

Notts SVS Services provides support to anyone, aged 13 and above, who has experienced rape, sexual violence or childhood sexual abuse whether recently or in the past. This leaflet provides a brief guide to the support we offer and how to refer into our service.

If you have experienced a rape or sexual assault within the last 7 days you can get help, including medical assistance, here:

**The Topaz Centre (Adults) 0800 085 9993 |
www.topazcentre.org**

**EMCYPSAS (Children and Young People Aged 0-17)
0800 183 0023 | www.emcypsas.co.uk**

ABOUT NOTTS SVS SERVICES

We understand that a person'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, a professional you know or someone you don't know. You may also be unsure about something that has happened or is happening to you, or possibly have questions about a relationship you are in.