

Signposting Handout

For someone wanting to report a rape to the police:

Advise them to phone the police **101** as soon as possible

The Sexual Assault Referral Centre (St Mary's Hospital) in Manchester is 0161 276 651

The Safe Place in Liverpool is 0151 295 3550

There is no time limit on reporting a rape. But if it was recent, tell them not to shower or wash the clothes they were wearing. They can put their clothes in a sealed plastic bag if they really want to change.

More info on [The reporting process](#)>

Name of organisation and website link	Who for?	Contact details and opening hours
Rape and Sexual Abuse Support Centre (RASASC)	Survivors, families and friends, including adults, children and young people	0330 363 0063 (9am - 4:30pm, Monday to Friday)
National Rape Crisis helpline	Survivors, families and friends, including adults, children and young people	0808 802 9999 (midday - 2:30pm and 7pm - 9:30pm, every day)
Samaritans	Anyone in crisis	116 123 (open 24/7) jo@samaritans.org
Childline	Children and young people Under 18s	0800 1111 (open 24/7) Online chat: www.childline.org.uk
NSPCC	Adults concerned about children. Or children who need help.	Adults concerned about children: 0800 800 5000 (open 24/7) Children who need help: 0800 1111 (open 24/7) help@nspcc.org.uk
National Association of People Abused in childhood (NAPAC)	Adult survivors of childhood abuse	0808 801 0331 10am - 9pm (Monday-Thursday) 10am - 6pm (Friday) support@napac.org.uk
Victim Support	Victims of any crime	0808 168 9111 (open 24/7)
Survivors UK	Male survivors of sexual abuse in childhood or adulthood	0203 598 3898 (9:30am - 5pm, Monday - Friday) Webchat: 10:30am - 9pm (Monday - Friday) and 10am - 6pm (weekends) help@survivorsuk.org
Beaumont Society	Transgender support	0158 241 2220 (open 24/7)
Stonewall	LGBT support	0800 050 2020 (9:30am - 5:30pm, Monday - Friday) info@stonewall.org.uk

Self-injury support	Women and girls who self-harm	0808 800 8088 (7pm - 9pm, Sunday - Thursday) Text 0780 047 2908
National Domestic Violence Helpline	Women experiencing domestic violence or their family, friends colleagues	0800 2000 247
Safeline	Support for those who have been affected by sexual assault/rape	0808 800 5005 (male helpline) 0808 800 5007 (young person helpline) 9am - 5pm, Monday, Wednesday and Friday 8am - 8pm, Tuesday and Thursday 10am - 2pm, Saturday There is no phone line for women, just email and SMS: support@safeline.org.uk SMS: 0786 002 7573

VOLUNTEER READING RESOURCES

One aspect of working as a CSASS volunteer is to keep up to date with the latest news and campaigns. This is beneficial for your own personal development and understanding the particular concerns of our survivors.

Here is a list of useful websites that can provide you with lots of information:

<http://everydayvictimblaming.com/>

<http://www.endviolenceagainstwomen.org.uk/>

<http://ukfeminista.org.uk/>

<http://www.fawcettsociety.org.uk/>

<https://www.gov.uk/government/policies/violence-against-women-and-girls>

<http://www.sistersuncut.org/>

<http://rapecrisis.org.uk>

<http://manchesterrapecrisis.co.uk>

<http://www.rapecrisisscotland.org.uk/>

<http://www.rcni.ie/>

<http://lgbt.foundation/>

<http://www.ashianasheffield.org/>

<http://www.bawso.org.uk/>

<http://pandys.org/>

<http://disabledsurvivorsunite.org.uk/>

<http://www.whag.info/>

<http://www.survivorsmanchester.org.uk/>

<https://www.rethink.org/>

<http://positivepracticemh.com/chester-plus-peer-led-user-support-for-positive-health-and-mental-wellbeing/>

<https://www.cheshire-pcc.gov.uk/>

<http://www.victimservicescheshire.co.uk/agencies/cheshire-cares/>

<http://www.justiceinspectrates.gov.uk/>

<http://www.wecanstopit.co.uk/>

<http://www.chesterva.org.uk/>

<http://www.chesterwomensaid.org/>

<http://www.stmaryscentre.org/>

<https://www.gov.uk/government/organisations/charity-commission>

<https://www.cheshirewestandchester.gov.uk/>

<http://www.chesterchronicle.co.uk/>

<https://www.iicsa.org.uk/>

There is also a wide range of other relevant resources including books, printouts and good practice guides in the office for you to access. Feel free to borrow any books but please ensure that you return them to the office when you have finished.

If you have any books that you think others may find helpful then please send details to suzanne@csass.org.uk, or bring them into the office if you no longer need them.