

# CHISVA Support

CHISVA's are Independent Sexual Violence Advisers for children and young people.

We work with anyone - in Nottingham City and county - under the age of 18 who has disclosed sexual abuse or assault.

EMOTIONAL  
SUPPORT

PRACTICAL  
SUPPORT

SUPPORT  
FOR YOUR  
FAMILY

SUPPORT  
WITH  
POLICE &  
COURT

ASSESSMENT

This is where we look at how we can help you.

Support can be through:

HEALTH

EDUCATION

COPING

ADVOCACY

This is where we speak with others to make sure your wishes and feelings are listened to.

## What to expect...

The workers at East Midlands Children & Young People's Sexual Assault Service (EMCYPSAS) at QMC will refer you onto us; we will then give you a call to introduce ourselves, and to see how you are doing.

You may be feeling anxious or afraid about what has happened, or what may happen in the future. We are here to answer the questions that you have, to listen to your worries, and to reassure you. Most importantly, we are here to support you.

## Meeting with your CHISVA

After we have introduced ourselves, we will arrange to meet with you somewhere that's easy for you; it might be with a parent or someone who looks after you - if that is okay with you.

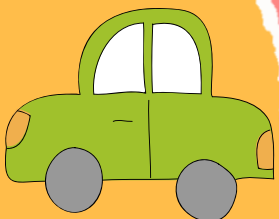
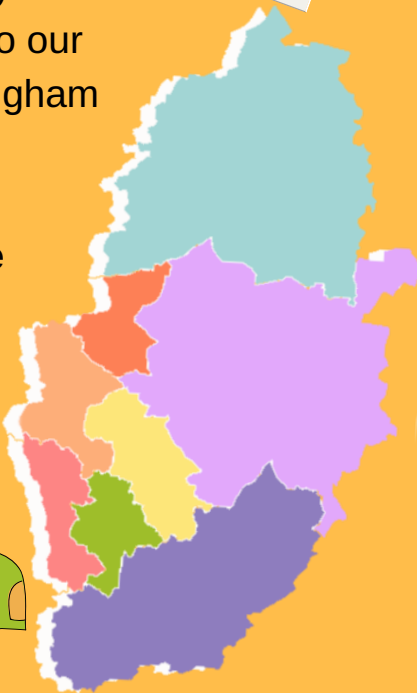
**Like the branches of a tree, our support goes in many different directions:**

This is our office  
in Nottingham:



Don't worry if you  
can't make it to our  
office in Nottingham  
city:

We can come  
to you!



# Referrals

If you feel that you, or somebody you know, could benefit from our help please contact the East Midlands Children and Young People's Sexual Assault Service at QMC.

They can be contacted on:



 0800 183 0023

If you would like to learn more about Imara, what we do, and to meet the team - you can visit our website:

[www.imara.org.uk](http://www.imara.org.uk)

The website also has some useful self-help guides and advice which you may find useful - you are welcome to use and share these!

Funded by:



The Nottinghamshire  
Children & Young People's  
Independent Sexual Violence  
Adviser (CHISVA) Service

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