



THE  
SURVIVORS  
TRUST

Supported by NHS England London

#CHECKWITH  
ME FIRST

# Could you tell us about your experience today?

We understand that healthcare appointments can be particularly difficult for survivors of rape, sexual abuse and sexual assault.

We want to help make it easier.

The Survivors Trust is working with NHS healthcare professionals to help service-users receive trauma-informed healthcare and we'd love to hear your feedback.



**SCAN THE QR CODE TO COMPLETE OUR SURVEY.**

Responding to this survey is NOT a way to make a complaint to the NHS about your experience. Please refer to the NHS guide on its Patient Advice Liaison Service (PALS) for more information on how to get advice and support from the NHS about your healthcare services, or to find out how to make a complaint.



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Opportunity to become a...

# TRAUMA-INFORMED HEALTHCARE champion!

The Survivors Trust is inviting you to join free, CPD accredited trauma-informed workshops running throughout 2022.

Sign up today to find out how to help survivors of sexual abuse or violence feel more comfortable when accessing healthcare services.

**For more information email  
[nhs.checkwithmefirst@thesurvivorstrust.org](mailto:nhs.checkwithmefirst@thesurvivorstrust.org)**

Survivors of rape, sexual abuse or assault can find healthcare appointments particularly difficult – but your small actions can make a **BIG** difference!



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For survivors of rape, sexual abuse or assault attending a healthcare appointment can lead to feelings of anxiety and panic.

BUT YOU ARE NOT ALONE...

**WE'RE HERE TO HELP**



Scan the QR code for information and tips to help you feel more comfortable and empowered when attending healthcare appointments.

Or visit us online at:

**[www.thesurvivorstrust.org/nhs-checkwithmefirst](http://www.thesurvivorstrust.org/nhs-checkwithmefirst)**

For emotional support or more information, please call The Survivors Trust free, confidential helpline:

**0808 801 0818**





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# 3 SMALL ACTIONS

to help survivors of rape, sexual abuse or assault feel more **comfortable** and **empowered** during healthcare appointments.



## CHECK

Ask the individual if they are comfortable **before** & **during** each step of the appointment.



## EXPLAIN

Help the service-user feel at ease by **explaining each step** of the examination **before** you do it & encourage them to ask questions.



## REASSURE

Remind the individual that they can **stop the procedure** at any time – they are in control.

Interested in learning more about supporting survivors of rape and sexual abuse?

Email – [nhs.checkwithmefirst@thesurvivorstrust.org](mailto:nhs.checkwithmefirst@thesurvivorstrust.org)  
Visit – [thesurvivorstrust.org/nhs-checkwithmefirst](https://thesurvivorstrust.org/nhs-checkwithmefirst)



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