



RASASC
rape and sexual abuse
support centre
RAPE CRISIS
SOUTH LONDON

Independent Sexual Violence Advocates ISVA

Helpline: 0808 802 9999
Telephone: 0208 683 3311
Email: info@rasasc.org.uk

The criminal justice system can seem confusing and complicated. If you are considering reporting or you have already reported to the police, our Independent Sexual Violence Advocate (ISVA) service is here to explain and explore all your options, give you an overview of what will happen and keep you informed.

If you have survived rape or childhood sexual abuse, you may be experiencing a lot of different emotions. However you are feeling right now, know that you do not have to do this alone. We are here to help and we will support you by explaining every step of the journey ahead, so you can make the best decisions for yourself.

Here at the Rape and Sexual Abuse Support Centre (RASASC), an independent charity based in Croydon, we provide the highest standard of specialist support and information to female survivors of rape and childhood sexual abuse aged 12 and upwards. We have over 30 years experience, a track record for excellence and expert knowledge in this field. We are able to provide you with independent unbiased information, support and guidance.

Ways we can help:

- We can provide practical, factual and emotional support throughout your involvement with the criminal justice system.
- We can explain the whole process from reporting to the police to attending court and provide you with honest choices so you can make informed decisions.
- We can give clear explanations of legal terms, proceedings, police protocols and YOUR rights.
- We can accompany you to police stations, video statements and Crown Prosecution Service meetings.
- We can give a thorough overview of a trial, including multiple live court visits before the trial and support you at court during the trial itself.
- Our counselling service can offer 'grounding' sessions to help you deal with panic attacks, flashbacks and other symptoms of stress.
- We will treat you with respect and always be honest.

Our service is free of charge. Our offices are women-only, anonymous and close to the centre of Croydon, creating a safe and comfortable environment for you to feel believed, supported and to be yourself.

Above all else, you need to know that what has happened to you was not your fault, should never have happened and you have nothing to feel ashamed of.

You deserve the very best help and support.

If you have any questions, or would like to access ISVA support, please call 0208 683 3311 or email ISVA@rasasc.org.uk