

All ARCH practitioners are completely independent of other agencies and their only interest is in supporting and advising you. With your permission, they will work with other agencies on your behalf making sure you have all the information you need as well as always making sure your voice and opinion is heard.

## WHAT TO DO NEXT

If you want to know more about our ISVA or Counselling services and how they might help, please get in touch and one of our team will be more than happy to answer any questions.

**We believe, we care  
and we are with you!**

ARCH Teesside  
22 Hoylake Road  
Middlesbrough  
TS4 3JL

The ARCH Teesside website is a good way to look at ways we might be able to help [www.archteesside.org](http://www.archteesside.org)

If you want to contact us in confidence, you can email:  
General Enquiries - [admin@archteesside.org](mailto:admin@archteesside.org)  
Referrals Enquiries - [referrals@archteesside.org](mailto:referrals@archteesside.org)  
Confidential Email Support - [Support@archteesside.org](mailto:Support@archteesside.org)

Or if you want to speak to someone in person, telephone  
**01642 822335** during our opening hours:  
Monday and Friday 8.30am - 5.00pm  
Tuesday, Wednesday, Thursday 8.30am - 7.00pm

ARCH Teesside is Charitable Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales: No 1154766



# arch

Sexual Violence Services in Teesside

## SPECIALIST SEXUAL VIOLENCE AND ABUSE SUPPORT FOR ADULTS IN TEESSIDE

**We believe, we care  
and we are with you!**

ARCH is a charity with many years' experience of working with victims and survivors of sexual violence and abuse. We are based in Middlesbrough but cover the whole of Teesside. All our services are free, confidential and available to anyone who has experienced any form of sexual violence and abuse – at any time in their life.



# WHAT CAN ARCH DO TO HELP YOU?

## Our ISVA Service

If you have reported or told someone about being raped or sexually abused at any time in your life, it is very likely you will have a lot of questions about what you can do about it and what might happen next. An Independent Sexual Violence Adviser (ISVA for short) can help you to look at what is best for you and help support you through the next steps.

Our experienced ISVA's are there to give you free, independent and confidential advice around things like police investigations and criminal justice processes you might become involved with. People often think that we cannot offer help if what happened is not reported to the police or it happened a long time ago - well we can!

We know from years of helping people, everyone's experience is personal to them and we are here to listen without judgement and offer you as much support as we can. The ISVA will never ask you to discuss the details of what happened to you. If you just want to talk to us or thinking about talking to the police, then we can help explain the process to you.

## Our Counselling Service

After experiencing rape or sexual abuse, you may well be struggling to cope with your feelings and emotions. We know that without the right support these feelings can sometimes escalate to self-blame, lack of self-esteem, depression or self-harm.

People have told us it can be very difficult for them to turn to relatives or friends to open up about what happened and that is when our specialist non-judgmental counselling might be able to help. Counselling at ARCH gives you the opportunity to explore your feelings in a comfortable safe space. Meetings always take place in a supportive environment and on a one-to-one basis at a time and pace that suits you.

We are BACP (British Association of Counselling and Psychotherapy) accredited and all of our counsellor's work to their high standards. We can often arrange counselling before you have to attend court which people tell us can be very helpful.

## Our ARCHWay Service

An ARCHWay specialist ISVA helps people involved in or exploited through the sex industry who have experienced rape, sexual assault or abuse. We are a fully inclusive service and work with anyone aged 18 and over.

We can help you, no matter when it happened or who the perpetrator was and whether you want to report to the police or not. We know from our work that there are many barriers for people to come forward but we can offer a confidential and discreet safe space for you to talk. We take your right to privacy very seriously and our confidential email support is security restricted with no way of tracing the sender.

## Our Life Enhancement Skills Advice

Experience tells us that many people struggle to make sense of what happened and are unable to concentrate or cope with everyday issues like paying bills, attending appointments or returning to work. We know it's difficult but once you are working with your ISVA or Counsellor, they can refer you to one of our specialist advisors.

They have a little more time to work in areas you may be struggling with and they will help, together with your ISVA or Counsellor to help with things like housing advice, drug and alcohol problems, returning to work, training or education and welfare benefits.

