

Have you or has someone you know been raped or sexually assaulted?

The Havens are sexual assault referral centres, where specially trained, experienced professionals can give you:

- medical help and advice;
- counselling; and
- practical and emotional support.

We can help you through the immediate trauma of rape or sexual assault and guide you along the road to recovery.

And we can help you decide what you want to do next, like whether you want to talk to the police or have any health checks.

Sexual assault can happen to anyone – men, women and children. At The Havens, we can offer you a place of safety and all the support and help you need to recover.

How can **The Havens** help me?

Medical help

You can see one of our specially trained doctors who will carry out a forensic medical examination. Most often this doctor will be female but we will do our best to locate a male doctor for you, if you would prefer. The doctor can also talk to you about any other concerns you might have, for example about sexually transmitted infections or pregnancy.

If you come to a Haven without having contacted the police first, the doctor who sees you will take forensic samples, but only with your permission. If you agree, we can give these samples to the police for forensic analysis without disclosing your identity. They will then store the samples until you have decided whether or not you want to talk to them. If the forensic analysis identifies evidence that is of particular interest to the police, we will let you know and give you details that might help you make your decision.

Medical help for young people

All our doctors are trained to give medical help to anyone who has been sexually assaulted. But, if they think any young girl

or boy might need special attention, they will get help from a paediatrician, a doctor who specialises in looking after children. We will also be able to refer young people for appropriate follow-up care.

Counselling

When you first attend a Haven, you can ask to speak to a crisis worker who will talk to you about your options and help if you need advice about whether to report what has happened to the police. If you decide not to talk to the police, we can still offer you support and discuss the issue of counselling further with you. Our counsellors have been trained to help those who have been assaulted, either recently or in the past, and support them through the immediate trauma and the difficult times that can follow.

Safety

Your safety is very important to us, and we give advice if you have safety concerns following a sexual assault. If you are concerned for your safety at any time, please contact police. In an emergency dial 999.

The Haven – Camberwell

Telephone number between 09:00 and 5:00pm:
020 7346 1599, or at all other times: **020 7737 4000**

The Haven – Paddington

Telephone number between 09:00 and 5:00pm:
020 7886 1101, or at all other times: **020 7886 6666**

The Haven – Whitechapel

Telephone number **020 7247 4787** at any time
haven@bartsandlondon.nhs.uk

Follow up care and support

You might just want some emotional and practical support from sympathetic, caring people who understand what you're talking about. You can call a Haven and talk to a health professional over the 'phone or make an appointment to be seen. Follow-up care is available and we can advise you about this. We can also help you with practical things like putting you in touch with other support groups and services.

You can 'phone The Havens at:

The Haven – Camberwell

on **(020) 7346 1599** between 9:00am and 5:00pm Monday to Friday, or **(020) 7737 4000** at all other times.

The Haven – Paddington

on **(020) 7886 1101** between 9:00am and 5:00pm Monday to Friday, or **(020) 7886 6666** at all other times.

The Haven – Whitechapel

on **(020) 7247 4787** at any time
haven@bartsandlondon.nhs.uk



Camberwell • Paddington • Whitechapel

Who are The Havens for?

Anyone in London who has been raped or sexually assaulted can come to a Haven. Women, men and children can all attend.

Do I have to be referred?

You don't have to be referred. It's up to you if you want to see us. All you need to do is 'phone your nearest Haven for an appointment before visiting. You don't need to report the assault to the police or see your GP first. You can call us to book an appointment 24 hours a day.

Do I have to talk to the police?

You don't have to talk to police. There are no police officers on site. However, the Metropolitan Police Service has worked with local health authorities to set up the Havens, so if you decide at any time to talk to police, you can ask one of our crisis workers to help you. You may choose to have an informal chat with a police officer. If you choose this, the officer you speak with will be a 'Sapphire' officer – a specially trained and experienced officer who will act as a single point of contact between you and the police.

What happens next?

The Havens are open between 9am and 5pm – you can visit us by arrangement – it is easier for us to help if you telephone first on the numbers below.

If you are still not sure what The Havens can offer you, or there are other questions you would like to ask, please call us.

The Haven – Camberwell King's College Hospital, Denmark Hill, London SE5 9RS


Phone **The Haven – Camberwell** on **(020) 7346 1599** between 09:00am and 5:00pm Monday to Friday, or **(020) 7737 4000** at all other times.

The Haven – Paddington St Mary's Hospital, Praed Street, London W2 1NY

Phone **The Haven – Paddington** on **(020) 7886 1101** between 09:00am and 5:00pm Monday to Friday, or **(020) 7886 6666** at all other times.

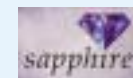
The Haven – Whitechapel Royal London Hospital, 9 Brady Street, London E1 5BD

Phone **The Haven – Whitechapel** on **(020) 7247 4787** at any time
haven@bartsandlondon.nhs.uk

King's College Hospital 
NHS Trust

St Mary's 
NHS Trust

Barts and The London 
NHS Trust



www.met.police.uk/sapphire



Working for a safer London

Sexual Assault

Do you need help?

