

Useful Contacts:

Lincolnshire Police

Dial **999** or non-emergency **0300 111 0300**

Crimestoppers

If you don't want to talk to the police call anonymously on **0800 555 111**

Women's Aid

Boston **01205 311272**

Grantham **01476 561131**

Lincoln **01522 576761**

South Holland (WASH) **01775 720400**

West Lindsey **01427 616219**

Lincoln Victim Support **01522 542687**

National Victim Support **0845 3030900**

National Rape Crisis **0808 802 9999**

Contraception and Sexual Health
Central Booking Line **01522 539145**

Children's Services **01522 782111**

NSPCC **0808 800 5000**

Adult Safeguarding **01522 782155**

Out of Hours Emergency Duty Team
01522 782333

Broken Rainbow **08452 60 44 60**
(for lesbian, gay, bi-sexual, transgender victims)

Men's Advice Line **0808 801 0327**

National Domestic Abuse Helpline
0808 2000 247

Forced Marriage Unit **020 7008 0151**



Telephone: 01522 524402
(office hours between 9.00 and 5.00, Mon – Fri)
01371 812686 (out of hours)

Email: info@springlodge.org

Website: www.springlodge.org

SUPPORT FOR SURVIVORS
OF SEXUAL ASSAULT

Lincolnshire Partnership 
NHS Foundation Trust


Lincolnshire




safer
communities
lincolnshire





HAVE YOU BEEN RAPED
OR SEXUALLY ASSAULTED?

Spring Lodge
is here to help you

The help you need

Spring Lodge is here to help anyone who has been raped or sexually assaulted.

How can we help?

- You can come and talk to an Independent Sexual Violence Advisor.
- You can speak to Victim Support or a Crisis Worker on site for emotional support and to run through your options.
- You can talk to the police if you want to – but you don't have to.
- We can talk to the police on your behalf if you like and can also do this anonymously.
- You can have a medical examination on site if you want to where we can secure forensic evidence.
- You can get advice about contraception.
- You can talk to someone about Sexually Transmitted Infections and get help and treatment.

To talk to someone, phone:

(01522) 524402 between 9.00 and 5.00,
Monday – Friday or at any other time phone
01371 812686

It is not your fault

- No matter what you wore, where you were or who you were with – IT IS NOT YOUR FAULT.
- You always have the right to say “NO”.
- You can get help.
- You make your own choices.

The right people to help you

All our staff are highly skilled and trained to deal with people who have been raped or sexually assaulted. They will offer initial and ongoing support whatever your choices.

We will make sure you talk to
the people you need

Spring Lodge is here to help you