

## Other Supports

### ACC

Anybody who experiences sexual violence is eligible for free support through ACC; you do not need to have made a complaint to Police. There is no time limit between when the incident(s) happens and when you access help.

**Phone:** 0800 735 566

**Website:** [www.findsupport.co.nz](http://www.findsupport.co.nz)

### Male Survivors of Sexual Abuse Trust

One to one, peer and group support for male survivors and their significant others.

**Phone:** (03) 377 6747

**Email:** [mssat@survivor.org.nz](mailto:mssat@survivor.org.nz)

**Website:** [www.survivor.org.nz](http://www.survivor.org.nz)

### Cambridge Clinic

Medical services for people who have been sexually assaulted, either recently or in the past

**Phone:** (03) 366 0067

**Email:** [office@cambridgeclinic.co.nz](mailto:office@cambridgeclinic.co.nz)

**Website:** [www.cambridgeclinic.co.nz](http://www.cambridgeclinic.co.nz)

### Te Puna Oranga

Kaupapa Māori Sexual Violence services

**Phone:** (03) 381 8472

**Email:** [info@tepunaoranga.co.nz](mailto:info@tepunaoranga.co.nz)

### Christchurch Police

**Phone:** (03) 363 7400

and ask for the Adult Sexual Assault Team

**“For the first time in my life, someone has listened and believed in me. Without this support I would have not been able to take the next step I needed to take.”**

Emma\*

## SASSC has been developed out of a partnership between Aviva and START

Aviva supports individuals and families/whānau to not only become safe, but begin a journey towards a fulfilling, violence-free life.

Please visit [www.avivafamilies.org.nz](http://www.avivafamilies.org.nz) to see our full range of services including:

- Aviva Children and Youth Services
- Aviva Men's Services – ReachOut
- Aviva No Interest Loans Scheme
- Aviva's Shine safe@home Service
- Aviva Specialist Peer Support
- Aviva Women's Services

Aviva is an independent Canterbury charity first established in 1973 as Christchurch Women's Refuge.

START provides specialist recovery support services for children, young people and adults who have experienced sexual abuse. Please visit [www.starthealing.org](http://www.starthealing.org) to see our full range of services including:

- Telephone or face-to-face consultations
- Counselling
- Educational workshops, seminars and courses

### Contact SASSC

**24 hour support line:** (03) 377 5402

**Email:** [SASSCadmin@avivafamilies.org.nz](mailto:SASSCadmin@avivafamilies.org.nz)

**Leaflet Printed:** June 2016

\*Not her real name.



# Supporting recovery from sexual violence



## Sexual Assault Support Service Canterbury



Everyone deserves a life free from sexual violence. At the Sexual Assault Support Service Canterbury (SASSC) we know that overcoming the effects of sexual violence can be a difficult and challenging journey. But it needn't be travelled alone. Our support service is here 24-hours a day to support you, and your family/whānau and friends.

### What is Sexual Violence?

Sexual violence is any type of sexual contact or behaviour that you do not willingly and explicitly agree to. It includes a wide range of behaviours, and the words used to describe these are varied. They can include rape, attempted rape, sexual violation, coerced sexual activity, and sexual harassment or threats.

Many adults may also struggle with sexual violence or abuse that they experienced in childhood. Often this has happened within trusted relationships in which behaviours other than violence may have been used to gain control over them.

If you have been exposed to sexual violence, it is important to remember that it is not your fault.

### The Effects of Sexual Violence

Experiencing sexual violence can be traumatic and can be associated with a number of emotional, physical, and behavioural impacts; these can be different for each person and change with time. Sexual violence can also affect how you feel about yourself, and how safe you feel in the world. The process of healing can take time and you may need different supports as you move through your life.

If you have been exposed to sexual violence it is important to pay attention to whatever you are thinking and feeling about what has happened to you; your response is valid and you have a right to support.

### How Can SASSC Help?

SASSC is a confidential and professional specialist sexual assault service offering support to women and men following either recent or historic sexual violence or abuse. SASSC responds to immediate and ongoing needs.

You may choose to refer yourself to the service, Police may refer you, or another agency or service may refer you (with your consent).

#### Our crisis services include:

- Phone support and information for you, your whānau and friends, 24-hours a day on (03) 377 5402
- Support during a medical or forensic examination at the Cambridge Clinic, or support for whānau/friends who accompany you
- Support for you when making a Police statement, giving a video interview, or during the Court process
- Information about other support and financial services available to you.

#### Beyond the point of crisis:

- The SASSC Social Worker follows up all referrals to the service with a phone call, which will include an assessment of your needs. They may provide you with information about other relevant services, including counselling, and arrange for a referral for you.
- They may also provide some ongoing support for you and your whānau as you navigate your experience and recovery.

**To find out more about how SASSC can support you, call (03) 377 5402 or visit [www.avivafamilies.org.nz](http://www.avivafamilies.org.nz)**

### Crisis Supports

#### Police 111

In an emergency always call the Police

#### SASSC

24-hour support line

**Phone:** (03) 377 5402

#### Lifeline

Providing personal and telephone counselling

**Helpline:** 0800 543 354

**Website:** [www.lifeline.org.nz](http://www.lifeline.org.nz)

#### Youthline

Counselling, support and youth development

**Helpline:** 0800 376 633 or free text 234

**Website:** [www.youthline.co.nz](http://www.youthline.co.nz)

### Other Supports

#### Aviva

Specialist family violence services for children, young people, women and men

**Phone:** 0800 AVIVA NOW (0800 28482 669)

**Email:** [enquiries@avivafamilies.org.nz](mailto:enquiries@avivafamilies.org.nz)

**Website:** [www.avivafamilies.org.nz](http://www.avivafamilies.org.nz)

#### START

Early intervention, counselling and support for children, youth and adults who have experienced sexual violence, and support for their whānau.

**Phone:** (03) 355 4414

**Email:** [admin@starthealing.org](mailto:admin@starthealing.org)

**Website:** [www.starthealing.org](http://www.starthealing.org)

