

Sexual Assault Referral Centres (SARCs)

The NHS have set up dedicated [Sexual Assault Referral Centres \(SARCs\)](#) which offer medical, practical and emotional support to anyone who has been raped, sexually assaulted or abused.

- These centres are open and available for everyone, regardless of gender, age, the type of incident or when it happened.
- They offer a range of services, including crisis care, medical and forensic examinations, emergency contraception, and STI testing.
- They can also arrange access to an independent sexual assault advisor (ISVA), as well as referrals to mental health support and sexual violence support services.

You can get help from a SARC by booking an appointment with your nearest one. You can find your closest SARC on the NHS website [HERE](#).

You may also seek support at the following places:

- Your GP surgery
- A voluntary organisation such as:
 - [Rape Crisis](#)
 - [Women's Aid](#)
 - [Victim Support](#)
 - [The Survivors Trust](#)
 - [Male Survivors Partnership](#)
- The [National Domestic Abuse Helpline](#), which is run by Refuge - 0808 2000 247
- The [Rape and Sexual Abuse Support Line](#), which is run by Rape Crisis England and Wales – 0808 500 2222
 - There is also a free online chat feature on their website if you do not feel comfortable calling the phoneline
- A hospital Accident and Emergency (A&E) department
- A sexual health clinic or a contraceptive clinic
- Call NHS 111 or [get help from 111 online](#)
- The police
- In an emergency, dial 999