

*Always remember!
Whoever your attacker
was, the important
thing to know is that it
is not your fault.*



Research shows that:

- almost 1 in 4 women will experience sexual assault as an adult
- around 1 in 5 girls and 1 in 10 of boys experience some form of child sexual abuse.
- every year hundreds of men in Doncaster experience sexual assault

You are not alone. Support is available.
Please get in touch.

We understand that it can be difficult to talk about your experience, particularly if you know your attacker.

Independent Sexual Violence Advocacy
Practical help, advice and information
for anyone who has experienced rape
or sexual abuse.

How to get in touch

Doncaster Rape and Sexual Abuse Counselling Service (DRASACS) is an independent charity that has been helping victims of sexual violence since 1987. We are not part of the police or any other public service. To find out more, visit: www.drasacs.org.uk
Office line: **01302 341572**
Monday – Friday 09:30am – 5pm.

Helpline number: 01302 328555, a counsellor will be available Tuesday between 9:30 and 10:30 and Thursday between 12 and 1pm.

*"The support I received
really helped me to get
through my experience."*

Luke



are
you
ONE
in
FOUR?

A free and confidential service for anyone who has experienced sexual abuse or assault at any time.



Don't think you're alone.

The ISVA service is here to help you.

The Independent Sexual Violence Advocacy (ISVA) service helps anyone who has been the victim of unwanted sexual contact. If you have been raped or sexually abused at any time in your life, our ISVA service can offer you practical support to deal with your circumstances.

Our aim is to help give you the confidence, support and information you need to take control of your situation and move forward. Our service is available to men, women, children and families, regardless of whether you have told the police or anyone else about the assault.

What can an ISVA do for me?"

Your individual ISVA worker will listen to you and find out what your needs are. He or she will then help you to access support and services from other agencies, such as:

- Health services
- Housing support
- Benefits advice
- Counselling

Examples of the type of support your ISVA worker will provide include:

- Liaising with the police, courts, Criminal Prosecution Service (CPS) and other public agencies
- Keeping you informed of developments in your case
- Advocating on your behalf
- Supporting you before and during any court case

Your ISVA worker will give you information to help you decide whether you want to report the incident(s) to the police. You do not have to report the attack. If you decide not to report the matter, we will still provide you with support. If you do decide to report the matter your ISVA worker will help you through the whole process, including working with the police and the rest of the criminal justice system.

"Getting practical long-term support from someone who was independent and focused on my needs, really helped me to cope after I was raped."

"My ISVA worker was there every step of the way, particularly helping me through the criminal justice system from start to finish."

Lisa

We will not judge you; we are simply here to help

