

Oxford Radcliffe Hospitals   
NHS Trust

Oxford Genitourinary Medicine

# Information for women who have been sexually assaulted

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MedicineClinic

Sexual assault and rape are frightening experiences. A sexual assault might change the way you feel for a long time. You might feel numb, ashamed or angry. You are not alone in feeling like this. A shocking experience can upset anyone in this way.

## Things to remember

Sexual health clinics can signpost you towards counselling services if you need them. Information about these services is available at the end of this leaflet.

Counselling services can offer you a safe place where you can talk about any worries and fears you might have.

Some people who have been sexually assaulted or raped may need to talk to someone about it straight away or they may wait for years afterwards.

People who are close to you might also need some help. They might need to speak to a counsellor to help them cope with the stress, and to give them the strength to support and comfort you.

## Emergency contraception

Emergency contraception is available free from sexual health clinics, family planning clinics and the police doctors. To find out which form of emergency contraception is the most appropriate for you, contact your nearest family planning or genitourinary medicine clinic. The numbers are on the back of this leaflet.

## After a sexual assault you may experience some or all of the following:

- Fear of repetition of the assault or retaliation.
- Powerlessness, panic or feeling out of control.
- Feelings of guilt or responsibility for the assault.
- Shock and / or disbelief. This may be immediate, delayed or long lasting.
- Uncontrolled emotions such as sobbing, giggling, anger or rage.

- Disbelief that it happened and determination to “carry on as normal”.
- Anxiety about HIV and / or sexually transmitted infections (STIs).
- Physical reactions such as sweating, aching, changes in appetite or sleeping patterns, palpitations.
- Feeling dirty and needing to wash constantly.
- Difficulties with close relationships and sexual partners.
- Fear of not being believed, or being thought “silly”.
- Feelings of detachment
- Flashbacks and nightmares.
- An increased need to control your environment
- Tendency to isolate yourself

### Worried about sexually transmitted infections (STIs)?

If you have been sexually assaulted you may have been in contact with an STI. If you want to discuss any concerns about this, or attend for free confidential tests and medication, then contact the health advisers at your nearest sexual health clinic.

### Giving information on crime

You may wish to report the sexual assault to your local police. Thames Valley Police’s number is 0845 8 505 505. There are specially trained officers in each police force who will help you to deal with your assault. The police may ask you to attend for forensic tests. It is best to have these tests done within 48 hours, although they can be conducted by the police up to 7 days after the assault. These tests are purely for gathering evidence and will not identify STIs.

If you wish to report the assault anonymously, call Crime Stoppers: 0800 555 111. You will not be required to reveal your name, make a statement or appear in court.

## Confidentiality

Tests conducted at a sexual health clinic are confidential and no one can gain access to information in your records unless you give permission for that to happen. This includes your GP. However, the courts can apply for access to your records if they are relevant to a court case relating to your assault.

## Useful contacts

### **Alec Turnbull Family Planning Clinic**

Tel: 01865 456666

### **Asian Women's Helpline**

National Helpline: 0800 052 6077

### **The ISIS Centre – NHS counselling service**

Tel: 01865 556648

### **The Listening Centre**

A subsidised counselling service to people on low incomes.

Tel: 01865 794794

### **Oasis**

(A drop-in service for women in distress)

Monday: 5pm - 9pm

Friday: 11am - 3pm

Tel: 01865 721472

### **Oxford Sexual Abuse and Rape Crisis Centre**

Tel: 01865 726295 (24 hour answerphone)

### **Oxford Women's Counselling Centre**

Oxford: 01865 725 617

### **Rape Crisis**

0808 8029999

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

### **Reducing the risk**

An online resource for those affected by domestic abuse or violence in Oxfordshire.

[www.reducingtherisk.org.uk](http://www.reducingtherisk.org.uk)

### **Samaritans**

National Helpline: 08457 90 90 90

Oxford: 01865 722122

Banbury: 01295 270 000

[www.samaritans.org.uk](http://www.samaritans.org.uk)

## Thames Valley Police including Domestic Violence Unit

Tel: 0845 8 505 505

### Victim Support

National Helpline: 0845 30 30 900

Oxford branch: 01865 751 511

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

### Clinic opening times

**Routine Screen:** Monday - Friday

Sexual health screening for all sexually transmitted infections and other genital problems. Please telephone 01865 231231 for appointment times.

**Walk-in Clinic:** Monday - Friday 12.15pm - 3.15pm  
A drop in clinic.

**Young Person's Clinic:** Wednesday 3.30pm - 6.00pm  
A free, confidential drop-in service for the under 25s.

**The above times represent the general clinic times for Oxford. However if your case is urgent we can arrange for you to see a health adviser at any time during office hours. You can talk to the Oxford health advisers on 01865 231231 option 3.**

### Oxford Genitourinary Medicine

The Churchill Hospital  
Old Road, Headington  
Oxford OX3 7LJ

Tel: 01865 231231

Fax: 01865 234452

[www.sexualhealthoxfordshire.nhs.uk](http://www.sexualhealthoxfordshire.nhs.uk)

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Oxford Radcliffe Hospitals NHS Trust

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[www.oxfordradcliffe.nhs.uk/patientinformation](http://www.oxfordradcliffe.nhs.uk/patientinformation)

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