

Social Groups

Our groups are informal and friendly – a chance for you to meet, socialise and take part in different, fun activities. We have women only groups and a mixed gender group and they meet once a month, at different times.

Coffee Mornings

Our coffee mornings give you an opportunity to meet people and learn useful coping strategies over a cup of coffee, in a friendly and safe environment. Make new friends and learn positive ways to cope with issues you might face, such as depression, loneliness, or low self-esteem. We meet once a month on a Thursday morning.

Self-help information

We provide self-help information about a range of issues and strategies that can help you cope. This information is available to view or print from our website, or contact us to have a paper copy sent to you.

Training for External Organisations

We can design, organise, and deliver training for external organisations on the effects and impact of sexual violence and abuse. For more information please contact us. Email trainer@rsvporg.co.uk

Get in touch

Services: 0121 643 0301
Helpline: 0121 643 4136

www.rsvporg.co.uk
info@rsvporg.co.uk
isva@rsvporg.co.uk

RSVP, PO Box 9558
Birmingham, B4 7QE

@RSVP_West_Mids

facebook.com/RSVPWM

instagram.com/RSVPWM

Text donation: it's easy to donate.
Just text **RSVP £5 (or any other amount)** to **70070**



a world free from sexual violence and abuse

Charity Numbers 508669 & 1134387 Company Number 6862873

"My counsellor has changed my life.
I can now see a future."



Compassionate support
for those affected by
sexual violence and abuse

We support and inspire people of any gender affected by sexual violence and abuse to make positive meaningful changes and live a future with hope and confidence.

We have supported survivors since 1978 when we were established as Rape Crisis.

We provide compassionate, confidential and free services to children and adults of all genders living in Birmingham and Solihull.

We offer some women only times and services.

We work in ways that recognise your rights and know that survivors come from all walks of life.

We are committed to equality regardless of age, disability, economic status, gender reassignment, gender identity, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sexual orientation or sex.

We will listen and believe you and will not judge you.

We will support you to make the decisions and choices that are right for you.

Our services are free but if you are able to we can arrange access to paid counselling with one of our partner organisations. Please ask for more information.

Our services are offered from Birmingham City Centre and a few other locations around Birmingham and Solihull too. Please ask for more details.

Adult Advocacy

Our Independent Sexual Violence Advocates (ISVAs) can provide you with advocacy, practical help and emotional support through a period of crisis. They can liaise with other services on your behalf to ensure that your voice is heard and your needs are met, and support you through criminal or civil proceedings should you choose to report.

Children & Young People's Advocacy

If you are 17 years old or under and have, or want to, report to the police we provide help called advocacy. We will make sure your voice is heard and your needs are met. We will keep you informed through police and court processes, helping you understand what will happen at each stage.

LGBT Advocacy

If you are lesbian, gay, bisexual, transgender (LGBT), or any other diverse gender identity or sexual expression, we have LGBT ISVAs to help meet your needs. We regularly work from Birmingham LGBT where you might prefer to be seen, please ask us for more details.

Sexual Violence Prevention

If you're a female sex worker we can offer you help through outreach support, advice, and information on reducing risk. Email pw@rsvporg.co.uk

All our advocacy and sexual violence prevention services can help you access specialised sexual health support through Umbrella. Call 0121 643 0301 and choose Option 2



In partnership with **RSVP**
rape & sexual violence project

Counselling

We will believe you, listen to you with empathy and help you to explore your feelings and any decisions you make. We have counsellors of different genders for you to choose from. We provide up to 24 sessions for you and up to 10 sessions for your supporters. Appointments can be daytime, evening or weekend. We may also be able to offer you telephone counselling.

Asylum Seeker & Refugee Support

If you are an asylum seeker or refugee and have experienced sexual violence, abuse or torture in the UK or another country, we offer counselling, practical support, and an informal social group. We work with interpreters so you can be supported in your own language.

Women Only Counselling Groups

Our small counselling groups offer you the chance to explore your feelings in a safe setting with other female survivors. They run weekly as a rolling programme with each group lasting 24 weeks.

Helpline

Our trained helpline workers are there to listen and support you, help you with any decision you want to make and build up your coping skills. They provide information on RSVP services and services offered by other organisations.

"I think it is an amazing service you offer. I don't know what I'd have done without your support."