

# Welcome to our Sexual Assault Referral Centre (SARC)

**We know you could be feeling overwhelmed and may have feelings of guilt, shame and anger.**

**We are here to support you through any feelings you have and help you to understand this is not your fault.**

## **Who will I meet at the SARC?**

A Crisis Worker will support you throughout your time at the SARC.

You will also be looked after by a Forensic Sexual Offence Examiner who will complete your examination.

## **How long will it take?**

You will be with us for around 4 hours.

## **Who will support me after visiting the SARC?**

We will contact any professionals that can help support you.

This could include GP/Counselling/Mental Health/Sexual Health.

## **Is the service confidential?**

Yes, however there may be times when we need to share information with others if we are concerned for yours or someone else's safety.

## **Can I bring someone with me?**

You can come alone or bring someone with you.

## **What is a forensic examination?**

This is how we obtain evidence and will explain in more detail on your arrival:

**Self Referral** - There is no pressure to report to Police. No information will be shared with them without your consent.

We keep forensic samples for 2 years to allow you time to decide if you wish to report.

**Police Referral** - You will be supported by a specially trained officer called a SOLO (Sexual Offence Liaison Officer). They will support you throughout the Police investigation.

**Anonymous reporting** - There is the option to share information with the Police about what happened without sharing your details. Speak to the team to find out more.