

Sexual contact or behaviour that happens when you don't want it, is never ok

At the Cambridge Clinic, we understand that seeking care after a sexual assault can feel challenging. All of our staff aim to make attending our service as comfortable, straightforward and private as possible. Feedback from our patients indicate that we are meeting our goal to provide a patient friendly service, with staff that are gentle and understanding.

Please let us know if there is anything we can do to make your visit easier and we will try to accommodate this.

Your appointment is booked for

Please contact us if you need to change this appointment.

Useful phone numbers & resources

Christchurch Police
03 363 7400
www.police.govt.nz/advice/sexual-assault

Sexual Assault Support Service Canterbury (SASSC)
03 377 5402

Safe to Talk – 24/7 sexual harm helpline
0800 044 334 or txt 4334
safetotalk.nz

Male Survivors Canterbury
03 365 9000
canmen.org.nz

AVIVA – Family violence services
0800 AVIVA NOW (28482 669)
avivafamilies.org.nz

Battered Women's Trust
0800 REFUGE (0800 733 843) or 03 379 0575

To find an **ACC registered therapist**
findsupport.co.nz

You can find out more about other support services and useful resources at the Cambridge Clinic website
cambridgeclinic.co.nz/links

**He moana pukepuke e
ekengia e te waka**

A choppy sea can be navigated



Cambridge Clinic
Providing sexual assault care
throughout Canterbury and
the West Coast.

The Cambridge Clinic is a specialist medical service for anybody aged 13 years and over, who has been sexually assaulted, recently or in the past. Our specially trained team provide medical and forensic assessments, and practical and emotional support.

Our services are free

Services offered

If you have been sexually assaulted in the last seven days

After any form of sexual assault, it's your choice, whether you see a healthcare professional or not. At the Cambridge Clinic, you are in control every step of the way.

It is normal to feel scared and anxious about asking for help, but it's a good idea to see someone for healthcare as soon as possible. Our team are highly trained, and with care, compassion and no judgement, we will make sure you are ok, and deal with any health concerns you have. If you choose to inform the police, we can support you in this process too.

We have these services available at an assessment after a recent sexual assault

- We can perform a forensic assessment (gathering evidence that may be useful in a police investigation)
- We can make sure that your body is ok, checking for injuries, giving you emergency contraception and testing and treating you for sexually transmitted infections
- We can help with immediate crisis support
- We will refer you to other support services as required
- We can continue to support you with follow up care

Your choices after a recent sexual assault

- You can choose to have our caring team do a forensic assessment and support you to talk to the police about your options.
- If you are unsure about talking to the police, that's ok too. If indicated, we can do the forensic assessment, but instead of giving this evidence to the police we can safely store until you have decided what you want to do.
- You can choose to have a medical check-up only, but not involve the police.

If you were sexually assaulted in the past

It's common, and quite normal to delay seeking help after a sexual assault. There are many reasons for doing so – you may be afraid, confused, or have feelings of guilt. These are all normal reactions, and we can support you at any time.

It's your choice to see a member of our team for healthcare. You can also choose to involve the police at any time after an assault and we can discuss this option with you.

We have these services available at an assessment after a past sexual assault

- We can make sure that your body is ok, perform a pregnancy test and test for sexually transmitted infections
- We can refer you to other support services

You are not alone. There is more information about our services and what to expect when attending an appointment at the Cambridge Clinic on our website cambridgeclinic.co.nz

How to get an appointment

If you are in danger or need urgent medical attention ring 111

The quickest way to get an assessment after a recent sexual assault is to contact Christchurch Police urgently on 03 363 7400 and discuss your options with them.

You can access our services in many ways, including calling us directly, or we accept referrals from

- Police
- Oranga Tamariki
- Any hospital, after-hours clinic or health service
- Support services

If you, or someone with you wants to contact us, please phone directly. Or use the online call back request form available on our website (please note this service is only monitored during office hours).

Phone 03 366 0067
Website cambridgeclinic.co.nz

Address 119 Bealey Avenue
Christchurch

Email office@cambridgeclinic.co.nz