

Have you, or  
someone you know,  
been raped or  
sexually assaulted?



Telephone

**0845 456 4810** (24 hours)

email

**contact@theharbourcentre.co.uk**

website

**www.theharbourcentre.co.uk**

The Harbour Centre  
offers support  
for survivors  
of sexual assault

theharbourcentre

Working in partnership



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# The Harbour Centre is here to help you

## We are here to help

The Harbour Centre is a sexual assault referral centre, where specially trained professionals can help anyone who has been raped or sexually assaulted.

## How can we help?

You can speak to a Crisis Worker who can give you support and talk through your options

You can talk to the police, if you want to – but you don't have to, this is your choice

We can talk to the police on your behalf, and can do this anonymously

You can have a medical examination on site where we can secure forensic evidence

You will be offered ongoing support from an Independent Sexual Violence Advisor

You can talk to someone about counselling to help you through these difficult times

It is up to you if you want to see us. All you need to do is phone for an appointment before visiting. You don't need to report the assault to the police or see your GP first; you can call us 24 hours a day.

## Do I have to talk to the police?

You don't have to talk to the police. However, Norfolk Constabulary has worked with local Primary Care Trusts to set up The Harbour Centre, so if you do decide, at any time, to talk to police, you can ask one of our Crisis Workers to arrange this.

## The right people to help you

All our staff are highly skilled and trained to deal with people who have been raped or sexually assaulted. They can offer initial and on-going support.

To contact us  
phone:  
0845 456 4810

## Useful contacts:

### Norfolk Constabulary

Dial 999

or non-emergency

0845 456 4567

### Victim Support

Norfolk Victim Support 01603 629 577

National Victim Support 0845 3030 900

### SEVA

incorporating Norwich Rape Crisis & Mpower

Helpline for women 01603 667 687

(Tues 19.00 – 21.00

& Fri 12.00 – 14.00)

Helpline for men

0808 808 4321

(Thurs 20.00 – 22.00)

### Women's Aid

Leeway – Norfolk & Great Yarmouth

0845 241 2171

### National Domestic Abuse Helpline

0808 2000 247

### NSPCC

0808 800 5000

### Forced Marriage Unit

0207 008 0151

### Crimestoppers

If you do not want to talk to the police  
call anonymously on

0800 555 111