# Local Support Services – Exeter

**In an emergency, if a crime is happening right now or someone is in immediate danger,**

**Telephone 999**

### DRCSAS Devon Rape Crisis & Sexual Abuse Services

Offering specialist trauma support, counselling, advocacy and practical support across Devon and Torbay – for experiences of sexual abuse, rape or any kind of sexual violence, either recently or in the past.  For women and young women aged 13 upwards, young men aged 13 – 25 and partners, friends and family members of those who have experienced sexual violence.

Po Box 765, Exeter EX1 9TG

[www.devonrapecrisis.org.uk](http://www.devonrapecrisis.org.uk)      Email support:    support@devonrapecrisis.org.uk

Helpline: 01392 204174             Direct support: 01392 208756

### SARC Sexual Assault Referral Centre – Devon, Plymouth & Cornwall

The SARCs based at a safe, secure and discreet locations. Offering support to anyone of any age who has experienced rape and/or sexual assault, recently or in the past. The services offered include:  Crisis Worker support for victims, emotional support including counselling. Access to forensic medical facilities and examinations, sexual health and contraception information and referral to other services. Information about reporting to the police as well as arranging for an Independent Sexual Violence Adviser (ISVA) to support them with the police investigation.

Devon, Cornwall & Isles of Scilly Helpline: 0300 3034626

Webiste:  <https://sarchelp.co.uk/>

### ISVA - The Cornwall & Devon Independent Sexual Advisor (ISVA) Service

First Light (formally known as Twelve’s Company)

Support/referral through the SARC but also available without involving the police or NHS.

Experienced professionals providing support and advocacy for victims of acute sexual violence and prolonged or historic abuse.

Support through any possibly criminal case, signpost to specialist organisations or support or to simply to provide a safe place to listen and support you after abuse.

Contact the Cornwall & Devon ISVA team on: 03458 12 12 12

By email: isva@firstlight.org.uk  website: <https://www.firstlight.org.uk/>

### GU Medicine and Sexual Health Clinic - Devon

Offering confidential, non-judgemental advice. Offering testing for all sexually transmitted infections, free treatment, HIV testing treatment and care. Vaccinations for Hep A and B. Free condoms. Under 16s welcome and aged 12 and under will see a paediatrician.

Drop-in and wait sessions most days – see website for details.

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

Reception: 01392 284982/284983    Nurse Advisor:  01392 284960

31 Sidwell Street, Exeter EX4 6NN

**Momentum Exeter**

Momentum is a peer support group for adult male survivors of childhood sexual abuse.  The group provides peer support groups in the Exeter area.  The groups are open to men from all ages and backgrounds, providing a safe place to meet talk and feel their emotions.

**Call    0777 315 1080**