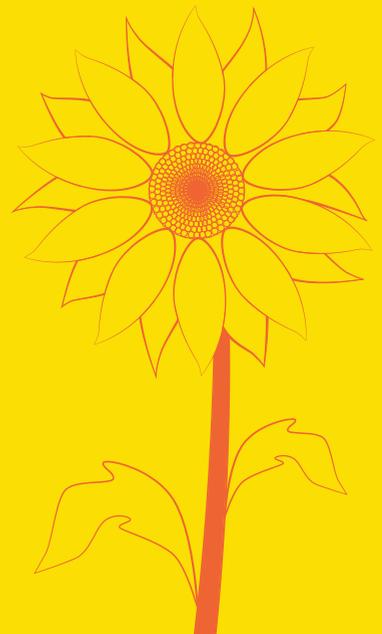




SARC |
Sexual Assault Referral Centre





0191 221 9222 |
www.reachsarc.org.uk |



**NORTHUMBRIA
POLICE**

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SARC OVERVIEW



Sexual Assault can be a terrifying, humiliating and traumatic experience. Many women and men experience difficulties in coming to terms with what has happened and continuing with their everyday life afterwards.

SARC staff can help women and men who have been raped or sexually assaulted and they are experienced in dealing with the effects of sexual violence and will be happy to help you whether or not you wish to formally report the assault to the police.

What is a SARC?

A SARC (Sexual Assault Referral Centre) is a place where you can receive help and advice and a forensic examination if you have been raped or seriously sexually assaulted. REACH is the name of the SARC that is operated in the Northumbria Police area.

Where are we based?

REACH has two forensic examination centres: the Rhona Cross Suite located in Newcastle and the Ellis Fraser Suite in Sunderland.

The suites are not always staffed, and visits are by strict appointment only.

Who can the SARC help?

REACH covers the geographic area of the Northumbria Police Force. This includes Northumberland, Newcastle, North Tyneside, Gateshead, South Tyneside and Sunderland. The services are available to women and men aged 16 and over, living within these areas or anyone assaulted within these areas. However, we have close contacts with other SARC's right across the country and can refer you to another SARC if necessary.

How can I contact the SARC staff?

We do not operate a 'drop-in' service and attendance is strictly by prior appointment only.

We can be contacted by telephone on 0191 221 9222
or by email: reach@northumbria.pnn.police.uk.

If there is no answer, please leave a telephone message, and staff will return your call asap.

REACH SERVICES



All of our services are free.

REACH can offer you:



- A forensic medical examination (whether or not you have decided to report the assault to the Police).
- ISVA Support (Independent Sexual Violence Adviser). This is an advocate who can help you with any difficulties you may be experiencing in relation to many issues including alcohol, drugs, housing, employment problems, education etc.
- Support by the ISVA throughout the criminal justice process if your case progresses to court should you choose to report to the police. This will include a visit to the court and an explanation of the court process.
- Opportunity to speak informally with an experienced Rape Investigation police officer (this can be a female or male officer and you will be given this choice).
- The opportunity to provide, anonymously, as much or as little information about the assault that you would like to provide. This will be given to the Police and may help in identifying trends and patterns of offending behaviour/locations.
- Help, advice and referral to GUM for STI screening and any follow up medication required.

WHAT CHOICES ARE AVAILABLE TO ME



Deciding whether to report the assault to the Police

Before making this decision we can give you the opportunity to speak to an experienced police officer from the Rape Investigation Team prior to making a formal report. This allows you to make an informed decision and lets you talk to a specialist police officer about any fears that you may have.

A specially trained police officer (male or female – you can choose) will talk to you and explain what will happen during the investigation and any possible court process, answering any queries you may have. You can be assured that you will be treated in a sympathetic and caring manner. This contact can be made through staff at REACH and you can choose to meet the police officer at either of the REACH suites, or a place of your choice, including your home. Police officers from the Rape Investigation Team do not wear uniform, and can therefore visit your home discreetly.

Reporting an incident to the police as soon as possible may help prevent the loss of any critical evidence and help enable the support process to begin immediately. However if you report the incident(s) to the Police at a later time, you will still be assured of a thorough and full investigation.

You can call 999 if you need assistance urgently. If you are safe following the assault or want Police involvement please ring 101 and your call will be dealt with quickly and efficiently. Alternatively you can call REACH directly on 0191 2219222 during office hours (please leave a message with a contact number if there is no answer, as staff are sometimes out of the office visiting other clients).

If you decide to report to the Police immediately, without contacting REACH first, then a specially trained officer will be allocated to meet you initially. This officer is called a 'SOLO' which stands for Sexual Offences Liaison Officer.

Depending on the circumstances and timing of the rape or sexual assault, you may be advised by the SOLO to have a forensic examination in an attempt to obtain forensic evidence to support your report and/or to ensure that any immediate concerns arising from the assault are properly addressed (eg, emergency contraception). The examination will be carried out by a nurse specially trained in forensic examinations.

Deciding whether to undergo a forensic examination

If the rape/assault falls within a certain timescale, it may be possible to have a forensic examination, even if you haven't decided whether to report to the Police at this stage. Please contact REACH to discuss this and don't assume it is too late to have the forensic examination. Staff will be able to provide advice. This option allows for any potential forensic evidence to be captured and retained in case you decide to report the assault to the Police at a later stage. Capturing forensic evidence is time critical and therefore to have this examination completed asap, following the assault, may provide better forensic evidence, especially if this can be done before you wash or bathe. However, it still can be possible to capture such evidence, even if you have washed and bathed.

If you choose to have a forensic examination this will be done by an experienced nurse who will also be able to advise you about any medical treatment you may need afterwards. The examination will usually be performed at one of the REACH Suites. You are welcome to bring a friend or family member along for support. You can also have a shower afterwards and change into clean clothes which are available at the Suites.

The length of time to complete the forensic process will vary from one case to another. However, on average, you can expect that the examination process will last about 2-3 hours. However, most of this time is spent talking to you with

the Nurse taking notes and taking a medical history in a quiet and comfortable room. The actual forensic examination, which takes place in a separate medical room, only lasts about 20-30 minutes on average.

The nurses will do everything they can to make you feel as comfortable as possible.

After the Examination:

If you have reported the incident to the Police, then you may need to make a detailed statement. Sometimes this can be done at the REACH suite, immediately following the examination, but sometimes, this will take place the next day. Sometimes the statement is taken in the format of a video recording and this can be carried out at the SARC.

Deciding if you want counselling support and the counselling remit

Some people gain a lot of benefit from receiving counselling. A free counselling service is offered by REACH and is available to women and men, aged 16 and over, who have been victims of rape or serious sexual assault within the preceding 12 month period. Counselling offers you the opportunity to explore emotional and psychological distress. It offers you the space to explore any difficulties you may be facing in coping or adjusting to life following the assault.

Visits are by strict appointment only. This service is available at Newcastle & Sunderland City Centre locations, details of which will be provided at the time of making an appointment. Counsellors will arrange an assessment appointment within approximately 2 weeks. This assessment will examine whether your needs are best met by this service, or whether your needs are better met in another service and this will be fully discussed with you.

Practical support

Where counselling can help you with the emotional difficulties you may be experiencing, the ISVA service (Independent Sexual Violence Advisor) service can offer you help with many practical problems you may be facing.

If you have been affected by rape, it is possible that you are struggling with some practical matters in your life. The ISVA staff are members of the REACH team and will be able to help you with various matters listed below. The difficulties that people experience will vary from one person to another and the ISVA can help in identifying what your needs are and accessing the various types of support available. Examples of this can include: -

- Keeping you up to date with the key stages of a police investigation.
- If your case goes to court, making sure that you are given the opportunity to visit the court beforehand so that you know where the court is, what the court room looks like and what might happen there and providing support when the trial commences.
- If you are having housing difficulties and are trying to be re-homed, they can help with your re-housing application.
- If you have concerns about your sexual health following an assault they can help you to access the proper medical care you may need.
- The ISVA will make a counselling referral if you want to access this service.
- If you are absent from work with sick leave, they can help you make sure you are claiming all of the benefits you may be entitled to.

There may well be lots of other difficulties you are having, and the ISVA staff are there to help you through every step of the way.



USEFUL INFORMATION ABOUT THE EFFECTS OF RAPE TRAUMA AND MYTHS

(Useful for both those who have been raped and family and friends of those supporting someone who has been raped).

Ideas for coping with flashbacks

An assault is a traumatic experience that produces emotional problems, one of these problems is commonly referred to as flashbacks. A flashback is the process of being reminded vividly and unexpectedly in the present about an unpleasant event that has happened in the past. They can affect both men and women. During a flashback you may experience sounds, images, bodily sensations, smells and tastes. It is often described as a feeling that the event is happening all over again.

Flashbacks, although frightening, are a normal part of the healing process. Some of the following ideas have been found to be helpful:

- Tell yourself that this is a flashback and very normal in people who have been through a trauma.
- Try to tell yourself that this is a memory from the past.
- Try to remain in the present:
 - Stamp your feet.
 - Look around you, notice where you are right now, the colours, the people, and the shapes.
 - Remind yourself of the date and time.
 - Hear the sounds around you now.
 - Be aware of your body, your skin, your clothes, and your feet supporting you.
 - Wear or carry a personal object for comfort and reassurance.

- Pay attention to your breathing. Breathe deeply, perhaps counting to five as you breathe out. When we get scared, we breathe too quickly and shallowly, and our body begins to panic because we are not getting enough oxygen. Breathing slowly and deeply will stop the panic.
- If you are at home, wrap yourself in a blanket and feel it around you.
- If you would like some support during flashbacks, find someone you trust and feel safe with. Arrange with them, in advance, that you might need their support and will call them if you need to.
- Look at some of your favourite things, such as photographs, reminders of happy times or plans for the future.
- Flashbacks are exhausting! Allow yourself time to recover. Do something relaxing such as having a warm bath, playing some gentle music or making yourself a hot drink.
- If you feel able, it may be helpful to write down what you can remember about your flashback and how you managed it. Remembering that you came through it last time will help you cope again if you need to.

Remember, although frightening when they are happening, flashbacks are normal and part of the healing process. You and your counsellor may be able to work together to consider what works best for you and some strategies for coping.

Rape trauma syndrome

Every person who reads this will have a different story to tell; each of you will have different strengths, resources and coping strategies to support you. Recovery and healing following a sexual assault can require effort, courage and determination from you, as you begin a journey in your life that includes, but is not dominated by, your experience of rape or sexual assault.

How do people react when raped or sexually assaulted?

Does everyone react in the same way?

Experience has shown that both women and men experience very similar reactions to sexual assault, whatever their age, sexual orientation or ability.

How will I feel afterwards?

How will I cope with putting my life back together?

How long does it take to get over it?

What can family, friends and professionals do to help?

These are just some of the many questions you may have about rape and sexual assault. To answer them, many studies have been done. One of them, in America, produced a set of thoughts, feelings and behaviours, divided into stages, which researchers had noted were most generally felt by people who had suffered an experience of this kind, which they called Rape Trauma Syndrome. Many of the reactions noted were very surprising, as they were very different from the public perception and what survivors themselves said they would have expected.

Many people feel that they are the only ones to be going through these feelings and that they are stupid or going crazy. For this reason it can be helpful to be aware of these reactions. However, although the reactions are well documented no two people will have the same reaction in the same order or timescale. This is because we all have different ways of coping with events that happen in our lives. It may be useful to be aware that talking to someone who understands the full effect of rape and sexual assault may be helpful. Do not feel that you should be able to cope with this alone. It may be that you had told nobody else what has happened.

The first thing to bear in mind is that rape is a crisis, a very frightening and perhaps a very violent one. The reactions to rape and sexual assault have been compared to other extreme experiences such as rail crashes, battle situations, violent crimes and other disasters.

Our information aims to help you identify some of these feelings and establish some kind of timescale. Do remember that this should only be used as a guide, as your experience of this process will be different to that of another person.

During the attack

Most people when asked what they would do if someone tried to rape them would probably say that they would fight and then run away. It has been proved that this rarely happens. Of course everyone is different, but the most common reaction is to freeze and not be able to do anything. The freeze reaction, strongly linked to survival, happens for a number of reasons;

Shock and disbelief

Nobody expects to be raped. When it happens, most peoples' reaction is "This can't be happening to me".

Fear

Whilst most people are in no doubt at the time of assault, that they are in real danger of being mutilated or killed, this may be difficult for someone hearing about the attack afterwards, to understand. Sometimes the attacker makes verbal threats, but often he does not need to. His intentions are perfectly clear and a victim feels the best way to survive is to comply. This is NOT consent but survival under extreme circumstances.

Vulnerability

During an assault most people experience feelings of total powerlessness, a feeling of helplessness, that there is nothing you can do about the situation - you felt trapped and your attacker was in complete control. It is obvious, when taking these factors into account that, for most people, not to fight back is the best option at the time. If you do not fight you are mostly likely to survive, this is NOT consent.

The first few weeks after the attack

The acute stage of your recovery

During this stage of recovery you may be experiencing shock or numbness, and be unable to make simple decisions about your life. It may be that your family or friends try to persuade you to do things, which they think are best, but which you are not sure about, such as reporting the attack to the police.

Possible reactions

Visibly upset - tearful, angry, fearful, tense, hysterical. This is perhaps the way you would expect someone else to react - they may, or they may not experience:

Controlled emotions – appearing calm, reluctant to talk, talking about the attack as if it had happened to someone else. This happens as a person attempts to detach from the painful memory, helping to avoid its full impact. This reaction often surprises people, but is actually very common.

A combination of the above – particularly when coming out of the initial shock, it is possible to swing from very blunted to very extreme feelings. At times your feelings may simply shut down if you are overwhelmed by their strength.

Other factors which determine reactions at this stage of recovery may be: -

Fear of not being believed

Fear of the reactions of your family and friends

Fear of reprisals from the attacker, or of not feeling safe

If you are a heterosexual man, you may fear that you are, or other people, may assume that you are gay

For women, the fear of pregnancy

For women and men, the fear of sexually transmitted infections (STI's)

You may also experience;

A continuing feeling of powerlessness and vulnerability

Soreness all over your body especially the area on which the attack was focussed. You may be sore in parts of your body which you don't remember being injured at the time. This may happen if you 'switched off' during the attack. If you did switch off you may only remember specific details, perhaps a picture on the wall, but not what actually happened. You may or may not recall the events at a later stage and remain unclear about certain details of what occurred.

Being unable to sleep/needing to sleep all the time

Being unable to eat, vomiting, feeling sick or binge eating

Needing to drink alcohol excessively to blot out the memory

Feeling that your body no longer belongs to you or that you are physically dirty. You may spend a lot of time washing and bathing to try to get rid of this feeling.

You may feel very angry, which can be confusing if you usually consider yourself to be a person who never gets angry. Sometimes you might feel it is easier to be angry with yourself rather than the person who assaulted you. Feelings of anger and self-blame can lead to depression.

You may be asking, 'Why me?'

In the months after the attack

Possible reactions in this adjustment stage:

In this stage you will be trying to get back to 'normal', you will begin to feel that you are regaining control of your life again. This may include your blocking out thoughts of what happened and developing other coping strategies.

Denial – you may not feel any great emotional trauma at all. You may live your daily life much as normal. Occasionally the experience of the attack may come back to you unexpectedly and strongly in such ways as;

Flashbacks – sometimes you may be reminded very suddenly and unexpectedly about the attack. This may be triggered by something that is said, seeing something on TV, in a newspaper, or perhaps by a smell, maybe the same aftershave used by the attacker. At other times you may not be aware of where the flashback has come from.

Exaggerated startle reactions – things that previously would not have bothered you can make you extremely jumpy, you may experience panic attacks, perhaps by people approaching you from behind, or appearing suddenly, or noises around your home that previously would not have bothered you.

Experiencing hyper-vigilance – the state of being constantly alert and watchful, constantly checking for signs of possible threat or danger around you. You may find it hard to relax, needing to be on your guard at all times.

Panic attacks – can be very frightening and feel overwhelming. If you experience panic attacks remember they are part of the normal range of responses to trauma, and usually decrease over time. By trying to understand what causes the panic attack and what is happening physically in your body, the more in control you will be.

Dependency – you may experience feelings of powerlessness and a lack of self worth following the assault. You may feel that you can't live your life as normal and need to lean on other people. You may feel that you can't go out alone, or not stay in alone, you may have fears that the attacker may return, you may also have fears that your family or friends may reject you because of the assault.

Pre-existing difficulties – because of having the crisis of the assault to deal with, you may find it more difficult to deal with other problems at the same time. The assault may also magnify already existing problems, such as relationships with family and friends.

A need to make changes – it is very common for a person to make changes, possibly drastic changes in their life following an assault, especially if you knew your attacker. Possible changes might be; your telephone number, address, job, sexual relationships, or possibly changing your appearance, for instance, by altering your hair colour or style or your way of dressing.

Change of temperament or personality – other people may notice this more than you do. You may become more withdrawn or more irritable with people, or you may stop your usual social activities.

Other experiences you may have can include;

Feeling very alone

Feelings of humiliation, shame or self-blame

Loss of a sense of security – finding it hard to leave the house, or not wanting to be at home. Anywhere can feel unsafe, no matter where the assault happened.

Generalised fears and anxieties – you may not know how to describe your feelings. You might just feel completely empty, numb, confused and exhausted.

Intrusive memories and thoughts – unwanted thoughts and images about the assault can keep running over and over in your mind and you may feel that you can't stop them. You may search for answers as to why the assault happened, asking yourself 'why?', or 'why me?' In the struggle to understand and regain control you may also think such things as, 'if only I hadn't', or 'if only I had done something else'.

Alternating between needing to be alone and needing people around you.

Difficulty in resuming sexual intimacy – although this is not always the case, sexual contact could cause a flashback of the assault. You may need to take time to rebuild a sense of trust with your intimate partner. It is helpful if your partner understands this and supports you as you recover from the assault.

Rejection by family and friends – perhaps because of the assault or because of the reactions described, some people may find it hard to understand you. They may not know how best to help and so avoid you. They may feel that your behaviour since the assault is unreasonable, especially if you are irritable, snappy or withdrawn. They may expect that you should get over it, or be over it by now, but of course it takes each person a different period of time to recover.

General feelings of fear and anxiety – you may not know how to describe your feelings. You might just feel completely empty, numb, and absolutely exhausted. When your trauma has been caused by the actions of another person and previously held beliefs about the world being a safe place or people being trustworthy can be shattered. This disruption in your belief systems can be very confusing. If you are male, you may experience concern about your sexuality, or how other people might perceive your sexuality, if they know about the assault.

If you are a gay man, whether or not you are used to anal sex does not mean that what happened to you was any less wrong or could have been any less painful and traumatic. In the process of regaining control over your own life you may try to control other people and things that are not really possible to control at all.

This is because at the time of the assault your ability to be in control of what was happening was taken away from you, now you are struggling to recover a sense of your personal power. Your emotional difficulties may continue for varying lengths of time while you gradually adjust to accommodate what has happened. You may manage to get your life back in order, or you may become stuck at certain points and need help to move on. This time scale can vary from person to person, the assault may cause changes in your life on top of life's other problems - allow yourself time to adjust.

Resolution

Integrating the experience and moving on in your life

You are the only one who will know when you have reached this stage.

In this stage of your recovery you will be able to acknowledge the impact of the assault on your life. You will have learned that the assault was not your fault, accepted that your life is different and that you can never be quite the same person as you were before the assault. In this respect, recovering from a sexual attack is similar to recovering from bereavement or another form of considerable loss. It may be difficult to imagine that recovery from the trauma of extreme life experience can hold unexpected benefits. However, other survivors have identified some of the following on their healing journeys:

An awareness of your inner strengths and resources

Confidence that you can survive

Clarity about your own values and beliefs

Prepared to face whatever life brings your way

The courage to make new decisions

Gained new knowledge and new skills

Clarity about what is most important to you

How can family and friends help someone recover from a sexual attack?

From the very beginning, a person needs to be heard and understood and to be believed. You must show them that you believe them absolutely. They will be feeling very insecure and will possibly have to deal with many questions about their credibility. As a close supporter your belief and support will allow the person, in their own time, to begin to come to terms with the assault. If you have any questions, keep them to yourself.

Give back to the person you care about, control over the things they do in their life. During the assault he/she, would not have had their free right to choose what they did. Their attacker would have had absolute control. The person you care about needs to feel that they have personal control back in their life. You can begin to help them achieve this by supporting them to make their decisions. Do not coerce them, or force them to do anything they are uncertain of, or are sure they do not want to do.

Know that the person you care about handled the assault in the best way possible at the time. People who are threatened and attacked by others respond in different ways, often instinctively, because they are trying to survive. There can be no exact way to react, as each person's experience of assault is individual to them. Nobody should be judged in any way for how they managed the situation.

Listen to the person you care about, let them talk about their feelings, and the attack – if they want to – but never press the person to do so. Let the person know that you are here for them at any time, but really mean it. Reassure the person that their feelings are normal, and also that things will change over time as a person gradually adjusts to what has happened. It is possible that someone has other difficulties in their life, which may become exaggerated because of the assault. It may be that as a person manages to get their life back in order they may become stuck at certain times and need your support to move on, helping them to feel more secure and more in control. This is where contact with a Counsellor may be helpful if the person has received no therapeutic support since the assault happened.

Support yourself too, as you may also be feeling a range of strong emotions, possibly anger and guilt that you were unable to protect the person you care about and also your own feelings of being hurt by the negative impact of the attack on your life. You may need to talk, whether through counselling, family or friends, but never without the permission of the person who has been attacked, disclose any details or personal information.

Common myths about rape and sexual assault

REACH believe it is vitally important to challenge some of the mistaken beliefs that are generally held, sometimes with great confidence by all sections of society. It is absolutely untrue that:

You can tell by the way someone looks whether or not a person has really been raped. Because of our knowledge of Rape Trauma Syndrome we know that people react to an attack in many different ways. Never jump to conclusions about how a person should appear.

If someone has been raped, they must have a lot of physical injuries from trying to fight off their attacker. Again we know that from research of Rape Trauma Syndrome, attackers do not need to use force or physical violence to commit rape, as a common victim survival strategy is to freeze at the time of attack.

The normal circumstances of rape are that a complete stranger pounces on a woman in a dark, lonely place. All of the research on rape victims identifies that the majority of attacks do not happen in this way. The attacker is far more likely to be known to the victim.

If someone has really been raped, they would have no hesitation in reporting to the police. We know that it is common for people not to report this type of assault to the police. There are many reasons, such as:

Fear of not being believed

Fear of the police and of going to court

Fear of other people's reactions and of local publicity

Fear of reprisals from the attacker or his family or friends

Feelings of being ashamed and worried that people may think differently about them because of the assault

Not having enough information about how to make a report or where to go to get the right help

Nice girls and men don't get raped – nobody is any more protected from being a victim of rape because of their gender, age, social activities, occupation, social class, style of dress, marital status or occupation.

The victim must have asked for it – this harmful and unhelpful attitude may be held for a number of reasons, perhaps disapproval of the way the person dressed, perhaps they were drunk or had taken drugs, were out alone in a particular place or were sexually experienced.

This belief shows how society blames the rape victim for something that someone else has done to them. It is the attacker who should be blamed, not the victim.

The attacker is always responsible for their actions and capable of controlling not only sexual urges but also any action taken as a consequence. In no other crime is it held that the victim is at fault in any way.

There is no such crime as male rape – the Criminal Justice and Public Order Act 1994 made the rape of a man a criminal offence.

Male rape is a 'gay' crime

Only gay men are sexually attacked

The attacker is usually gay – research has shown that men of any sexuality are victims of sexual attack, also that the attacker can be gay or straight. As described earlier; a mans sexuality does not make the offence of rape any more or less wrong, or any less painful and traumatic.

The man must have been 'weak' not to be able to fight off the assailant - because of instant survival responses over which a person has little or no control, the typical reaction is to 'freeze' and therefore be physically unable to prevent the assault from happening.

It is not so bad to be raped by your partner as it is to be raped by a stranger - it is impossible for anyone else to estimate what an assault is like for the person who experiences it. Many people find it far more traumatic to be attacked by someone they know because it betrays their relationship with and the trust that was held in that person.

Women and men are likely to falsely accuse someone of rape for malicious reasons – this is a very rare occurrence. Few people would want to put themselves through the trauma of going through the police and court procedures resulting from a false allegation.

Self help after trauma

Sharing your emotions with family and friends can ease the psychological impact following the attack.

Give yourself permission to react to the assault – your reactions are a normal part of healing.

Counselling

You need to value and respect yourself enough to pay attention to how you feel. It is not a sign of weakness to seek someone to talk to and it can help you to pay attention to your feelings and reactions and to work with them as they emerge. Describing the trauma in words, spoken or written down, in drawing or recording on tape may help to ease the after effects.

Give yourself time to heal

Get adequate rest and exercise. Physical activity can relieve stress but it is also important to rest when you feel tired. Nutritious foods and drinks as well as snacks can be helpful if your eating patterns are disturbed.

Give yourself careful, loving attention

Undertake such new projects as you can comfortably and pleasantly do, avoiding impulsive changes. Try to think things through before you act as this can give you a better sense of control. Changes even good ones create stress. Too many changes can make things harder and overload you.

Recognise your strengths

Some people are surprised by what they have managed to live through. You may never have imagined that you could have survived or rebuilt your life. You may recognise a strength and resilience that you were not aware of before. You may gain new knowledge, insight and awareness, you may be clear about what is really important to you as you move on in your life.

USEFUL CONTACT DETAILS



Victim Support Newcastle 0191 281 3791
Sunderland 0191 567 2896
Gateshead and South Tyneside 0191 477 8395
North Tyneside and Northumberland 0191 257 9079
www.victimsupport.org.uk

Tyneside Rape Crisis Centre 0191 222 0272
Tyneside Rape Crisis Helpline 0800 035 2794
(Tues, Wed & Thurs 6:00pm-8:30pm) www.tynesidercc.org.uk

The Grace Project (Northumberland areas) 0191 222 0272
www.tynesidercc.org.uk

Streetwise 0191 230 5400
www.streetwisenorth.org.uk

Someone Cares (ext 2020) 0191 257 8094
www.someonecares.org.uk

Sunderland Counselling Service 0191 514 7007
www.sunderlandcounselling.org.uk

Women's Health Advice Centre Northumberland 01670 853 977
www.whac-online.co.uk

Women's Health South Tyneside 0191 454 6959
www.whist.org.uk

Wearside Women in Need 0191 415 1506
0800 066 5555
www.wearsidewomeninneed.org.uk

Male Rape Happens Survivors Helpline 0845 122 1201
www.survivorsuk.org

MESMAC Gay and Bi-sexual men 0191 233 1333
www.mesmacnortheast.com

The Samaritans 08457 90 90 90
www.samaritans.org

Sexual Health Clinics	Newcastle	0191 229 2999
	Gateshead	0191 283 1575
	North Tyneside	0191 297 0441
	South Tyneside	0191 283 2525
	Sunderland	0191 569 9021
	Northumberland	01670 543 131



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