

“They told me that if I didn't want it I would've said no. But I didn't want it I just froze.”

We will believe you

One of the hardest things about asking for help, is the fear of not being believed. We know that sexual violence comes in many different forms and affects people of every gender, age and ethnicity. We will listen to you and we will believe you and we will not judge.

Notts SVS Services provides a free\* range of services and therapies for victims and survivors of rape, sexual violence and abuse, aged 18+, who are living in Nottingham and Nottinghamshire. Our services are open, accessible and inclusive to all and will be tailored to meet your needs.



**Asa**  
Support after sexual violence

0115 947 0064\* [nottssvss.org.uk](http://nottssvss.org.uk)

**NOTTS  
SVS  
SERVICES**

**LISTEN  
BELIEVE  
SUPPORT**

\* calls to our telephone number may be charged by your call provider at a local rate