

## How to access support

To access our free Bridge Project ISVA Service, you can call the NHS Sexual Assault Referral Centre Helpline on **0300 303 4626**.

This helpline can also offer medical help if you need it.

## Contact us

If you have any questions or want to talk to us, there are several ways you can reach out.

We would love to hear from you.



Visit our website  
[bridgeprojectsw.org.uk](http://bridgeprojectsw.org.uk)



Send us an email  
[info@bridgeprojectsw.org.uk](mailto:info@bridgeprojectsw.org.uk)



Call us  
01208 220212

SCAN THE  
**QR CODE**  
for more information



## The Bridge Project Partners

We offer expertise in supporting survivors of sexual violence and are independent of the police.

### The Women's Centre Cornwall

Support for women and girls aged 11+ living with the impact of sexual and domestic abuse

### The Children's Society

Supporting children and young people

### Devon Rape Crisis and Sexual Abuse Services

Support for survivors of sexual violence

### Intercom Trust

Supporting lesbian, gay, bisexual and trans+ people

### Konnect Communities

Person-centred support for adults and young people

### The Olive Project

Supporting Black and minoritised women survivors of sexual and domestic abuse

### West Cornwall Women's Aid

Supporting women who have experienced domestic and sexual violence

You are welcome to contact any of us directly, we are here for you.



## Devon & Cornwall

# Independent Sexual Violence Advisor Service

Supporting adults and children who have been sexually assaulted, abused or raped

[bridgeprojectsw.org.uk](http://bridgeprojectsw.org.uk)



*Bridge Project South West is a service name used by TWCC projects Ltd (Company Number 15889034) which is a wholly owned subsidiary of The Women's Centre Cornwall Ltd (Charity Number 1099348).*

# What is an ISVA?

## ISVA stands for Independent Sexual Violence Advisor.

We support adults and children who have been sexually abused, assaulted or raped at any time in their lives.

We are specially trained and independent from the police and other services.

An ISVA will listen to you, believe you and put your wellbeing first.

We offer free support that is tailored to you, including women-only spaces where needed.

**We understand that sexual abuse and violence have a profound impact on people's lives** and that everyone copes differently with what they have experienced.

## Who do ISVAs support?

Women, men and children – people of all ages and all genders

Lesbian, gay, bisexual, non-binary and transgender people

People with disabilities as well as neurodivergent people and those with learning disabilities

People of all ethnicities, nationalities and backgrounds

Children under 18. Specialist children and family ISVAs can also work with families or carers.

## How ISVAs can support you



Help you to decide whether to report what has happened to you



Understand more about the reporting process and what your rights are



If you choose to report, we are here to support you through the whole process including attending court



If you choose not to report, we will help you access other types support and services that you feel are right for you

## Other places to get support

**24/7 Rape & Sexual Abuse Support**  
247sexualabusesupport.org.uk  
0808 500 2222

**Samaritans** 116123

**Childline** 0800 1111  
childline.org.uk

**Kooth**  
Online support for young people  
kooth.com

**Intercom Trust LGBT+ Helpline**  
0800 612 3010

**Call NHS on 111** and select the mental health option to access support

**If you are in immediate danger, call 999**

## Sexual Assault Referral Centres

Based in Exeter, Plymouth and Truro, Sexual Assault Referral Centres (SARCs) offer medical, practical and emotional support.

They have specially trained NHS doctors, nurses and support workers.

They can also do forensic medical examinations to gather evidence if you choose.

**Call 0300 303 4626 or visit**  
**sarchelp.co.uk**