

IOW SUPPORT

Chantry House, Mental Health Services
01983 525 254

IOW Safehaven, Fellowship House
0330 0082507

Single Point of Access (SPA)
Mental health support for adults aged 18+
01983 522 214

Treetops Sexual Assault Referral Centre (SARC)
0300 123 6616

Sexual Health Clinic - St Mary's IOW
0300 300 2016
www.letstalkaboutit.nhs.uk

Inclusions Drug and Alcohol Service
01983 526 654

Paragon Domestic Abuse Service
0800 234 6266

CHILDREN AND YOUNG PEOPLE

Kooth Online Counselling
www.kooth.com

Chat Health Advice for Teens
07507 332160

Frankie Worker Counselling
01983 865657

Youth Trust Counselling
01983 529569

Talk2 Counselling
01983 865657

CAMHS (Mental Health support)
01983 523602

NATIONAL SUPPORT

Samaritans
116 123

Rape Crisis
0808 802 9999

National Victim Support
0808 168 9111

National Domestic Violence Helpline
0808 200 0247

Galop LGBT+
0800 999 5428

CONTACT US

 **Landline:**

023 8000 1061

 **Practitioner direct:**

07376 083 950 or 07432 714 242

 isva@hamptontrust.org.uk

 www.hamptontrust.org.uk



Accessible leaflet version

<https://hamptontrust.org.uk/leaflet-isva-iow/>

INDEPENDENT SEXUAL VIOLENCE ADVISERS

A support service for victims of sexual violence (recent and non-recent) on the Isle of Wight.



WHAT IS SEXUAL VIOLENCE?

Sexual violence is a serious violation that involves any non-consensual act, including rape, assault, and harassment.

It can be committed by anyone and may involve force, coercion, or manipulation.

Consent is essential and must be given freely; without it, any sexual activity is considered violence.

THE MYTH

There is a myth that only strangers carry out sexual attacks. Many assaults are committed by someone the victim knows, including family, partner, spouse or close friends.

There are no excuses for sexual violence. Whoever the attacker is, it's important to remember that it's not your fault.

WHAT THE ISVA SERVICE CAN OFFER

Hampton Trust is an inclusive service that supports children, young people, and adults. Our approach is led by you and tailored to your individual needs, ensuring you receive the right support at the right time.

- Practical advice on reporting to police, the legal process, and attending court
- Signposting to counselling and other relevant services
- Help to coordinate different agencies, such as sexual health, mental health and substance misuse services
- Support throughout the criminal investigation if you choose to report
- Regular face-to-face, phone and text contact
- One-to-one support based on your needs

For children and young people, we also offer:

- Support in discussing your safety and ways to keep you safe
- A safe space to talk through any concerns or worries you may have
- Communication with your parent or guardian to help them understand how you're feeling
- Information and support for parents and carers to better assist you
- Working with your school to ensure you receive the right support in your education and well-being

THE ROLE OF AN ISVA

The Independent Sexual Violence Adviser (ISVA) provides specialist, tailored support to survivors of all ages who have experienced sexual abuse and violence, whether or not they choose to report it to the police.

The ISVA works directly with you, offering a safe space to explore your options and decide on the next steps that feel right for you. They are there to listen, provide practical guidance, and offer reassurance throughout your journey.

Your ISVA can answer any questions you have, ensuring you feel informed, supported, and empowered to make decisions that are best for you.

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A million thank yous! It was so hard to reach out, but you made me feel like I wasn't alone. I was hurting, confused and lost but you were there for me. You helped me realise I'm not to blame.

ISVA client