a charity or not.



When someone has been raped or sexually assaulted, they obviously need a great deal of support from the people around them. This could include friends and family members as well as people like counsellors, the police, doctors and so on. Knowing what to say or do can sometimes be hard but there are some key ways in which you can help:

Listen to what they have to say in their own time and try to understand.

Believe. People very rarely lie about rape or sexual abuse. Why would they? It is important to believe what they are saying.

Respect their feelings and decisions. Crying can be part of the healing process.

Remember it is not their fault - no-one asks to be sexually assaulted or abused and no-one deserves it. No-one can be blamed for being unable to prevent it.

Recognise the courage it takes for someone to speak. It takes a great deal to face up to fears and to talk about any experience of sexual violence. It can be important for you to acknowledge the courage it has taken for them to speak about what has happened.

Don't take control. Sexual violence makes people feel invaded, changed and out of control; try to imagine how this feels, and try to do what helps them rather than what makes you feel better. Listen to what they want. It is crucial that they be able to make their own decisions and regain influence over what happens in their lives in order to rebuild trust and strength. Ask them how they want to be helped, and in trying to do this you'll help rebuild their trust.

A variety of relevant resources that may help can be found on our website at: <http://survivorsnetwork.org.uk/content/resources>