

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 **026 363 9421**

In Wellington City - Contact Wellington HELP 24/7 on **04 499 7532**

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

If you would like to talk to a doctor or nurse for medical advice, contact **Tū Pakari Ora** between 8am and 5pm on **04 805 0522**

If you have just been sexually assaulted and wish to report to police now or think you may want to report it in the future it is helpful if you:

Do Not:

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

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 men and women ages 14 and over who have been sexually assaulted or abused.

Cuba Street Clinic

275 Cuba Street
Ground Level
Terralink House
Te Aro, Wellington 6011

Additional support for Tū Pakari Ora has been provided by the Wellington Police Department and the Wellington chapter of Zonta.

Sexual Assault Assessment & Treatment Service (SAATS)

Your community-based SAAT Service, caring for the greater Wellington District

tū pakari ora

...free & confidential specialist medical services for people who have been subjected to recent or past sexual abuse or assault...

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

Our Services

- 24/7 forensic medical 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
- Support in working with local Police if requested
- Referrals to crisis or counselling agencies, GPs and other health providers

Service Locations

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

You can be seen for both acute and follow up services at our Cuba Street clinic or we can arrange to see you at our Lower Hutt site.

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 confidentially with the **Tū Pakari Ora** team.

Your choices and wishes will be respected.

Follow up services:

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

After an acute medical/forensic examination, our nurse coordinator will arrange your follow-up visits:

- To assess and manage any ongoing concerns you may have
- To review your lab results

We can also:

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