

## LOCAL ORGANISATIONS THAT OFFER HELP

### **Survivors' Network (Sussex Rape Crisis Centre)**

W: [www.survivorsnetwork.org.uk](http://www.survivorsnetwork.org.uk)

T: 01273 720 110

### **RASASC (Rape and Sexual Abuse Support Centre – Surrey)**

W: [www.rasasc.org](http://www.rasasc.org)

T: 01483 546400

### **Lifecentre**

Support for unwanted sexual experience

W: [www.lifecentre.uk.com](http://www.lifecentre.uk.com)

T: 01243 786349

**Thrive** – visit Lifecentre website resources section  
and download this free mental health wellbeing app

### **Solace Centre (Sexual Assault Referral Centre - Surrey)**

W: [www.surreysolace.org](http://www.surreysolace.org)

T: 0300 223 0099 (24/7)

T: 01932 867581

### **The Saturn Centre (Sexual Assault Referral Centre – Sussex)**

W: [www.saturncentre.org](http://www.saturncentre.org)

T: 0300 223 0099 (24/7)

T: 01293 600469

### **Surrey Mental Health Crisis Helpline**

T: 0800 915 4644

### **Sussex Mental Health line**

T: 0800 0309 500

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

Registered Charity No. 252878

THE CATHOLIC DIOCESE OF  
ARUNDEL & BRIGHTON



# HURT BY ABUSE?

Break The Silence

Disclose The Secret

A GUIDE FOR VICTIMS AND SURVIVORS

## PASTORAL CARE

We are committed to helping and supporting you through this process. Here are some of the ways that we might be able to support you:

### **Pastoral support from the Diocese:**

Our safeguarding coordinator can offer you time and space in which to speak and tell your story. Full confidentiality cannot be promised, particularly if there is an ongoing risk to you. If information needs to be shared with others we will explain to you who it will be shared with, and why and how it will be kept secure.

### **Support during the investigation of your case:**

You will be given the contact details of a person whose role it is to keep you updated.

## SPEAKING OUT

Speaking out about abuse is a key step towards healing and recovery. You are not to blame for what happened to you. We want to offer you the opportunity to be listened to and to have your concerns taken seriously. Speaking out about abuse after years of silence can be frightening.

## BREAK THE SILENCE

There may be reasons why you have not spoken out before:

- Fear of your concerns not being taken seriously.
- Afraid you will not be believed.
- Felt it may cause problems for your family.
- Felt ashamed.
- Were afraid you would be blamed.
- Felt it may damage your relationship in the church community.

For someone who has been abused the prospect of breaking the shame, perhaps after many years of secrecy, is very frightening. We want to help and support you.

Deciding how and why to speak out is a personal matter, whatever your reasons we want you to be heard, taken seriously, and be supported. The Diocesan Safeguarding Team can be contacted by phone or email, contact details are here: [www.abdiocese.org.uk/safeguarding/home](http://www.abdiocese.org.uk/safeguarding/home)

If you would prefer to contact an organisation outside the Diocese some contact details are included below.

## NATIONAL ORGANISATIONS THAT OFFER HELP

### **Safe Spaces**

Supporting survivors of church related abuse

W: [www.safespacesenglandandwales.org.uk](http://www.safespacesenglandandwales.org.uk)

T: 0300 303 1056

### **Survivors UK**

Male Rape and Sexual Abuse Support

W: [www.survivorsuk.org](http://www.survivorsuk.org)

T: 020 3598 3898

### **Samaritans**

For help during a difficult time

W: [www.samaritans.org](http://www.samaritans.org)

T: 116 123

### **The Survivors Trust**

W: [www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

T: 0808 801 0818

### **SHOUT**

Crisis text service for mental health

Text SHOUT to 85258

W: [www.giveusashout.org](http://www.giveusashout.org)

