

St Mary's Centre



Sexual Assault Referral Centre



Manchester University
NHS Foundation Trust

St Mary's Sexual Assault Referral Centre

I attended St Mary's Centre. What happens next?

Telephone: 0161 276 6515



**Today you visited the St Mary's Centre
for a medical check-up. Sometimes this
is called a forensic medical examination.**

We talked about a lot of different things.

This leaflet will help you to **remember what we talked about**.
It might help you to **understand more** about what was said or done.

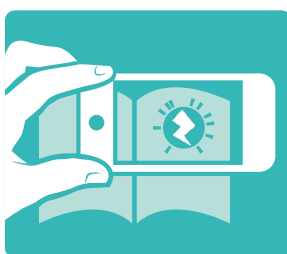


Instructions for accessing Video Content



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.

Emergency Contraception:

I did have this today. I had:

This was recommended but I did not want this ☐

I did not need this ☐

Contraception is something you use to stop getting pregnant. There are lots of different types such as condoms or pills to take. Contraceptive is the word we use to talk about all these things.

If you are using contraception such as the pill or condoms you might not need to do anything else.

If you do not use contraceptives we might give you some to take.

When you have taken this emergency contraception there are some things you should do:

- If you are sick (vomit) less than 2 hours after taking it you should take another emergency contraception tablet as soon as possible
- If you have sex again you should use another contraceptive
- If your period is late by more than 5 days you should do a pregnancy test
- If you have stomach pain and your next period is shorter or less heavy than usual then you should see a doctor

Watch our **Pregnancy** information video

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



Hepatitis B Injection:

I did have this today ☐

This was recommended but I did not want this ☐

I did not need this ☐

Hepatitis B is a disease that can be passed on by having sex without a condom.

We gave you this injection to help stop you from getting Hepatitis B infection.

You will need to have two more injections after this.

One in 7 days' time and one in 21 days.

Watch our HepatitisB information video

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



HIV Post Exposure Prophylaxis (PEP):

I did have this today ☐

This was recommended but I did not want this ☐

I did not need this ☐

HIV is a disease that can sometimes be passed on by having sex without a condom.

If you were given HIV PEP medicine it is to help stop you getting HIV.

We also advise that you use condoms when having sex in the next 3 months.

You have been given tablets to last five days.

You must take all of these tablets. It is very important that you don't forget to take any of your tablets.

It is also important that you get more tablets from the sexual health clinic as soon as possible, before you finish the five day course.

Watch our **HIV** **Prevention** information video

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



Sexually Transmitted Infections:

Sometimes people catch sexually transmitted infections when they have been sexually assaulted.



This does not happen very often but just in case, we advise that:

- You arrange to have a check-up 2 weeks after the assault and blood tests three months after.
- We also advise that you use condoms when having sex in the next three months until you have the test results.

Watch our **sexually transmitted diseases** information video

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



ISVA Support:

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



The ISVA team will support you. An ISVA will contact you within 5 days.

We will give you the information you need to make choices that are right for you.

If you have not made a report to the police we can talk to you about your choices.

We will explain how the police process works.

We can support you to make a report to the police about the sexual assault if this is what you want.

If you have made a police report we can support you through this process.

We can help you at court if you are asked to give evidence.



If you do not want to make a report to the police we can still help you.

We can support you by meeting up with you, by talking on the phone or we may be able to see you in the area where you live.

We want to listen to you to understand how you feel.

We want to know what you would like to do and how you would like to be supported.

We will ask you some basic questions about what happened.

This will help us understand what support you might need.

We will not ask you to talk in detail about what has happened.

Watch our **ISVA** information video

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



Counselling Support:

Counselling is available for people who have been raped or sexually assaulted. After a person has been raped or sexually assaulted they may be sad, angry, frightened, confused. They might feel like they have no feelings.



Every person is different and will have their own reaction.

It is normal to feel different things. It can sometimes be hard to know how to cope with these feelings when they happen.

Some people find it helpful 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.

Counselling is different to talking with someone you know, because the counsellor is trained to listen to you and to help you to understand yourself better.

Counselling usually happens every week and lasts for an hour.

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

You get to decide what to talk about in counselling.

We will not tell you what to do.

We will never ask you to talk about what has happened to you, unless you want to.

We will be someone you can trust and who is there to try to help you feel better.

The counsellor also works under very strict rules of confidentiality (to keep what you say private), this can make it easier to talk about personal things and to feel safe. We can also offer counselling before a trial to help you cope with your feelings.

If you would like to have counselling you can ring us and ask for an appointment for assessment.



Watch our Counselling Services information video

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



Who did I see today?

Doctor:

Crisis Worker:

Attended with a Police Officer:



Forensic Examination:

I had forensic samples taken today ☐

I did not need forensic samples today ☐

The doctor has given you a check-up today to make sure you are ok.

Depending on the kind of sexual assault the doctors may have taken forensic samples. These can be swabs (long cotton wool buds), blood or urine samples.

They will have asked you if this was ok.

These samples can help the police with their investigation if they are involved.

If the police are not involved we will keep your samples until in case you decide to tell the police in the future. We do not do any tests on these samples.

What will we do next?

Send your GP a letter ☐

Fax STI clinic, i.e. Brook Clinic or Hathersage Centre ☐

An ISVA will re-contact you within five working days ☐

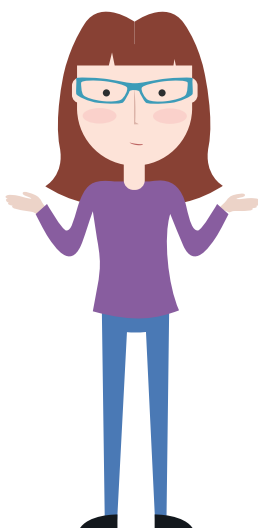
Other

.....

.....

.....

.....



What do I need to do next?

Make a STI screening appointment at your local clinic in two weeks time

Week starting

Hepatitis B follow-up injections

Second injection date:

Third injection date:

After that you will need one last injection in 12 months' time.

Last injection date:

You will need to get these injections from your doctor or STI clinic.

A clinic near you is:

We will write to your doctor to tell them about this.

HIV PEP tablets

I must take tablets at the following times:

..... **and**

We will tell the sexual health clinic about you and the tablets you have been given.

We will send information to this clinic:

.....

The clinic phone number is:

If you have any problems getting an appointment in the next 4 days please call us on 0161 276 6515.

Collect remaining tablets by

You can speak to your GP about having this check-up or go to a sexual health clinic.

A sexual health clinic near you is:

.....

The clinic phone number is:

.....

Contact St Mary's Centre if you have any questions.

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

St Mary's Centre



Sexual Assault Referral Centre



 www.stmaryscentre.org

 www.twitter.com/StMarysSARC

 www.facebook.com/stmaryssarc

 stmarys.sarc@mft.nhs.uk

TIG 10/17 Produced January 2017 Review date January 2019

Produced in collaboration with Manchester People First

