



Have you been raped  
or sexually assaulted?

Help and Support  
in partnership with RSVP

Free & Confidential  
[umbrellahealth.co.uk](http://umbrellahealth.co.uk)

**At Umbrella we can offer support and advice to all who have been affected by rape and sexual assault; including emergency contraception and testing for sexually transmitted infections. We work in partnership with RSVP who offer empathic services to support and inspire children and adults of all genders who have been affected by sexual violence and abuse.**

## What will happen first?

You will be seen as soon as possible on the day you come to the Umbrella clinic and you can talk in private to a nurse, doctor or health advisor who will support you and discuss options with you. You may bring a friend.

If the rape has happened more than one week ago you may wish to book into the ASC, a clinic for survivors of rape and sexual abuse, where you will see an experienced doctor, health advisor and have the opportunity to speak to an ISVA (Independent Sexual Violence Advocate).

(Please note the ASCs in Solihull and Chelmsley Wood clinics do not have a doctor present and are ISVA-led).

## What about the risk of pregnancy?

If you are not on contraception and feel you want to prevent becoming pregnant, emergency contraception may be prescribed.

The doctor or nurse will discuss with you your need for emergency contraception.

If necessary, a pregnancy test can be carried out with your consent.

## What about the risk of infection?

There may be a risk that you have contracted a sexually transmitted infection (STI). It is therefore important that we test for this and treat it if necessary.

This may involve taking swabs from parts of your body that were affected by the assault such as the vagina, mouth or back passage. Men may be asked for a sample of urine. It is sometimes possible to take the swabs yourself, or a doctor or nurse may take the swabs. No one will press you to be examined. It is your choice, and if you are not comfortable your wishes will be respected.

Sometimes these tests may need to be repeated after a couple of weeks and you may need medication depending on the results.

There is also a very small risk of other infections which need to be tested for by blood test, such as Hepatitis B, Hepatitis C and HIV. The doctor or nurse may want to do a blood test now and it may need to be repeated after three months.

Depending on when the assault occurred you may be offered a vaccination against Hepatitis B, which can reduce the chance of you acquiring this infection. Similarly, if the assault has occurred within the last 72 hours and the doctor or nurse feels your risk of HIV infection is particularly high the use of medication (known as PEPSE) which can sometimes help prevent you catching the HIV virus will be discussed.

## Will I have to report it to the police?

Sexual violence is a crime, no matter who commits it, when or where it happens. But you only have to report it to the police if you choose to\*.

There are several options available to you:

1. Report the incident. An ISVA or the health advisor can ring the police for you and refer you to a Sexual Assault Referral Centre (SARC) where specially trained staff and police officers will look after you if the assault happened in the last week
2. You may choose to attend a SARC and provide an account of what happened and allow the collection of DNA evidence, without officially reporting the assault. This will allow you to consider your options and report the assault at a later date if you choose to, as any potential DNA evidence collected may be very helpful to a police investigation should decide to report
3. You may choose to pass on information about what has happened without providing your name or address. This will enable the police to gather important intelligence without you being identified and RSVP ISVA services can assist you with this
4. You may choose not to involve a SARC or the police, and get the help offered from this clinic and RSVP. You may just need some time to think and make informed choices

\*If you are under 18 years this does not always apply; we will discuss your future safety and support with our Safeguarding team, but whatever your age, support is available to you.

## What if I feel like I can't cope?

Experiencing sexual assault or rape can be a life-changing event. People deal with it in different ways; some people recover fairly rapidly, but it is not unusual to feel some form of depression or anxiety following the attack. Occasionally, people may go on to suffer from Post-Traumatic Stress Disorder.

Suffering from these conditions is quite usual, and recognising that you are struggling will allow you to seek help.

The doctor may ask you some questions about your mood. He/she may advise that you speak to a counsellor or psychologist to help you with how you are feeling and an ISVA to assist you with any practical issues you have in relation to the incident suffered.

**Understand that what happened was not your fault.**

**Talk to someone about what happened.**

Talk to a friend or family member, or one of the organisations detailed overleaf. Through Umbrella we can put you in touch with an ISVA (Independent Sexual Violence Advocate) from RSVP to support you. The ISVA will offer you independent practical and emotional support and will support you to make informed choices at your own pace.

## Further information

### **Umbrella Sexual Health**

[www.umbrellahealth.co.uk](http://www.umbrellahealth.co.uk)  
0121 237 5700

### **Rape and Sexual Violence Project**

[www.rsvporg.co.uk](http://www.rsvporg.co.uk)  
0121 643 0301 option 2

### **West Midlands Sexual Assault Referral Centre – Horizon**

[www.horizonsarc.org.uk](http://www.horizonsarc.org.uk) 0808 168 5698

### **West Midlands Children and Young Person's Service**

for under 18 year olds  
Self-referral 0808 196 2340

### **ASC (Abuse Survivors Clinic) at Whittall Street Clinic Solihull and Chelmsley ASC (Abuse Survivors Clinic)**

To book ASC call Umbrella reception 0121 237 5737 or  
0121 237 5700 or book on line at [www.umbrellahealth.co.uk](http://www.umbrellahealth.co.uk)

### **Rape Crisis**

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)  
0808 802 9999

### **The Survivors Trust**

[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

### **Victim Support**

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)  
0845 30 30 900

### **Birmingham LGBT**

[www.blgbt.org](http://www.blgbt.org)  
0121 643 0821



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