

Suffolk Sexual Violence Support Services

INFORMATION FOR PROFESSIONALS

The following details the services available in Suffolk for victims / survivors of sexual violence.

Survivors In Transition

Support men and women (18+) from across Suffolk who have experienced sexual abuse, exploitation or violence in childhood, through a range of trauma informed, psycho-educational activities including one to one and group therapy, counselling, advocacy, research and training to become empowered and improve self esteem and resilience.

We also support men who have experienced sexual assault in adulthood.

We operate a 3-phase approach to treating trauma:

1. Stabilisation
2. Treating trauma
3. Consolidation, Integration & reconnection

We offer the following services:

- Listening & Disclosure service
- Phone support during office hours
- Ad hoc / drop in sessions
- Stabilisation & Self esteem programmes (group & 1:1)
- Individual counselling and therapy (face to face and online)
- A range of group support sessions (Including personality disorders group, parenting group, walking group -see website for up to date details) for men and women
- Support for partners / parents of survivors (monthly café)
- Peer support opportunities
- Community outreach

> **Referrals** – self & professional via email, website or hard copy



Fresh Start – new beginnings

Fresh Start – new beginnings is a charity working therapeutically with children who have disclosed sexual abuse. Our goal is to ensure all children and young people who are victims of sexual abuse have the opportunity to access help, advice and guidance and therapeutic intervention to aid their recovery.

We offer a safe place for the child to unravel their thoughts and fears with a person who respects the confidentiality of their information and who will not be shocked or upset by what they hear. We help the child process their abuse as well as teaching them strategies to deal with the effects of the abuse.

We cover all of Suffolk and Norfolk. We offer individual therapy as well as groups for children and their parents. We also work with non-abused siblings. For each case we will undertake a full assessment of the needs of the victim and their family in relation to the child's sexual abuse. Each victim will have an individually tailored treatment plan.

We offer two models of therapy depending on the stages of any criminal investigation: Initial therapy which is aimed at holding children and preventing their emotional and mental health from deteriorating while they await a decision on their case or court date. Comprehensive therapy for children and young people whose case is not going to court or is concluded. Here we are free to look at the grooming methods used and unravel the distorted thinking forced on the child by the abuser.

At the point of service there is no cost to the children or their families.

> **Referrals** – professional only



Suffolk Rape Crisis

Suffolk Rape Crisis is a local, specialist service providing support to women and girls aged 14 and above who have experienced any form of sexual violence.

Our counselling service offers women and girls up to 25 sessions of one-to-one counselling on a weekly basis. We offer the service in Ipswich, Bury St Edmunds, Lowestoft and Brandon, but will try to work with you to find a solution if you are unable to access these sites. The counselling service is open to anyone who identifies as a woman or girl aged 14 and over who have been affected in any way by sexual violence. This includes childhood sexual abuse, rape, sexual assault, coercive sexual violence within relationships, FGM or so-called 'revenge porn' (Image-based abuse). Whatever the sexual violence you have experienced, we are here to offer support. Whether you are a survivor of recent or historic sexual violence you can access our service and find a safe, supportive, non-judgmental environment.

The counselling team are all women and provide a space in which you can feel heard, validated and believed. The service provides a chance to explore what you have survived, the impact this may have had or is having on your day to day life, and help you find ways to move forward and let go of difficult feelings or coping behaviours that are no longer useful to you.

We also provide a free confidential helpline that is open on Tuesday and Thursday between 7pm and 9pm. This is staffed by our wonderful women volunteers who have received extensive training in how to support survivors of sexual violence. They can offer you emotional support over the telephone and can also signpost you to our counselling service or other services in the area. The helpline is open to women and girl survivors and can provide a one-off call to friends and family.

