



SAFE

Sexual Assault Forensic Examination Centre

NHS

Lancashire Teaching
Hospitals

NHS Foundation Trust

Information for patients and carers

What happens now?

Lancashire Sexual Assault and Forensic
Examination Centre

People involved in your case

Police Station: _____

Telephone number: _____

Incident reference number (log): _____

Your SAFE Centre case number: _____

Support and counselling

Some people feel better if they talk about what has happened, and some need emotional support and practical advice.

Although families and friends may be able to listen and support you, you can get additional or alternative help from a trained counsellor, Independent Sexual Violence Advisor or child advocate. This can give you a safe, confidential space to talk about your feelings and concerns.

Lancashire Victim Services are available 24 hours a day, 7 days a week on telephone number: **0300 323 0085**.

If you contact the SAFE centre on **01772 523344**, they can tell you what counselling services are available in your area. With your permission, a SAFE Centre representative will contact you seven to ten days after your forensic examination to check on your welfare.

Should you wish to speak to a member of the team before this, please ring the centre between 8.30am and 4.30pm, Monday to Friday.

Please note that if the telephone is engaged or the SAFE Centre is unable to answer your call, a confidential voice-mail system is in place. If you leave your details, we will return your call as soon as possible.

Emergency contraception

If you have been given or prescribed emergency contraception the medication may make you feel sick. If you vomit within 3 hours of taking it, you should contact your GP/out of hour's service/pharmacy/family planning clinic for advice as you may need to repeat the medication or have further treatment.

Sexually transmitted infections

Following a rape or sexual assault there is potentially a risk of contracting a sexually transmitted infection (STI). Some of these infections may not cause you any symptoms, discomfort or discharge.

If appropriate, you will be offered a referral to your local Genitourinary Medicine (GUM) clinic for follow up or into our paediatric screening clinic. Lancashire Sexual Health Clinics can be contacted on telephone number: **0300 1234 154** if you'd like to make your own arrangements. For children under 13 years old, referrals are made via SAFE centre.

If you are considered to be at an increased risk of a blood borne infection e.g. HIV/Hepatitis B, then you may have been given some initial treatment. Further treatment will be provided by your local GUM clinic, and they are contactable on the number above.

It is important that you attend any appointment arranged for you.

Other Information

You have given consent today for the details of your medical examination and notes made by the doctor to be shared with professionals working on your case. If you wish to withdraw this consent at any time, please contact the SAFE centre and speak to the SAFE centre manager or clinical director.

Contact details

Should you require further advice or information, please contact the Lancashire SAFE centre at Royal Preston Hospital on **01772 523344**.

Email: safe@lthtr.nhs.uk

Website: www.lancsteachinghospitals.nhs.uk/our-services?service=58

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.nspcc.org.uk/

www.samaritans.org/

<https://rapecrisis.org.uk/>

Police/Medical Emergency: 999

Samaritans: Text 116123

NSPCC:0808 800 5000 **Childline:**0800 1111

Refuge: 0808 2000 247

Rape crisis: 0808 802 9999

NHS Wellbeing & Mental Health helpline: 0800 915 4640/text

'HELLO' to 07860 022 846

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Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

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Division: Women and Children

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