

Useful Support

- *Wales Domestic abuse helpline*

TEL: 0808 80 10 800

A first response service to client's experiencing domestic abuse.

- *Samaritan's*

TEL: 02920 344022

A 24 hour, confidential, emotional support helpline for anyone in crisis.

- *Cardiff Women's Aid*

TEL: 02920 460566

WEB: www.cardiffwomensaid.org.uk

Provides services to women and their children experiencing domestic abuse. Offers 24 hour on call service, emergency accommodation, outreach support and counseling services.

- *Men's advice line*

TEL: 0808 801 0327

WEB: www.mensadviceline.org

Support and signposting services for men experiencing abuse.



ynys saff
safe island

**Ynys Saff, Safe Island,
Sexual Assault Referral Centre,
Cardiff Royal Infirmary,
Newport Road,
Cardiff,
CF24 0SZ**

**Phone: 02920 335795
Fax: 02920 335796**



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'a port in a storm'

**The role of the
ISVA
(Independent Sexual
Violence Advocate)**

Who are we?

Here at Ynys Saff, we understand the difficulties you may face in coming to terms with the effect of rape and sexual abuse, and the criminal justice process.

Rather than tell you what to do, we will guide you on the path forward, providing you with information to help explore a range of options and support available. Choice will always remain with you.

Your ISVA is a friendly face who will provide you with support, advocacy and information after your initial call to Ynys Saff.

Your ISVA is a trained specialist who can offer emotional and practical support to anyone over the age of 18 who has experienced rape or sexual abuse. This can be achieved through an initial assessment of your needs and if required access to appropriate services.

What we can do:

- * Provide face to face or telephone support.
- * Provide information and advice to help you think through your options whether you report to the police or not.
- * Keep you up to date with your case.
- * Attend court with you.
- * Explain some legal jargon and processes.
- * Support you whatever the outcome if you decide to report to the police.
- * Work with agencies to ensure you are safe.
- * Assess the need and help with accessing external counseling and/or mental health services if necessary.
- * Provide information and referrals to other specialist services you may need.

Why are we here?

We are here for YOU, so there is no need to be alone. Your ISVA is dedicated to supporting you after an experience of sexual violence.

We are here to help you

Your ISVA is:

Accessing help is not a weakness, it is you regaining the control to say that you want to move forward and seeking support from an ISVA could be the very first step.