

How do I access the service?

Our services are free and confidential and available to anyone, regardless of gender, living in Leicester, Leicestershire or Rutland.

If you have experienced rape or sexual assault and would like to speak to someone in confidence to discuss the support that is available, including your reporting options we are here to help.

We recognise that domestic abuse is strongly linked to rape and sexual assault. If you have been assaulted by your partner, ex-partner, or a member of your family, support is available to you. Please contact the Helpline team.

The Helpline is a confidential, freephone number that allows callers to access information and the support services in Leicester, Leicestershire and Rutland. Our specially trained staff can assess any risks to you, offer personal and family safety advice and make referrals to specialist services.

In an emergency please contact the Police on 999 and you will be supported by a specialist trained police officer.

Who is Freeeva?



We aim to provide a simplified service, which can be accessed by anyone who has been affected by domestic abuse and or sexual violence.

You do not need to report to the police to access our services.

HELPLINE: 0808 80 200 28
Monday to Saturday 8am – 8pm
ISVA Office: 0116 273 3330
For text support: 07715 994 962
www.freeeva.org.uk

Outside of these hours you can contact the SARC (Sexual Assault Referral Centre) which has a 24hr voicemail service please leave a message and your call will be returned



Juniper Lodge SARC
0116 273 3330



Specialist Independent
Sexual Violence
Advisory Support
(ISVA)

Do I need to make a police report?

You do not need to report the abuse/assault to the police to get support from an ISVA

Every person's reaction to rape and sexual abuse will be different. A common myth around rape is that everyone will react hysterically or tearfully after the assault. In reality however, people can experience a mixture of different emotions in the immediate aftermath of the incident, or in the hours, days, even years that follow.

Some of the symptoms you may experience or be experiencing are:

- Constant anxiety
- Fear and shock
- Being on edge and easily startled
- Nightmares
- Sleeping and/or eating difficulties
- Feelings of shame and self-blame
- Health related issues

What is an ISVA?

Our Independent Sexual Violence Advisers (ISVA) are specially trained workers who are independent from the police and other statutory services. The role of an ISVA is to offer practical and emotional support to anyone who has been raped, sexually assaulted or abused, including grooming and exploitation (CSE), whether this happened recently or in the past.

We recognise that sometimes it may be difficult to speak about your experiences with others. We can help you to liaise with other agencies such as the police and medical teams to ensure that you are able to access the necessary support in your own time.

We would also carry out safety planning and explore with you your rights regarding the support available.

The aim of our work is to listen, encourage and empower you, enabling you to openly express your feelings within a confident and safe setting. We will provide you with information to help in your recovery without overwhelming you.

We work closely with our local SARC team (Sexual Assault Referral Centre) who can help you to access medical support, regardless of whether you wish to report to the Police or not.

How can my ISVA help me?

- We can help you and your children to stay safe through immediate crisis intervention, including supporting you with medical examination, other health needs and housing where necessary.
- We can help you and your children to feel safe in your own home through additional safety measures or move to somewhere safe.
- We can liaise with the police only if you want and support you through the investigation.
- The ISVA will work with you if you do not wish to report to the police, but need help identifying what support you may need.
- We will explore your legal options and can support you throughout the court processes.
- We can link you and your children with other support agencies such as specialist counseling and therapy, family related support and also help you to develop support network.
- We can provide emotional support, which can include referrals for additional emotional support from counselling agencies.