

## Other useful contacts

### Childline

☎0800 1111

Help and advice for children and young people around any topic.

### Survivors UK National Helpline

☎0845 1221201

Information, support and counselling for men who have been raped or sexually abused.

### Barnsley GUM Clinic

☎01226 730011

Sexual health information, advice, testing and treatment.

### Blink

(formerly Barnsley Mental Health Helpline)

☎01226 203330

A telephone service for anyone experiencing any kind of mental distress.

### BADAS

☎01226 779066

Information, counselling and support for people concerned about their use of drugs or alcohol.

### The Samaritans

☎01226 202222

Confidential support for those in distress or crisis.

### Barnsley Refugee & Asylum Seeker Support (BRASS)

☎01226 284477

Support and information for refugees and asylum seekers.

## BARNSLEY SEXUAL ABUSE & RAPE CRISIS HELPLINE

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### Information about our Services

Our project is supported by money from the Big Lottery Fund, the Home Office, BMBC, various other small trusts & kind donations. If you wish to make a donation, please visit <https://www.charitychoice.co.uk/donation.asp?ref=154889> or call for details.

Supported by



Supporting people whose lives have been affected by sexual violence.

☎ Helpline  
**01226 298560**

[www.bsarch.org](http://www.bsarch.org)

Registered Charity Number 1001452

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**01226 298560**

## Who are we?

BSARCH is a registered charity run by women, which supports people whose lives have been affected by sexual violence. We consider sexual violence to include rape, sexual abuse, sexual assault, sex trafficking, stalking, sexual harassment, female genital mutilation, forced marriage and sexual exploitation.

We are an independent, voluntary organisation. Our services are free and confidential. We only share information about our service users if they specifically ask us to or when it is absolutely necessary, for example, if a child is in danger. Even in these cases, we would try to discuss the situation with the service user first.

## What services do we offer?

### Helpline

When you ring the helpline during opening hours, your call will be answered by a trained volunteer who will listen to you, believe you and let you talk at your own pace. We will never judge or blame you. We recognise how hard picking up the phone can be and will do everything we can to support you, including providing information and arranging a face-to-face appointment for you, if that's what you want.

We regret that the helpline can't be open all the time but there is a 24-hour answer phone and, if you leave a message, one of our volunteers will call you back. Similarly, if you can't afford a long phone call, we can call you back immediately during opening hours too.

If you are a male survivor of sexual violence, or a young person under 16, we can listen and give you information but it's likely we will then direct you to a service more specific to your needs for further support.

### Face-to-face counselling

When you come for your first counselling session, your counsellor will let you talk and help you to explore what support you feel you might need from BSARCH. There is no limit on the number of sessions you can have. You might decide that you want to focus on a specific issue and that a few sessions will be enough, or you might feel you need support for longer than this. Face-to-face counselling won't miraculously solve your problems but it can give you the space to explore and make sense of your thoughts and feelings and, eventually, help you to live the life that you want.

### ISVA

If you're not looking for counselling but need practical help and support coping with life after sexual violence, we have an Independent Sexual Violence Advisor (ISVA) who can help you. If you choose to report to the police, the ISVA can help you make sense of the Criminal Justice process, accompanying you to court, for example, if you want her to. Like everyone at BSARCH though, she will never put pressure on you to make a decision you're not comfortable with. For more information about the ISVA, you can call her directly on **01226 208666**.

## For family, friends & workers

If you are caring for, supporting or working with a survivor of sexual violence, you can also access BSARCH services for support and information. We can send out leaflets and other literature and, if you're part of an organisation or group, we can come out to deliver presentations and / or workshops.

### Sexual Violence: Some Facts

Sexual violence is not rare. 1 in 4 women in England & Wales have experienced some form of sexual violence during their lifetimes and at least 80,000 women are raped every year.

86% of women who are raped or sexually abused know their attacker.

Perpetrators of sexual violence are ordinary people who might be well respected within their community. The majority are men but women do abuse too.

People rarely lie about their experiences of sexual violence. Contrary to popular myth, only around 3% of reported rapes are false allegations.

Rape is not about sex. It is about power and control.

No-one 'asks for' or 'deserves' sexual violence, no matter what they wear or how they behave.

**Sexual violence is always the responsibility of the perpetrator - it is NEVER anyone else's fault.**