

St Mary's Centre



Sexual Assault Referral Centre



Manchester University  
NHS Foundation Trust

**St Mary's Sexual Assault Referral Centre**

# Have you been raped or sexually assaulted?

Telephone: 0161 276 6515

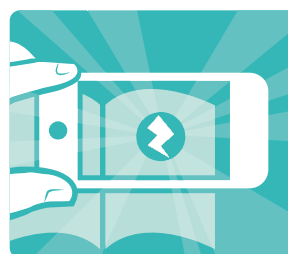
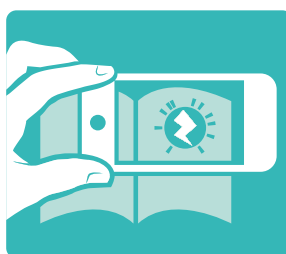


# Instructions for accessing Video Content



Download the Free 'Zappar' app (Android or Apple) open the app and hold your device over a page with a zap code.

The following pages have Augmented Reality (AR) content, 4, 6, 8, 10, 12, 14, and 16.



**All the films used in this booklet are on the SARC website or can be accessed on YouTube.**

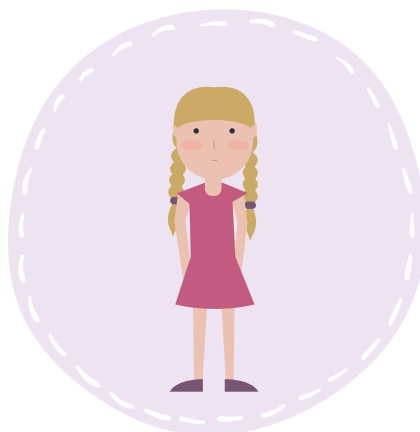
**Saint Mary's Centre is a place to come if you have been raped or sexually assaulted.**

We will help you if you are:

**male** or **female**,



or **a child** or **an adult**.



**We will help you no matter when the rape or assault happened.**

It could have been in the last few days, weeks or even years ago.



We will help you **if you want to involve the Police or not.**



# We can support you in lots of ways:

## 1. Immediate crisis support

If you attend for a forensic examination you will be met by a crisis worker who will answer any questions you might have. The crisis worker will be there to support and reassure you.



The crisis worker will talk to you and tell you what help we can give.

The crisis worker will be with you when you have your medical check-up.

## 2. Medical support

The doctor will give you a check-up to make sure you are OK.

The doctor can check to make sure you are not injured and give help if you are injured.

The doctor will make a note of any injuries in case it is needed for evidence.



The doctor can take swabs to help the police investigate what has happened.

The doctor can also give advice about pregnancy and infections that might happen because of the rape or sexual assault.

# Watch our Medical Examination information video

Bring this page to life! see instructions on page 2.



### 3. ISVA support

The Independent Sexual Violence Advisers, sometimes known as ISVAs, are support workers who can help you if you have been raped or sexually assaulted.

The ISVA will support you if your case is taken up by the police or goes to court.

The ISVA Team will listen to you and give you the information you need to make choices that are right for you.



You can come to St Mary's Centre to see an ISVA, they can telephone you or they might be able to come to a place near where you live.

The ISVA will ask you some questions about what happened. This will help us understand what support you might need. An ISVA will not ask you to talk in detail about what has happened to you, unless you want to.



## 4. Counselling support

Counselling is available for people who have been raped or sexually assaulted.

After a person has been raped or sexually assaulted it is normal to feel different things. It can be hard to know how to cope with these feelings when they happen.

Some people find it useful to be able to talk about how they are feeling with someone that they can trust.

Sometimes it helps if this person is not their family or friends.



You can come to St Mary's Centre for counselling or a counsellor might be able to come to a place near where you live.

A counsellor will not ask you to talk about what has happened to you, unless you want to.

## How to find us...



# Manchester University NHS Foundation Trust

Manchester University NHS Foundation Trust, Oxford Road, Manchester M13 9WL Website: [www.mft.nhs.uk](http://www.mft.nhs.uk)



Tel: 0161 276 1234



## 5. Support for children and young people

Our child team will help children, young people and their families.

**At St Mary's Centre you can speak to:**

- A child advocate.
- A young person's advocate.
- A children and young person's Independent Sexual Violence Adviser.
- A children and young person's counsellor.



Please remember that if you are worried or if you have any questions you can phone the St Mary's Centre at any time, day or night, on:

**0161 276 6515**

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[www.stmaryscentre.org](http://www.stmaryscentre.org)



[www.twitter.com/StMarysSARC](https://www.twitter.com/StMarysSARC)



[www.facebook.com/stmaryssarc](https://www.facebook.com/stmaryssarc)



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