**Local Services**

***This information should be provided below by the co-ordinator for your University’s Intervention Initiative Programme***

Your university wellbeing / counselling service – email address and telephone number with times

Your university police team – contact details

Your local police force – telephone 101 and specific web pages on their website

Local Rape Crisis Centre – website and helpline number with times

Local Sexual Assault Referral Centre – website and helpline number with times

Check with your local Public Health Department for other local services.

Local agencies including the police can refer survivors/victims to Independent Domestic Violence Advocates (IDVAs) and Independent Sexual Violence Advocates (ISVAs). You can also refer yourself to your local IDVAs or ISVAs. To find out how to get in contact with your local IDVA service, refer to your local authority website which should contain information on specialist domestic abuse services in the area. You can also email [idva@caada.org.uk](mailto:idva@caada.org.uk). To find out how to get in contact with your local ISVA service, visit the Survivors Trust website at <http://www.thesurvivorstrust.org/isva/>