

Seeking help

The ISVA service accepts both self referrals and referrals from other agencies or representatives.

Other agencies must have prior consent from you as their client before making a referral to the ISVA service.

We recognise how hard it is for you to make that call and we will do all we can to support you.

Making contact

After experiencing rape or any form of sexual abuse, you may well be struggling to cope with your feelings and emotions.

Confusion, stress, grief, isolation and fear are common and you are not alone. If you're experiencing any of these feelings, get in touch with us so that we can help.

[northamptonshire
rapecrisis.co.uk](http://northamptonshirerapecrisis.co.uk)

Enquiries: 01604 250721

Helpline: 0300 222 59 30

Support for anyone affected by sexual abuse, assault or rape

CIO Charity: 1156246.
Northamptonshire Rape Crisis is an organisational member of the British Association for Counselling and Psychotherapy.



Independent Sexual
Violence Advisors

northamptonshirerapecrisis.co.uk



About us

Independent Sexual Violence Advisors (ISVAs) work with Northamptonshire Rape Crisis to provide **independent advice and practical support to survivors of sexual violence.**

The ISVA service is available to survivors of all genders aged from 13 years upwards in Northamptonshire who have experienced sexual violence, whether recently or at any time in the past. This may have been from someone known to you or from a stranger.

We can also support partners and carers of survivors of sexual violence.

We can refer you to one of our qualified counsellors within NRC.

We are committed to providing a quality service which is accessible to all members of the community.



We provide

If you have experienced rape or any form of sexual violence, you may want support to help you through an incredibly difficult and distressing time.

Our Independent Sexual Violence Advisor's (ISVA) can:

- support you from the point of crisis (i.e. immediately following an attack) and beyond;
- explain the Criminal Justice System and if you decide to, support you through the police process;
- monitor and keep you informed of case progress;
- provide face to face and telephone support to you and family/friends, where appropriate;
- help you access healthcare, housing, benefit services and access to all your rights;
- provide information and support in relation to criminal injuries compensation; and
- to continue to support after the legal process has ended.

Our values

1. **To believe what survivors of sexual violence tell us**
2. **To be non-judgemental**
3. **To recognise survival strategies**
4. **To enable survivors of sexual violence to retain control**
5. **To recognise it is an individual's decision whether to report the incident to the police**
6. **To empower and enable survivors of sexual violence**
7. **To validate feelings whatever they are**
8. **To dispel myths**
9. **To treat all survivors of sexual violence as individuals**
10. **To provide a service that is anti-oppressive**
11. **To promote and protect children's rights under the United Nations Convention on the Rights of the Child**