Services that understand that all survivors have different needs and some needs may relate to your culture or identity.

We are here to help everyone

SPECIALIST SEXUAL VIOLENCE SERVICES

Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC)
01865 725311
www.osarcc.org.uk

Rape Crisis (Wycombe, Chiltern and South Bucks)
01494 46 22 22
www.wycomberapecrisis.org.uk

Aylesbury Vale and Milton Keynes Sexual Assault and Abuse Support Service
01296 392 468
www.avnksass.org.uk

Trust House Reading
(Offers a safe place for those affected by rape and sexual abuse)
0118 958 4033
www.trusthousereading.org

Refuge, Thames Valley
Independent Sexual Violence Advisory Service
0300 1234 143
www.refugesexualviolenceservice.org.uk

Translation services available through these services.

ADDITIONAL SERVICES

Galop - Support to survivors of sexual abuse, domestic abuse and hate crime from the LGBT+ community.
Advice line - 020 7704 2040
National domestic abuse line
0800 999 458
www.galop.org.uk

Karma Nirvana
Forced marriage / honour based abuse
National helpline 0800 599 9247
www.karmanirvana.org.uk

Not sure which service is best for you?
You can contact Victims First
0300 1234 148 and they will help you to find the service that is right for you. There are other support services that can help tackle abuse and support victims.

Supporting someone else?
All services are able to provide help and support to those who are supporting a survivor of sexual abuse.

FREE & CONFIDENTIAL SUPPORT for any woman or girl who has experienced sexual violence.
Services that understand that all survivors have different needs and some needs may relate to your culture or identity.
What is sexual violence?

Sexual violence is any unwanted sexual contact or behaviour from another person.

There are many forms of sexual violence, including:
- Unwanted sex
- Sexual assault or abuse, including rape
- Rape within marriage
- Childhood sexual abuse
- Female genital mutilation
- Honour-based violence
- Forced marriage

Everyone's experiences are different – specialist sexual abuse services are here to listen and support you, no matter what your experience may be.

How services work

The specialist sexual violence services listed opposite can provide:
- A translation service
- Confidential support
- Services free of charge
- Female support workers
- Support by phone, email or face to face
- Many also offer you a choice – to be supported by someone from a black, Asian or minority ethnic group or a different community - whichever you prefer.

Services can offer:
- A safe space
- Emotional and practical support
- Help with reporting
- Support through the criminal justice system
- Counselling
- Independent Sexual Violence Advisors
- Support groups
- Support with medical appointments
- Support with form filling

It's okay to ask questions

You won't cause offence by calling to ask who will support you, and which community they belong to.

Values

All services promise to:
- Listen to you
- Believe you
- Not judge you
- Support your choices, whatever they may be.

Confidentiality

Your support worker won't tell anyone what you have shared without your permission. This means that your family, friends and community don’t have to know that you have contacted a service. You can ask questions about where your information is written down and where it is stored. It’s your right to know!