

Westminster Mind



For better  
mental health



## Specialist Mental Health Independent Sexual Violence Advisor (ISVA)



# Support & Advocacy

for those with mental health needs and  
recent experience of sexual violence

**The Havens** are specialist Sexual Assault Referral Centres (SARCs) in London for people who have been raped or sexually assaulted. Our staff are fully trained and very experienced. They are experts in advising, supporting and treating those who have experienced sexual violence.

**Westminster Mind** works to improve the lives of everyone affected by mental health issues through the provision of services and by challenging stigma and discrimination.

Our **Mental Health ISVA** will support you holistically through the development of your own individual plan to increase your quality of life. She will advocate with external agencies, if wanted, to ensure that your voice is heard and your needs met, including help and support with all aspects of the criminal justice system; such as reporting to the police and accompanying you to court if necessary.

The **Mental Health ISVA** will help any woman or man over the age of 18 with severe or enduring mental health needs and who has been a victim of sexual violence in the last 12 months. You will be believed, you will be treated with dignity and respect and you can use our services without having to report the assault to the police.

People who have experienced sexual violence may have a variety of health, mental health and relationship/social needs. Working with our **Mental Health ISVA** can help you take control of your life by assisting you with planning, support and advocacy to put you in charge of your life.

**For further details or to make an appointment please contact:  
Havens Paddington SARC | Mental Health ISVA | tel: 020 3312 1101**

