How we can help

Victim Support is an independent charity that offers free and confidential support to anyone affected by crime and traumatic incidents.

We will listen with compassion and tailor our support to you.

We can work with you to understand the impact of the crime, and where you may want further support. Our help could include speaking to the police, accessing legal advice, financial support or mental health services.

We also provide opportunities for you to share your experience with others, such as the media, or to help other victims.

Telling the police

We are independent of the police and will support you whether or not you've reported the crime to them.

If you decide you want to report it, we can give you the information about what to expect and support you through the process.

Diversity matters and we value it

We are committed to supporting the needs of the diverse communities we serve. We can provide interpreters and information in alternative formats. If you have additional needs please let us know so we can put the right support in place.

Supportline: 08 08 16 89 111

Your local Victim Support:

Devon & Cornwall
0300 303 0554

We are an **independent** charity offering **free**, **confidential** support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using our 24/7 live chat service: **victimsupport.org.uk/live-chat**
- using BSL: **victimsupport.org.uk/bsl**
- Online: **victimsupport.org.uk**

To find out how you can help us, visit **victimsupport.org.uk/get-involved**

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VICTIM SUPPORT

YOUR SUPPORT NETWORK

Helping you feel connected



victimsupport.org.uk

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Support that's right for you

Crime impacts everyone differently, so it's important that support is available in different ways too.

Some people feel more comfortable talking to friends, family or colleagues. Others may prefer to speak to someone they don't know. Some people may not want to speak to anyone at all, so guided self-help may work best.

Whatever works for you, getting support can help you to move forward from crime and feel less isolated.

Building a support network

Support networks are the people we have in our lives that have a positive impact on our wellbeing. They are the people who are there for us when we need a little help. They can be friends, family, colleagues, neighbours or social groups that we are part of.

Even when we already have support networks in place, it can be hard knowing where to turn after a crime. You may feel like nobody understands, or you may find talking to the people who you would usually talk to difficult. This might be because you don't want to worry them or because you don't know what to say.

It's important to remember that our support networks can be vital in helping us get back on track, so it might help to think about the people you know who already provide a great support network for you.

You can also build new support networks. It may help to speak to others who've been through a similar experience through a peer support group or there may be befriending services or social clubs in your local area that you want to join.

Another support network could be accessing counselling services. You can speak to your GP for more information about counselling or talking therapy services in your area.

Some employers also have an Employee Assistance Programme (EAP), so you may want to check what support is available through work.

Our services

Victim Support is here to help anyone affected by crime, not only those who experience it directly, but also their friends and family.

Regardless of when the crime took place, you can access personalised support and information from us.

Your local Victim Support

Our teams of highly-trained staff and volunteers provide a wide range of specialist services. This includes one-to-one support, peer and group and online guided self-help.

Our specially trained supporters will help people affected by all types of crime, from burglary, hate crime, fraud and theft, to domestic abuse, child exploitation, and terrorism.

Your specially trained supporter will tailor help to suit your needs.

To find your local Victim Support:

- go to **www.victimsupport.org.uk**
- call Supportline on **08 08 16 89 111** and ask for your local service.

We also have a number of specialist services that may be available in your area. Find out more on our website.

iMatter

iMatter is an online programme designed for women aged 16 and over who have been, or are currently, victims of domestic abuse. It's suitable for those who are not at high risk, and is available in several languages.

Visit **victimsupport.org.uk/imatter** to find out more.

National Homicide Service

Our National Homicide Service provides support to bereaved families, giving them someone to talk to and helping them to navigate the criminal justice system.

You can contact our National Homicide Service **on 0300 303 1984**, or request support on our website.

My Support Space

My Support Space is an online resource that includes a range of interactive guides to help you manage the impact of crime.

We also have a number of supporter guides, designed for those who know someone who has experienced crime. It may be useful for those around you to use these guides to understand how they can support you.

To create your free account, visit: **mysupportspace.org.uk/moj**