

## COGNITIVE BEHAVIOURAL THERAPY (CBT)

CBT is a useful tool to help people learn ways of coping with everyday life. Sessions are offered over a short period of time with a chance to try out different strategies to see what works for you.

## EYE MOVEMENT DESENSITISATION AND REPROCESSING (EMDR)

We offer EMDR sessions over a short period of time. The therapy uses eye movement and memory to reduce the emotional distress caused by a traumatic event.

## INDEPENDENT SEXUAL VIOLENCE ADVISORS

An Independent Sexual Violence Advisor (ISVA) is a trained specialist who works to ensure the support, safety and wellbeing of anyone who has suffered sexual violence. They can provide support and information with practical matters such as:

- **housing and financial matters**
- **your health, including support with substance misuse**
- **reporting to the police**
- **the court process**
- **accompanying you on visits to the police, court, solicitors, clinics etc**
- **your rights and the services you can access**

Our ISVAs are employed by Notts SVSS. They are not managed or influenced by any other agencies you may come into contact with.

## SURVIVORS' SUPPORT SERVICE

Our survivors' support service is for adults who are survivors of child sexual abuse and were let down by an institution. The support offered is similar to that offered by our ISVA service and helps survivors to gain greater choice and control in their lives.

An institution might be a care home, a school, a hospital or medical setting, a religious organisation, sports club or youth club or a charity or state organisation. We are also able to support people who were sexually abused and reported it to a person in charge (eg a police officer, teacher, social worker) who then ignored the report or did not act on it properly.

## THE TOPAZ CENTRE

We work in partnership with the Topaz Centre (Nottinghamshire's Sexual Assault Referral Centre) which can meet the physical and emotional needs of adults who have been sexually assaulted in the last 7 days. This includes the opportunity for a forensic medical examination, to report to the police as well as access to immediate, short-term support.

<https://www.topazcentre.org/> 0800 085 9993

## EMCYP SAS

The East Midlands Children and Young People's Sexual Assault Service supports survivors of sexual abuse aged 0-17.

<https://www.emcypsas.co.uk/> 0800 183 0023.



NOTTINGHAMSHIRE SEXUAL VIOLENCE SUPPORT SERVICES  
30 CHAUCER STREET, NOTTINGHAM, NG1 5LP

|           |                          |
|-----------|--------------------------|
| TELEPHONE | 0115 947 0064            |
| HELPLINE  | 0115 941 0440            |
| EMAIL     | SUPPORT@NOTTSSVSS.ORG.UK |
| WEB       | WWW.NOTTSSVSS.ORG.UK     |

## INFORMATION FOR FEMALES AGED 18 AND OVER

**WE LISTEN  
WE BELIEVE  
WE SUPPORT**

NOTTS  
SVS  
SERVICES

LISTEN  
BELIEVE  
SUPPORT

PROUDLY DELIVERING  
ASA SERVICES

**Asa**  
Support after sexual violence

[WWW.NOTTSSVSS.ORG.UK](http://WWW.NOTTSSVSS.ORG.UK)

# SUPPORT FOR WOMEN IN A WOMEN-ONLY SPACE

We understand that a woman's life can be totally shattered by a rape or sexual assault. You may have experienced sexual violence as a child or an adult. The perpetrator may be a partner, ex-partner, date, friend, family member, carer, colleague, or a professional. It might be someone you know or someone you don't know. You may also be unsure about something that has happened or is happening to you, or have questions about a relationship you are in.

We provide support to women aged 18 and above who have experienced rape, sexual assault, or childhood sexual abuse. Our support can reduce the impact of such an experience and help a survivor re-gain control of their life. We can help you whether the assault happened recently or in the past.

We offer a range of specialist services and our support is provided by trained and qualified female practitioners in a woman-only space. You can have support from a male practitioner if you prefer.

## Our service offers:

- **Helpline & drop-in service**
- **Face-to-face counselling service**
- **Therapies**
- **Group support**
- **Email support - [support@nottssvss.org.uk](mailto:support@nottssvss.org.uk)**
- **Independent Sexual Violence Advisor Service**
- **Survivors Support Service**
- **'Creating Safety' online self-help programme**

All our services are provided free of charge.

## ASA HUB

The ASA Hub includes our helpline and drop-in. It is the best way of getting support and referring into all our services. You can contact the hub via our helpline, fill in our online contact form <https://nottssvss.org.uk/contact/> or email: [helplineadmin@nottssvss.org.uk](mailto:helplineadmin@nottssvss.org.uk)

## HELPLINE

The helpline provides a safe space to talk about any concerns, either for yourself or for a friend or family member. It can be an opportunity to begin to explore the impact of an assault on your life or simply to request information. The helpline can also be used to refer into any of our other services.

The helpline is staffed by female support workers. We can arrange for a male worker to call you back if you prefer.

### The helpline is open at the following times:

Monday – Friday, 10am – 1pm and then 4:30pm – 7:30pm  
Saturday & Sunday 10am – 1pm

### The helpline number is 0115 941 0440.

At other times you may leave a message and a support worker will get back to you.

Outside of these hours you can phone the 24hr sexual and domestic violence helpline on 0808 800 0340.

## DROP IN

Our drop-in gives you time for a longer conversation with one of our support staff. This can be helpful if you are really struggling and need time to speak to a trained counsellor. We can also look at what you need and refer you into our other services. Drop-in sessions can be booked through our helpline.

## COUNSELLING AND THERAPEUTIC SERVICES

Our range of counselling and therapeutic services is for anyone aged 18 and above, whether the abuse happened recently or in the past. The services are free of charge and are provided by trained and experienced staff. We see people in-person or via secure online counselling rooms, with daytime, evening and weekend slots available.

Some therapies are okay to use as stand-alone, while others are better used with or after other support. We will discuss this with you when you make a referral into our service.

## COUNSELLING

We offer a range of short-term, medium and long-term counselling options.

**Short-term counselling** can help to lessen any initial distress. It can also help you to identify any needs, risk factors and put in place any coping strategies. We can also use this time to refer you into any other services and support.

**Medium and long-term counselling** offers a safe and non-judgmental space. Here you can begin to express and explore your thoughts and feelings in a way that may not be possible with family and friends.

Whatever option you choose, we will listen to you and we will support you and we will not judge.

## GROUP SUPPORT

Our Beyond Survival support group is an 8-week course. Group aims are to gain self-acceptance, build trust in self and others, to experience a more fulfilling life and meet other survivors. These are run as male-only and female-only groups throughout the year.

**We can also offer support to families and friends of those who have experienced abuse, which can also help them support those they are close to.**