



Amethyst.

North Wales Sexual Assault Referral Centre

*Sexual assault can be a terrifying,
humiliating and traumatic experience.*

*We aim to provide choice and confidential
support following sexual assault or rape.*

What is Amethyst?

Amethyst is a Sexual Assault Referral Centre (SARC) for North Wales, where a range of specially trained professionals give help, support and information to individuals who have been raped or sexually assaulted, whether recently or in the past.

We have been developed in partnership with the police, health and voluntary services to ensure that victims of these crimes get the best possible care.

How can we help?

We can explain the various options that may be available to help you make the right decision for your situation. You can talk to a crisis worker about the options available to you.

If you need information about our services call **0808 156 3658**. Office hours are Monday to Friday 9am to 5 pm (excluding bank holidays). At all other times you will be connected to our out of hours service and a trained crisis worker will call you back as soon as possible.

You can also access further information about the choices you have by visiting www.amethystnorthwales.org.uk

What are my choices?

If you want to discuss what is available to you or what to do, call to speak to a crisis worker confidentially.*

Police Referrals

You can make a formal report to the police, we can explain how this works. If appropriate the police may then arrange for you to have a forensic examination. The police can access the centre 24 hours a day and a crisis worker will also attend to support you. An interview will be arranged at a convenient time for you.

Self Referrals

You can choose not to report to the police.

- We can advise you about other services available to help you, and either offer an appointment to attend the centre to discuss this or arrange referral as required. Your concerns may be about sexual health issues, emotional support or wider health and social care issues. We have links with other services that may be able to support you.
- If relevant you may decide to have a forensic medical so that potential evidence can be taken and stored, in case you decide to report to the police at a later date. You could choose to share forensic evidence anonymously with the police.

- You may not wish to have a forensic examination, but you might want to share information about the assault anonymously with the police, we can help with this.

What happens during the forensic examination

This is a medical examination carried out by a specially trained doctor or nurse to collect evidence. Specimens such as swabs or a blood/urine test may also be taken. It is important that these are taken as soon as possible after the assault to ensure that vital evidence is not lost. You will be fully supported by a trained crisis worker throughout the forensic examination. The crisis workers role is to ensure you make informed choices, and are supported throughout the medical examination and are cared for with dignity and respect.

What about emotional support?

There are usually a lot of different emotions after sexual assault. Confusing thoughts, emotions, and sensations are normal reactions to stress and assault. We can offer information and arrange referral for support to cope with these normal responses.

We can inform you about other services that can help with support or counselling.

What about sexual health concerns?

We can give you advice on how to access screening for sexually transmitted infections and when would be the most appropriate time to be tested. An appointment can be made for you to attend the Amethyst Sexual Health clinic or we can help arrange for you to attend a clinic convenient to your local area.

Contact details:

Telephone: 0808 156 3658

It is important that you contact the Amethyst Centre to make an appointment as we are not able to see you without one.

Email us at: BCU.Amethyst@wales.nhs.uk Please note this will only be monitored during office hours.

Visit our website: www.amethystnorthwales.org.uk

**Amethyst is a confidential service. It is up to you if you decide to tell anybody about what has happened. However we may need to break confidentiality if we believe you or someone else is at risk of serious harm. We would keep you informed of this wherever possible. We need to share information with other agencies if we believe a child or vulnerable adult has been or is at risk of serious harm.*