

National Sources of Help:

For information and to find local support services:

The Survivors Trust 01788 550554

www.thesurvivorstrust.org

Rape Crisis England and Wales

0808 802 9999 www.rapecrisis.org.uk

(Information and support for survivors of rape, sexual assault and childhood sexual abuse)

NAPAC (National Association for People Abused in Childhood) 08000853330 www.napac.org.uk

ICAP (Immigrant Counselling and Psychotherapy)

0207 2727906 www.icap.org.uk

Local Sources of Help:

Sheffield Women's Counselling and Therapy Service

0114 2752157 www.swcts.org.uk

SRASAC 0114 2447936

www.sheffieldrapecrisis.org.uk

Chesterfield Sexual Abuse and Incest Line (SAIL)

01246 556114

Derbyshire Rape Crisis 01332 372545

www.drconline.org.uk/

Barnsley Sexual Abuse and Rape Crisis Services 01226

298560 www.bsarch.org

Rotherham Women's Counselling Service (also offers

a service for men) 01709 835482

www.rotherhamwomenscounsellingservice.webs.com

The ISIS Sexual Assault Referral Centre (SARC)

01709 427327 www.theisissouthyorkshire.co.uk

Doncaster Rape & Sexual Abuse Counselling Centre

01302 360421 www.drasacs.org.uk

SARSVL (Support After Rape and Sexual Violence

Leeds) 08088023344

www.supportafterrapeleeds.org.uk

*I'm trying to make sense
of what happened to me.*

*I have experienced abuse and
want to talk to someone.*

*I'd like some
practical help*

*I'd like to meet others
who've been through what
I've been through.*

*It was so long ago. I
just don't know if it's
possible to move on
or heal?*

*Our group would like
some awareness raising,
could someone come to
talk to us?*

?

Hurt By Abuse



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*New pathways of support for
those within Catholic
Communities (past or
present) who have been hurt
by abuse.*

Diocese of Hallam

Who is it for?

Are you, or have you ever been a member of the Catholic family? Or have you ever been hurt by a member of the Catholic family?

Do you need help or support for yourself or for someone you know?

Are you unsure about whether you need help or what help or support you might need?

Do you want your voice to be heard?

Do you have questions about abuse or the possible impacts of abuse?

Would your group or community welcome some information or would you like a presentation or informal talk?

Do you feel you have something to offer? Please let us know your thoughts or ideas?

You can make contact by phone or by email

Contact Julie Howorth The HBA Support Facilitator

Mobile: 07502 353 226

Email: juliehba@hallam-diocese.com

Usual working hours: Wednesdays 12.00 – 16.00 and Fridays 10.00 – 14.00

Confidential Voicemail available

You can make an appointment to meet with Julie in person

You may be finding things overwhelming and need practical or emotional support. Julie can help you to work out what you need and may be able to help with practical tasks or offer guidance.

You may need time to work out what you need. Julie will listen and can offer ongoing support by phone or email.

You may want to come along to our Support Group (one for men and one for women.) This will be run by a local agency that is very experienced in this work.

You may want information about local services.

You may be wondering if counselling will help. Julie can help you to work out what feels right for you.

We are hoping to offer a support group for women whose partners have experienced abuse.

There may be other ways that we can help. Your ideas and feedback are helpful and welcome.

You may want to withhold your identity until you feel safe...

- We know that asking for support can sometimes feel frightening. You may never have spoken about what happened to you before, or you may have reached out for help only to be met with disbelief, suspicion, blame, embarrassment, someone taking control or other responses that were unhelpful. We believe that you have a right to **take your time**, to go at **your pace** and that trust is something that can grow if we get it right for you. We understand that you have a right to make **your safety your priority**.
- You can withhold your number by dialling 141 before you dial my number, but remember that I would not be able to return your call. You **can't** withhold your number if you use text or your email address.
- You may be comfortable giving your name but can use a false name when you contact us the first time, if that helps.