

The National Independent Sexual Violence Advisor (ISVA) Coordinator

LimeCulture trains people to support anyone who has had an unwanted sexual experience. They have a special service for people who may find using services hard for any reason. These reasons can include their community or family, or their beliefs.

Lisa runs the service.

If you call her she can:

- Help you to decide what you would like to do
- Tell you about the help you can get. This can be all sorts of things like with money, your home, your health, or feeling safe
- Talk to you about what would happen if you decided to talk to the police
- Find the right service to help you near where you live

You don't have to tell Lisa what happened to you. Lisa will not tell anyone else what you say, unless she is very worried about you and thinks you need some urgent help.

If you would like to contact Lisa, please call free on 0800 246 5260. From Monday to Friday in the daytime Lisa will answer the call. At other times you can leave a voice mail if you would like Lisa to ring you.