Health Sexual Violence Liaison Officer Availability:

I am available for support and advice 9am-5pm Monday—Friday. If I am unable to answer the call, I will call you back as soon as possible. It is also safe to leave a voicemail, text or email.

Getting help in an emergency:

If you don't feel you can keep yourself safe right now, seek immediate help:

- Call 999 and ask for the appropriate department.
- Go to any hospital A&E department.
- Ask someone else to contact 999 for you or take you to A&E immediately.

If you need some support right now, but don't want to go to A&E, here are some other options for you to try:

- Contact your GP for an emergency appointment or the out of hours team.
- Call NHS 111 (England) or NHS Direct 0845 4547 (Wales).
- Contact a supportline, such as the Samaritans on freephone 116 123. They are open 24 hours a day and are there to listen.

Confidentiality and Data Sharing:

Any information you give will stay confidential. The only time we may have to disclose information to other appropriate agencies is when we feel that you or someone else is at risk of harm, or we are required by law to do so.

Referrals from Professionals:

Please email:

Soh-tr.safeguardingadults@nhs.net

and request the Sexual Abuse referral form.

Health Sexual Violence Liaison Officer Southport And Ormskirk NHS Trust

Tel: 01704 705248 Mobile: 07818533845 Email: <u>Soh-tr.safeguardingadults@nhs.net</u>





Health Sexual Violence Liaison Officer

Southport and Ormskirk Hospital NHS Trust



Tel: 01704 705248 Mobile: 07818533845

Email:

Soh-tr.safeguardingadults@nhs.net

Sexual Violence

If you have been affected by sexual violence you might experience short and long term emotional and physical effects, which can have a big impact on your life.

If you have been raped, sexually assaulted or abused you might go through a number of different emotions. You might feel numb, angry, scared, confused, or even guilty. Everyone reacts to traumatic experiences differently and has their own way of coping; there is no right or wrong way to react.

Nobody has the right to attack you or make you do things you don't want to do. Please remember that what happened wasn't your fault and that you are not to blame for what another person did to you.

Help and Support

Southport and Ormskirk Hospital now has its own Health Sexual Violence Liaison Officer (SVLO) funded by Blackpool Teaching Hospital NHS Foundation Trust, and Lancashire Police and Crime Commissioner.

Support is available for both staff and patients.



Blackpool Teaching Hospitals NHS NHS Foundation Trust Staff across the hospital and community services have received sexual violence training, and will be able to support you to contact the Health SVLO who is located in the Adult Safeguarding Team.

You can also self-refer to:

Faye Speed Health Sexual Violence Liaison Officer Tel: 01704 705248 Mobile: 07818533845 Email: <u>Soh-tr.safeguardingadults@nhs.net</u>

Your SVLO can:

- Assess your needs.
- Provide information and advice to help you think through your options.
- Work with other agencies to make sure that you are safe.
- Help you get external counselling or mental health services if necessary.
- Support you with sexual health issues and appointments.
- Support you with housing concerns.
- Give information about other specialist services such as drug and alcohol agencies.

- Make referrals to these agencies with your consent.
- Support you at appointments such as with your GP, GUM (genitourinary medicine clinic), police interviews or housing offices.

Do you want to report to the Police?

Your Health Sexual Violence Liaison Officer (SVLO) will support you regardless of whether you chose to make a report or not.

If you do decide to report the crime to the police, your Independent Sexual Violence Advisor will:

- Keep you up-to-date with your case.
- Explain legal jargon and processes.
- Offer you a pre-court visit.
- Explain ways in which the trial could be made easier for you.
- Attend court with you.
- Support you whatever the outcome.
- Guide you in applying for criminal injuries compensation following the trial.