

What should I do if I have been sexually assaulted?

A number of options are available to you.

In the Hutt Valley contact Hutt Rape Counselling Network (HRCN) 24/7 on **04 566 5517** or pager **0800 226 694**

In Wellington City, Porirua and Kapiti - Contact Wellington Sexual Abuse HELP 24/7 on **04 801 6655**

Alternatively you can speak directly to the **Wellington or Hutt Police** by dialling **04 381 2000**

If you would like to talk to one of our **Tū Pakari Ora** team for advice, call M-F, 9am to 4pm on **04 805 0522**

Forensic evidence can be lost when you:

- Eat
- Drink
- Smoke
- Use the toilet
- Wash/bathe/shower
- Change your clothes

Despite this, evidence can be collected up to 7 days after a sexual assault. If you think you may consider reporting to police now or in the future, please take advise from police or specialist services listed above, as soon as possible.

Tū Pakari Ora recognises that the responsibility for sexual assault and abuse belongs with the abuser

We offer a safe environment and sensitive medical and forensic care for all people ages 14 and over who have been sexually assaulted or abused.

Cuba Street Clinic

275 Cuba Street

Ground Level, Te Aro, Wellington 6011

DDI: 04 805 0522

Email: TuPakariOra@compasshealth.org.nz



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tū pakari ora

'to stand strong in health'

A community based...

Sexual Assault Medical Forensic Service

...providing free & confidential services in the Greater Wellington area for people aged 14 and older who have been subjected to recent or past sexual violence...

Have you ... Or someone you know ... Been affected by sexual assault?

Our Services

- 24/7 roster of doctors and nurses on call to provide medical forensic examinations (evidence can be collected up to 7 days after an assault)
- Non-forensic medical assessments for those who have been assaulted in the past
- Testing and treatment for sexually transmitted infections (STI's)
- Pregnancy testing and emergency contraception

Service Locations

Our main office, **Tū Pakari Ora** is at 275 Cuba Street, Te Aro, Wellington.

We provide acute and follow up services at the Cuba Street Clinic or we can arrange to see you in Lower Hutt.

What is sexual assault?

Sexual assault or abuse **is a crime** which involves any sexual contact that happens without your consent.

Sexual assault is common **and can happen to anyone.**

Do I need to report the assault to the Police?

No. You have many options.

You can discuss these with the **Tū Pakari Ora** team.

Follow up services:

We understand that the effects of sexual assault and abuse vary from person to person

After an acute medical/forensic examination, one of our team will arrange your follow-up visits:

- To assess and make referrals for ongoing concerns you may have
- To review your non forensic lab results
- Provide additional testing or immunisations as required

With your permission we can also:

- Refer you to other health related agencies
- Liaise with your GP
- Refer you to a specialist support or counselling agency
- Liaise with Police on your behalf

