



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. Our advocacy service is here to explain and talk about your options, give you information on what will happen and keep you informed.

The Rape and Sexual Abuse Centre (RASASC) is a charity. We provide specialist support and information to women and girls aged 12 and up who have experienced rape and childhood sexual abuse.

What is an Independent Sexual Violence Advocate?

An Independent Sexual Violence Advocate, or an ISVA, is someone who can support you if you have been raped or sexually abused. We can help you deal with the police and the courts. We can also support you to get other help like counselling or sexual health advice.

How do I contact the ISVAs?

You can get in touch with us by:

- phoning 0208 683 3311
- emailing isva@rasasc.org.uk

We can then arrange a time to meet. Meetings would be at RASASC's centre in Croydon.

We can help by:

- giving clear explanations of what happens with the police and the courts
- talking to the police and going to the police station with you
- going to the court with you before a trial to help you feel more familiar with it
- going with you to court if you are asked to give evidence
- pointing you in the right direction for medical help and advice
- our counselling team offer sessions to help with panic attacks, flashbacks, anxiety and nightmares

Our service is free of charge. Our centre is female-only so there are no men or boys here. There isn't a sign on the door so it is private and is close to the centre of Croydon. We hope it is a safe space for you to feel believed, supported and to be yourself.

It is important to remember that the abuse was not your fault and should never have happened.

You deserve the very best help and support.

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