

As part of the team we have an independent sexual violence advisor — ISVA. Her role is to support and assist you in making choices from the many options available to you.

If you wish, the ISVA will be your dedicated advisor from the point of crisis.

**AXIS is a free
confidential
service and
respects
YOUR
choices.**

We will support you

Useful telephone numbers:

Police Emergency - 999

Police Non Emergency - 0300 333 3000

Royal Shrewsbury - Sexual Health GUM Clinic
01743 261059

Princess Royal Telford - Sexual Health GUM Clinic
01952 222536

HIV - Aids Helpline - 01743 261113

Axis Counselling Shrewsbury - 01743 357777

Axis Counselling Telford - 01952 278000

Axis Rape Counselling

SHREWSBURY
(01743) 357777

TELFORD
(01952) 278000

Fletcher House
15 College Hill
Shrewsbury
SY1 1LY

The Glebe Centre
Glebe Street
Wellington
TF1 1JP

Website: www.axisrapecounselling.org.uk

A Charitable Company Limited by Guarantee
Reg. In Cardiff No: 3224552
Reg. Charity No: 1074830

Axis Rape Counselling

Support

&



Information Service

Shrewsbury (01743) 357777

Telford (01952) 278000



AXIS RAPE COUNSELLING SERVICE (ARC) WHAT IS ARC?

ARC - is a dedicated charity with experienced counsellors who are chosen specifically to work with victims of rape and sexual assault. Our dedicated expert team has experience providing high quality care.

ARC recognises all forms of sexual violence, including:-

- ◆ rape
- ◆ sexual assault
- ◆ childhood sexual abuse
- ◆ rape in marriage
- ◆ female genital mutilation
- ◆ trafficking
- ◆ male & female sexual exploitation....

.....no matter whether the violence is from known perpetrators or how long ago the abuse happened.

We believe in choice and providing information to help people make informed decisions about their future.

We are an independent professional and confidential organisation with a qualified and highly skilled team who will listen and support you from the points of crisis beyond.

HAVE YOU BEEN THE VICTIM OF A RECENT ASSAULT?

If you have been a victim of sexual violence, you may be experiencing a wide range of emotions and reactions that can be very upsetting.

This is quite normal for someone who has been through such a traumatic experience. You may feel one or all of the following:-

- ◆ Shock & Numbness
- ◆ Fear & anxiety
- ◆ Distress
- ◆ Shame/humiliation
- ◆ Anger
- ◆ Guilt/self blame
- ◆ Helplessness
- ◆ Nightmares
- ◆ Flashbacks
- ◆ Isolation

Whilst we appreciate that you have experienced a very traumatic event, it is very important that you give thought to the following:-

- ◆ Your safety and the safety of others
- ◆ Sexual health and pregnancy
- ◆ Psychological support
- ◆ Reporting to the police
- ◆ Gathering evidence i.e. forensic examination
- ◆ Criminal justice proceedings

We understand how frightened and confused you might be. **You do not have to cope with this alone.**

It can be difficult at this time of crisis to think clearly about your choices - though it may not feel like it, you still have options available to you.

ARC is an independent confidential service so you do not have to worry about the police or any other agency or person (including your loved ones) finding out about your assault.

Our team will treat anything you say to them in complete confidence, except if you, someone else or a child is at serious risk of harm.

If you are in danger it is important that you call the police on 999 in an emergency.

Next steps

Telephone us

We will aim to answer your immediate questions.

- ◆ We will aim to see you face to face within 48 hours to discuss your options.
- ◆ We will offer you one-to-one counselling in a dedicated safe and secure setting at our Telford or Shrewsbury offices.