

The Sexual Assault Centres



**SPECIALISED CARE
FOR VICTIMS OF SEXUAL
VIOLENCE AND FOR THEIR
SUPPORT CIRCLE**

A Sexual Assault Centre (Centre) offers multidisciplinary care to victims of sexual violence and advice to their family or friends.

All care is provided in one location by a team especially trained to provide care to victims of sexual violence. We will explain your options.

As a victim, your well-being is central, and you decide which steps will be taken. If you want to file a complaint, you can do so in the Centre, but this is not a requirement to be able to enjoy the offered care.

The Centre can be reached 24/7.



What can the Centre offer you?

- **Medical care:** Your wounds and injuries will be taken care of by our nurses, possibly assisted by a doctor. You will be medically examined and the physical, sexual or reproductive consequences of the sexual violence will be treated.
- **Forensic examination:** With your permission, any injuries will be determined and any traces of the perpetrator will be searched for. We try to collect as much evidence as possible.
- **Complaint:** At the Centre, you can submit a complaint to a trained vice investigator. Still unsure about lodging a complaint? We will store the collected evidence for a pre-agreed period. This will give you more time to decide and the possibility to file a complaint later.
- **Psychological care:** We will offer you a listening ear and we will give you information about the normal reactions after sexual violence and advice on how to deal with it.
- **Aftercare:** After the initial medical care, we can monitor you from a medical and psychological perspective, so that you are not alone. The Centres psychologist can further guide you during your recovery process. Considering your needs, a proper referral to the appropriate psychosocial and legal services will be ensured.

When can you visit the Centre?

Were you a victim of rape or were you touched in the last 7 days without consent?

Contact the nearest Centre as soon as possible. To increase the chance of finding forensic evidence, it is best to visit us within 72 hours of the assault.

You can come directly to the Centre or you can email or call first. The Centre is available day and night. Feel free to bring a trusted person for support.

Did you experience sexual violence more than 7 days ago?

Call or email for an appointment. Together, we will look at what care is still available in the Centre and refer you to the appropriate support services.

TIPS

If you decide to come to the Centre:

- Come as soon as possible after the facts.
- Bring as many items as possible which may contain traces of the perpetrator, if possible in a paper bag: the clothing you wore during the assault, sheets or bedding, pillowcases, a condom, sanitary towels or toilet paper, ...
- Try not to urinate. Do you have to go urgently? Try to catch the urine in a receptacle and bring it along.
- If possible, avoid drinking, eating, or washing yourself so that any traces are preserved as well as possible.



Who can get support at the Centre?

As a victim of sexual violence, you are always welcome at the Centre, regardless of your origin, religion, gender identity, age, physical or mental disability, or residence status. Our doors are open for everyone!

As a friend, partner or family member of a victim of sexual violence, you can go to the Centre for advice or psychological support.

Seeking help is important !

Becoming a victim of sexual violence is a traumatic event that can have medical and psychological consequences.

Research shows that victims who quickly seek help and receive holistic care have a greater chance of recovery. So don't hesitate to contact us.

Where to find a Centre?

Surf to the website <https://sac.belgium.be> to find the address and telephone number of your nearest Centre.

Or use the QR code below.



This text was translated from Dutch.

This publication is also available in Dutch, French, German, Arabic, Italian, Ukrainian, Polish, Portuguese, Romanian, Russian, Spanish and Turkish.