

Health Independent Sexual Violence Advisor Availability:

The service is available 9am – 5pm Monday – Friday. If it is out of hours, or the ISVA is unavailable, and safe to do so please send an email, leave a voicemail or send a text with your name, contact information and a safe time to call/email you back.

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 support line, 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*.

Self-referrals:

Please email: Soh-tr.safeguardingadults@nhs.net or call the Health ISVA on 01704 705248/0781 533845.

Health Independent Sexual Violence Advisor (ISVA)

Southport and Ormskirk NHS Trust

Tel: 01704 705248

Mobile: 0781 533845

Email: SOH-TR.safeguardingadults@nhs.net



Health Independent Sexual Violence Advisor (ISVA)

Southport and Ormskirk Hospital NHS Trust



Tel: 01704 705248

Mobile: 0781 533845

Email:

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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 several 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 Independent Sexual Violence Advisor (ISVA) 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 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 ISVA who is located in the Adult Safeguarding Team at Southport Hospital.

Your Health ISVA 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.

If you want to/are thinking of reporting to the police:

Your Health Independent Sexual Violence Advisor (ISVA) 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 Health ISVA will make a referral and you will be assigned an Independent Sexual Violence Advisor based within a support organisation. They can support you through the Criminal Justice Process by:

- Keeping you up to date with your case.
- Explaining legal jargon and processes.
- Offering you a pre-court visit.
- Explaining ways in which the trial could be made easier for you.
- Attending court with you.
- Supporting you whatever the outcome.
- Guiding you in applying for criminal injuries compensation following the