

It's not just you

Rape and sexual assault happen far more often than statistics indicate.

It happens in all communities and cultures. Many victims do not seek help because they feel ashamed or afraid of being blamed for what has happened

The most important thing to remember is that it was not your fault

It is irrelevant what you were wearing, how much you had to drink or whether you were in your own home or out for the evening - you did not ask to be raped or sexually assaulted.

The blame belongs entirely to the perpetrator.

The next step is to get help and contact us

If you choose to talk to us, we can:

- Support you to start putting your life back together
- Help with housing
- Help with benefits
- If you would like we can talk to your employer/school/college
- If you like we can support you and your family
- Give information on follow up services

You do not have to report to the police

It is your decision whether or not to report the attack to the police. You can still get our help and all our services are available to you. If you are not sure what to do call us and we can talk it through.

If you do want to report to the police

- We can support you while you make your statement
- We can speak to the police if you would like us to
- We can assist with claims for compensation around criminal proceedings
- We can help support you going to court
- We will provide ongoing help, support and advice throughout and after the court process

You can get help if it happened recently or in the past

No matter how long ago the rape or sexual assault happened you can still

- Have our help
- Have counselling
- Get advice
- Report it
- Access other specialist services

The perpetrator may be someone you know

Many people believe that rape and sexual assault is committed by a stranger.

This is not always the case and some perpetrators are known to the victim and many are partners or family members.

We are here to help you

- What happened to you should not have happened
- You do not need to keep it a secret
- You are not on your own
- You can talk to us in total confidence
- You can just talk to us once or if you want we can give ongoing support

What ever you decide

Talking in confidence about your experience to a SAFE Link worker, although sometimes difficult and painful, can help you come to terms with what has happened and begin your journey of recovery.



We can help you

Our SAFE Link workers are here to support you to cope with what happened and help you recover fully and get your life back.

It is a free and confidential service.

We can come to you or you can come to one of our hubs near you.

How to contact us

Tel: 0333 323 1543

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Supported by
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