

**Do you need
to talk about
rape or sexual
assault?**

**We can
support you.**



How can we help you?

The Refuge–Thames Valley **Independent Sexual Violence Advisory Service** supports anyone who has experienced sexual assault or rape.

Our advisory service is designed for men and women aged 18 or over and provides confidential, non-judgmental and independent support.

Our specialist staff will work with you to create a tailor-made support plan to suit your needs.

What support is available from our service?

At Refuge, we understand that everyone's needs are unique – whether you just need to talk or require more practical information.

Our service can provide you with an opportunity to:

- Talk to someone who understands what you are going through
- Access legal advice and support to contact the police
- Receive support if you are considering going to court
- Move away from your local area
- Go to a sexual health clinical for practical advice around sexual transmitted infections (STIs)
- Stay at home, but want to find out how you can keep safe
- Manage your financial situation
- Find out about other support networks in your local area

How to access our service?

The Thames Valley service can be contacted by phone or email. Our telephone line is open from **9:00am to 5:30pm Monday to Friday**.

If you are unable to reach us, please leave a message, let us know when would be a good time to call, and we will call you back:

0800 221 8186

Alternatively, you can email us on:
isvathamesvalley@refuge.org.uk

If you want to find out more, please visit:
www.refugesexualviolenceservice.org.uk
or follow us on Twitter **@Refuge_TV**.

The service is funded by the Office of the Police and Crime Commissioner Thames Valley. For more information visit **www.victims-first.org.uk**

