

## WHAT IS A CHISVA?

**A** CHISVA is someone who provides help and support to children and young people who have experienced sexual violence.

We can answer any questions that you or your family might have.

We can offer face-to-face sessions and can support you over the telephone or text if this works better for you.

We can meet wherever you feel most comfortable, either in school or alternatively somewhere out in the community, town or village where you live.

An adult can come with you, and if you are old enough and would prefer, you can meet without an adult.

## WHAT WILL WE DO?

**W**e provide a confidential space for you to talk about emotions if you want to and worries or thoughts you have about what is going on.

Sessions are also for talking through questions you may have, understanding what happens with the police or perhaps what happens in court. We might give you some resources to read in your own time as well.

Sometimes we might also do some specific activities, such as making sense of your emotions or around how to cope with feelings, but we would talk about this and agree it beforehand.

## WHAT WE OFFER:

### Emotional Support

- Making sense of your emotions
- Developing coping strategies
- What is a healthy friendship/relationship?
- Referrals to counselling

### If you decide to report what has happened to the police

- Liaising with police
- Access to pre-trial therapy
- Pre-trial visits
- Support at court
- Resources

### Practical Support

- Housing
- Benefits
- Mental Health
- Referrals to other appropriate agencies
- Liaising with professionals



## CONTACT US

We accept self-referral, professional and third-party referrals and you can find our referral forms by going to:

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

Or contact us on: **01733 511250**

We are available Monday to Friday, 9am - 5pm

Please contact us if you would like the information in this leaflet in another language, or in large print or Braille.

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**RAPECRISISPARTNERSHIP**  
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**Children & Young People**

**Independent Sexual Violence  
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**(ChISVA)**