

## Aftercare

When the examination is over the nurse and crisis worker will talk to you about how you are feeling and other agencies you can be referred into for further support and care.

Before you leave the Millfield House SARC we want to know you are going back to a safe place and understand that you might have questions after you have left. You can call us at any time if there's something you think of that you need to ask us. With your permission, we will call you six weeks after your visit to see how you are and find out if you need any additional support.

Our service is available  
24/7/365 days a year.

Call now for referrals,  
making appointments,  
advice and support.

**01332 413 260**



## Local support services

Derbyshire Victim Services - call 0800 612 6505  
[www.derbyshirevictimservices.co.uk](http://www.derbyshirevictimservices.co.uk)

## Mental health support

Derbyshire Mental Health Support Line – 0800 028 0077  
Local NHS service for mental health support

**SHOUT** text 85258 for mental health support 24/7 free on most networks

**CALM** (male service) call 0800 58 58 58 (5pm-midnight)

## Sexual violence support

**SV2** - ISVA, CHISVA and therapy provider for all ages.  
Call 01773 746115 (9am-5pm) [www.sv2.org.uk](http://www.sv2.org.uk)

**SAIL Derbyshire** - Independent Sexual Violence Adviser and therapy provider, call 0800 028 2678  
<https://www.sailderbyshire.org.uk/contact-us>

**Rape Crisis National Support Line** - call 0808 500 2222  
[www.247sexualabusesupport.org.uk](http://www.247sexualabusesupport.org.uk)

## Domestic abuse support

**Safer Derbyshire** - information about domestic abuse  
[www.saferderbyshire.gov.uk](http://www.saferderbyshire.gov.uk)

**The ELM Foundation** - domestic abuse support service and refuge, call 08000 198 668  
[www.theelmfoundation.org.uk](http://www.theelmfoundation.org.uk)

**KULPA APP** - Record and safely store evidence of abuse on your phone to share with Police when you are ready to.  
[www.kulpacloud.com/#pageStart](http://www.kulpacloud.com/#pageStart)

**Hollie Guard APP** - emergency safety alert phone app with alarm. [www.hollieguard.com](http://www.hollieguard.com)

## Substance misuse services

Information on support available and services within the county <https://www.saferderbyshire.gov.uk/what-we-do/drugs-and-alcohol/drugs-and-alcohol.aspx>

Derbyshire recovery partnership 0124 620 6514  
<https://www.derbyshirerecoverypartnership.co.uk/>



Derbyshire  
Victim Services

**NHS**  
England



Healthcare and support services  
for adults in Derbyshire following  
any form of sexual assault.  
We can help 24/7/365

Telephone: **01332 413 260**  
Website: **MillfieldHouseSARC.co.uk**



Service provided by:



# Welcome to Millfield House SARC

We offer free, confidential healthcare and compassionate support to adults in Derbyshire who have experienced sexual assault or rape.

We can help 24-hours a day, every day of the year. Call to make an appointment to visit the centre.

**Tel: 01332 413 260**

At the centre we provide support and guidance, a medical assessment/treatment, a forensic examination, and the opportunity of aftercare referrals for support services. You will be offered these services based on your individual needs and can choose to use as much or as little of the service as you wish.

You will need an appointment before coming to Millfield House. If you would like to attend as a self-referral (no police involvement) please call us to speak to one of our specially trained nurses who can arrange an appointment for you.

If you would like police involvement, they will make an appointment for you and bring you to and from the centre.



## Before your appointment

The centre staff may provide you with advice on how to best preserve evidence before attending your appointment, such as not washing your body. We understand that this may have already happened and if so, you can still attend your appointment.

Your appointment may last between 2 to 4 hours. This depends on the care and support you need so we suggest wearing or bringing some comfy clothes to change in to. Please try not to arrive early for your appointment so we can make sure we are ready for you when you get to the centre. If you think you are going to be early or late, please contact us.



## At your appointment

When you arrive at the centre you will meet our crisis worker and one of our nurses. Your crisis worker will stay with you throughout your time at the centre to help and guide you. The crisis worker and nurse will support you and answer any questions you may have and will explain what happens during your appointment.

As part of the appointment we will talk to you about your healthcare needs and risk assess for pregnancy and blood borne viruses. We can provide medication such as emergency contraception if needed.

Our team can also provide immediate sexual health advice and provide information around screening for sexually transmitted infections (STIs). We do not complete STI screening at the SARC but we can support and refer you to a service for this.

## Medical examination

Depending on when the incident happened, you may be offered the option to have a forensic medical examination that includes checking for any physical injuries and collecting forensic samples. If an examination is something you are considering, it is best to contact us as soon as possible.

Medical examinations are conducted by our highly skilled and compassionate female nurses.

We offer to collect forensic samples even if you do not want to involve the Police now. This gives you the option to have forensic evidence if you choose to report the incident at a later date. In this instance all samples will be stored at our SARC for 2 years.

During the examination the nurse and crisis worker will regularly check in with you to make sure you are ok and want to continue. You are in control and can have a break or stop the examination at any point. After the examination you have the option of having a shower at the centre and we provide a care bag which has items such as shampoo and a toothbrush. We also provide clothing to change into if yours have been taken as evidence.

**We are a  
24/7/365 service  
Tel: 01332 413 260**