



SomeOneCares

Independent Sexual Violence Adviser (ISVA)

What is an ISVA and how can they help me?

Our ISVA is a trained specialist in sexual violence who will provide free, non-judgemental emotional and practical support tailored to your needs. This support is available to anyone aged 11+ who has experienced rape, sexual assault or sexual abuse at any time in their life whether they have reported this to the police or not.

Our ISVA can:

- Listen to how you are feeling and what you need then tailor support to you
- Liaise with other professionals to make sure you are fully supported
- Provide you with impartial information if you are thinking about reporting to the Police
- Help you navigate through the Criminal Justice System if you have already reported
- Support you at court and after the legal process is over
- Help you access other specialist services that might benefit you e.g, counselling

How do I get in touch?

Our ISVA can provide support face-to-face, over the phone, via email or text. If you would like to make a referral for yourself or someone else, please get in touch on the following and let us know it is ISVA support that you wish to access:

Our **Website**: www.someonecares.org.uk

Email us on: isvasupport@someonecares.org.uk

Facebook: www.facebook.com/someonecares.org

Call us on: 0191 257 8094

Text us your name and number on: 07579824732

What will happen next?

Once we've received a referral our ISVA will get in touch with you to discuss your needs and what type of support is best suited to you.