

Have you experienced sexual assault or rape at any time in your life? We can help you.

It's not just you

Sexual abuse 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

We will always believe you.

This abuse should not have happened and the blame belongs entirely to the person who abused you.

You deserve the very best possible help and support.

The next step is to get help and contact us

We can offer

- A safe place to talk about what happened
- Confidential advice
- Practical support
- Counselling
- Information on other support services

You do not have to report to the police

It is your decision whether or not to report the abuse 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

Whatever 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.

If you choose to talk to us, we can:

- Support you to cope with what happened
- Support you to decide what to do next
- Help you to think about your future
- Offer peer support
- Help you recover

You can get help if the abuse is happening now or was in the past

No matter how long ago it happened you can still

- Have our help
- Have counselling
- Get advice
- Report it
- You can just talk to us once or if you want we can give ongoing support

The abuser may be someone you know

The person who abused you may be part of your family or someone you thought you were safe with and you were told never to say anything or you would be punished.

But that's not the case

- You do not need to keep it a secret
- You are not on your own



We can help you

It is never too late to talk about it. Our SAFE Link workers are here to support you to cope with what happened and help you to fully recover. 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

Bristol | B&NES | North Somerset | Somerset | South Gloucestershire

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