



GIG
CYMRU
NHS
WALES

Gwasanaethau Ymosodiad
Rhywiol Cymru (GYRC)
Welsh Sexual Assault
Services (WSAS)

SARC Awareness Raising Toolkit

#SARCsWales

collaborative.nhs.wales/SARCs

Help raise awareness

We want to raise awareness of sexual assault referral centres (SARCs) and encourage victims and survivors of sexual assault and abuse to seek help.

Here are four simple ways you can get involved:

- Put a link to the SARC video and animation on your [website](#)
- Share our SARC video and animation with the [public, your colleagues, and networks](#)
- Share [key messages](#) about SARCs on [social media](#) - you'll find suggested wording and images to use in this toolkit
- Follow us on twitter and **retweet our content** - our twitter handle is [@WSAS Programme](#)

In this toolkit we've also included general information about [SARCs](#).

Key messages

- Sexual assault and abuse can happen to anyone. It may be a single event or happen repeatedly.
- Sexual assault referral centres - or SARCs - provide a safe space and dedicated care for people who have been raped, sexually assaulted or abused.
- Sexual assault referral centres are here for everyone.
- SARCs offer specialist practical, medical and emotional support.
- You can contact a sexual assault referral centre to make an appointment or ask someone else, such as a healthcare professional, charity, friend or family member to do this for you.
- It doesn't matter when it happened and whether you choose to involve the police or not, support is available to everyone.
- If you have been raped, sexually assaulted or abused and don't know where to turn, turn to us. We are here.
- Specially trained advisers are also available to support you through the criminal justice system if you decide to report the assault to the police. They can also support you through the trial, should the case go to court.

Video and animation



A powerful film that addresses common questions and concerns many people face after being raped, sexually assaulted or abused.

youtu.be/701yGTpjs7E



An animation that describes the help and support available within a SARC, based on the experiences of victims and survivors of sexual assault and abuse as told in their own words.

youtu.be/K6Ftxol6FRY

How to get involved: Text for email, newsletter or website

Text that can be used with the animation and video, whether sharing by email, newsletter or on your website.

New campaign launches to support survivors of sexual assault and abuse

A powerful new [film](#) and [animation](#) have been released describing the services and support provided by sexual assault referral centres - SARCs - in Wales.

SARCs offer specialist practical, medical, and emotional support for victims and survivors of rape, sexual assault and abuse, regardless of whether they choose to involve the police or not.

If you have been raped, sexually assaulted or abused and don't know where to turn, visit collaborative.nhs.wales/SARCs to find your nearest sexual assault referral centre.

How to get involved: General text about SARCs

Sexual assault and abuse can happen to anyone and many people don't know what to do, where to go, or who to turn to.

Sexual assault referral centres - or SARCs - provide a safe space and dedicated care for people who have been raped, sexually assaulted, or abused.

It doesn't matter when it happened or whether you choose to involve the police or not. SARCs are here for everyone, offering specialist practical, medical, and emotional support across Wales.

SARCs offer a range of services, including crisis care, medical and forensic examinations, emergency contraception and testing for sexually transmitted infections.

They can also arrange access to an independent sexual violence advisor, as well as referrals to mental health support and voluntary sector sexual violence support services.

If you have been raped, sexually assaulted or abused and don't know where to turn, visit collaborative.nhs.wales/SARCs to find out more information or to find your nearest sexual assault referral centre.

How to get involved: Social Media

You can use the suggested text through your social media channels. Tag us on Twitter using @WSAS_Programme or #SARCsWales.

Sexual Assault Referral Centres (SARCs) provide a safe space, specialist support & dedicated care for people who have been raped, sexually assaulted, or abused. Visit collaborative.nhs.wales/SARCs to find your nearest centre
#SARCsWales

Sexual assault referral centres are here for everyone and offer specialist medical, emotional, or practical support. If you have been raped, sexually assaulted or abused and don't know where to turn, visit collaborative.nhs.wales/SARCs for more information and to find your nearest centre. #SARCsWales

Sexual Assault Referral Centres (SARCs) provide a safe space and dedicated care for people who have been raped, sexually assaulted, or abused. It doesn't matter when it happened and whether you choose to involve the police or not, support is available to everyone. Visit collaborative.nhs.wales/SARCs for more information and to find your nearest centre. #SARCsWales



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Thank you for supporting the SARC Awareness Raising Campaign

We'd like to thank NHS England who gave us permission to
adapt the animation and video

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