



Derbyshire Healthcare
NHS Foundation Trust

Talking about non-recent abuse:

what happens after I speak about
my experiences?



Making a
positive
difference

Who is this leaflet for?

You might have experienced abuse in the past, and are wondering whether to talk about this, perhaps for the first time. Or, you might have already talked to someone about your experience of abuse and are wondering what will happen to your information. This leaflet is to explain what might happen, and the circumstances when information might need to be shared. It also gives some details of places you can get some support with this.

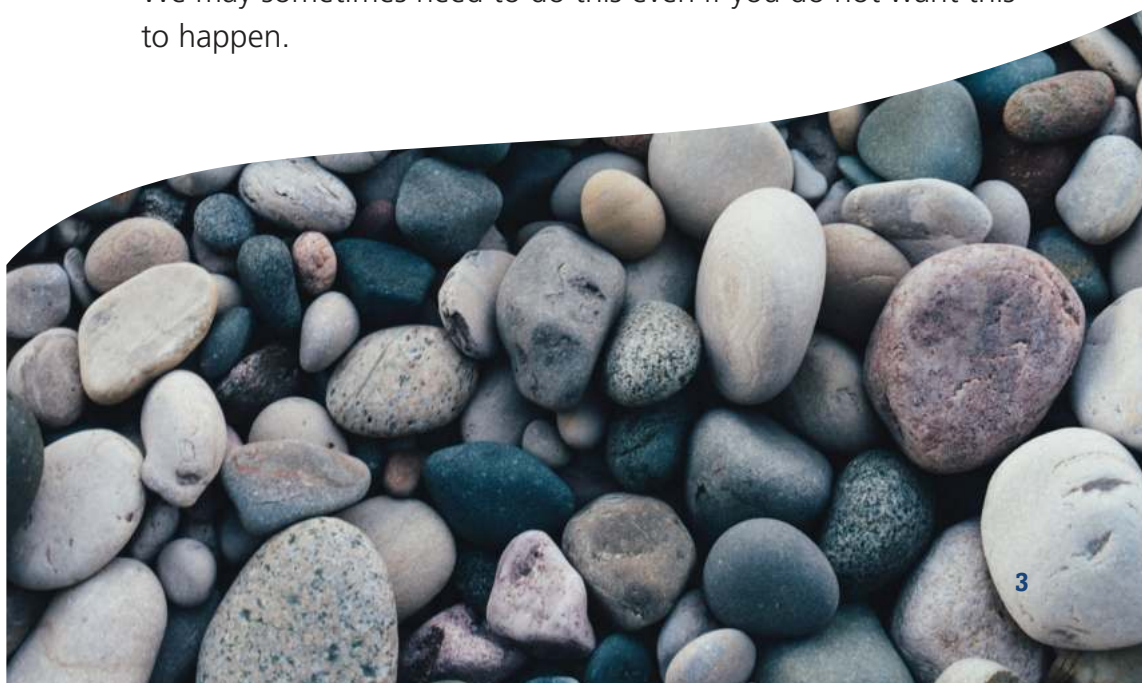
What happens if I talk about abuse?

- A person's mental health can be affected by difficult things in their life. We know that lots of people reading this leaflet may have been hurt by others.
- It can be very hard to talk about these experiences. You might be worried about being judged or not believed. You might have mixed feelings towards the person who has hurt you.
- People can be worried about what happens after they share information with a professional.
- In this leaflet we want to talk about some of the worries you may have about this. We hope this will help you decide what information you choose to share with us.
- This is part of finding a safe way to talk about important or difficult things in your life.

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Our priorities

- We take seriously any reports of abuse, whether the abuse is ongoing or happened to you in the past.
- We really want to support you in your recovery. We know that people need to feel safe to recover and heal.
- We also want to protect others from harm. We know that in the past, services have not always done enough to protect others.
- We know that people who are abusive to others often repeat these behaviours over time.
- Because of this we want to do what we can to protect and prevent harm to others.
- This means that if you choose to disclose abuse to our staff, they have a professional responsibility to consider whether that information needs to be passed on to the police or social care. We may sometimes need to do this even if you do not want this to happen.



What happens to my information after I report abuse?

You may want some support in reporting your abuse to the police or social care. You may not wish for any information to be shared or you might not be sure what you want right now. We hope that this leaflet can help you make an informed decision about what you share and how much you share.

- The two agencies that we may share information with are social care and the police.
- The role of social care is to make sure vulnerable adults and children are safe. The role of the police is to use laws to protect people.
- We know it can be very difficult for people when we need to share things with the Police or Social Care.
- It is really important that you know when we need to share things with these agencies.
- **We hope that telling you about this will give you more choice and control over what you decide to tell us.**

- Some people choose not to go ahead with a formal criminal investigation. However they may still want to share details about someone to protect others.
- This may be used to see:
 - If there are any other concerns about this person.
 - Whether this person has contact with children or vulnerable adults now.
 - Whether anything needs to happen to keep vulnerable people safe from harm now.
 - Sometimes people can give information to the Police or Social Care without giving their name.
 - We would like to support you with this, should this be something you wish to do.





What if I don't want things to be shared with others?

There may be some circumstances where we have a professional responsibility to pass on information even if you don't want it to be shared with others. An example of this might be if there may be risk to yourself or others in the present, and this needs to be assessed further by the police or social care.

- The things we need to think about when deciding to share things with the Police or Social Care include:
 - What has happened
 - The risk to you
 - The risk to others.
- The minimal details we would need to share things with the Police or Social Care includes some or all of:
 - What has happened
 - Where and when this happened
 - Any data that could identify the person.

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How will you support me with this?

- If we needed to talk with the Police or Social Care we would want to support you with this. We would let you know who we need to speak to and what will happen next.
- Sometimes people choose not to tell us about things that could identify a person (such as their name or relationship to you). This then limits what information we have to pass on to the Police or Social Care.
- **Whatever you decide to tell us, we would really like to help you to recover and heal in a safe way.**
- If you have concerns about this please talk with your mental health worker. You can then find a way to manage this together.





What if I want to report past or current abuse myself?

- Some people want to talk directly with Social Care or the Police about abuse they have gone through in the past.
- This might be to stop others from being hurt. It might be so the person faces the consequences of their harmful and illegal behaviour.
- Derbyshire Police have a team of specialist officers who are trained to work with survivors of past abuse.
- They can sometimes meet with a person to talk about what is involved in reporting a crime. This can help you choose whether you want to give a formal statement or not.
- Usually the Police want to support someone's choice if they don't want to go ahead with an investigation. In some situations it is not possible to guarantee this.

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What support is available?

The current Derby and Derbyshire Safeguarding Board procedure for adults who disclose non-recent abuse can be found at http://derbyshirescbs.proceduresonline.com/p_adults_dis_historical.html

Anyone affected by issues raised in this leaflet can also seek support from the following organisations:

Samaritans

Tel: 116 123 UK (open 24/7)

Email: jo@samaritans.org

Website: <https://www.samaritans.org>

CISTers (Surviving Rape and/or Sexual Abuse)

Tel: 02380 338080

Email: jhelpme@cisters.org.uk

Website: <https://cisters.org.uk>

24 hour, answer phone is usually monitored daily during the week and callers can choose to leave their name and phone number, and they will call back and will take care when doing so. The helpline is available to female adult survivors of childhood rape/sexual abuse, and others can call if they have a concern about such issues. In the case of the latter they will seek to signpost them to appropriate services.

HAVOCA - Help for Adult Victims Of Child Abuse

Website: <https://www.havoca.org>

HAVOCA is run by survivors for adult survivors of child abuse. "We provide support, friendship and advice for any adult whose life has been affected by childhood abuse." Please note: HAVOCA does not offer telephone support, they offer a number of resources online.

MOSAC (Parents of Sexually Abused Children)

Tel: 0800 980 1958 Website: <https://www.mosac.org.uk>

Supporting all non-abusing parents and carers whose children have been sexually abused. They provide various types of support services and information for parents, carers and professionals dealing with child sexual abuse.

The National Association for People Abused in Childhood

(NAPAC) Free Call: 0808 801 0331 Telephone support line opening hours: Monday – Thursday 10am-9pm and Friday 10am-6pm

Website: <http://napac.org.uk/>

NAPAC provides a national freephone support line for adults who have suffered any type of abuse in childhood.

Safeline

Tel: 01926 402 498 Mon—Fri: 9am to 5pm

National Male Survivor Helpline & online support: 0808 800 5005

Mon—Fri: 9am to 8pm and Sat-Sun: 10 am to 2pm

Text Support: 07860065187 Website: www.safeline.org.uk

Safeline is a specialised charity working to prevent sexual abuse and to support those affected in their recovery. Please see website for details of the different helplines available and times of operation.

SAIL – Sexual Abuse and Incest Line

Helpline: 0800 0282678 Text only: 07522 561397

Email: helpline@sailderbyshire.org.uk

Website: <https://www.sailderbyshire.org.uk>

Chesterfield - based organisation which offers free, specialist counselling for adults aged 18 and over in Derbyshire who have experienced childhood sexual abuse, incest or sexual violence. See website for opening times.

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SupportLine

Tel: 01708 765200

Website: <https://www.supportline.org.uk>

Confidential emotional support to children, young adults and adults by telephone, email and post SupportLine specialises in providing emotional support for adult survivors of childhood sexual abuse and anyone who has been raped/sexually assaulted. Open on: Tuesday, Wednesday and Thursday evenings 6pm to 8pm.

The Survivors Trust

Support, Advice and Info: 0808 801 0818, 24hr answer

Website: <http://thesurvivorstrust.org>

The Survivors Trust (TST) is a UK-wide national umbrella agency for 130 specialist organisations for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland.

SurvivorsUK Helpline Web Chat

Chat anytime via text: 0203 3221860

Website: www.survivorsuk.org

National Helpline Web Chat for men, boys or non-binary survivors of rape or sexual abuse (Mon– Sun: 12pm to 8pm)

SV2 Supporting Victims of Sexual Violence

Helpline: 01773 746115 open 9am – 5pm Monday - Friday

Email: help@sv2.org.uk

Website: <https://www.sv2.org.uk>

Derbyshire based organisation supporting people who have experienced sexual abuse or violence. They support all genders from any age and offer counselling to both adults and children.

These details were checked and corrected in June, 2023.
Please check individual websites for up to date information.



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If you would like this information in a different language or format, including Easy Read or BSL, please contact dhcft.communications@nhs.net

Ak by ste chceli tieto informácie v inom jazyku alebo vo formáte, kontaktujte spoločnosť dhcft.communications@nhs.net

如果您想要将本信息用其他语言或格式显示，请联系 dhcft.communications@nhs.net

Si vous souhaitez recevoir ces informations en une autre langue ou un autre format, veuillez contacter dhcft.communications@nhs.net

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Pokud budete chtít tyto informace v jiném jazyce nebo ve formátu, kontaktujte dhcft.communications@nhs.net

Jeżeli chcieliby Państwo otrzymać kopię niniejszych informacji w innej wersji językowej lub w alternatywnym formacie, prosimy o kontakt z dhcft.communications@nhs.net

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ dhcft.communications@nhs.net

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