The Sexual Assault Center is available day and night for anyone who has recently been a victim of sexual assault or rape. In order to provide the best care possible, professionals from various disciplines work together. We have centers across the entire Netherlands to ensure that victims receive the same level of care nationwide.

The Sexual Assault Center is here for you

We offer professional care to anyone who has recently had a non-consensual sexual experience.

Anyone can become a victim of sexual violence, regardless of age or gender. Seek help as soon as possible!

Immediate help
Report your assault or rape as soon as possible. We will help you immediately and professionally.

Available day and night
The Sexual Assault Center provides assistance day and night to anyone who has recently been assaulted or raped.

Confidentiality
Doctors, nurses, police officers, psychologists, social workers and sex therapists work together to provide excellent care. All professionals understand and follow the principles of confidentiality and respect victims' privacy. Permission (typically via a form) must be obtained before sharing any information.

Reporting Code
Everyone has the right to a safe living environment. If there are any indications that someone is living in an unsafe environment, the national Reporting Code will be followed and Veilig Thuis can be contacted.

Costs
Your visit to the Sexual Assault Center can result in medical costs for you. The Sexual Assault Center in your region can provide you information about costs and put you in contact with Victim Support The Netherlands. They can help you request financial compensation at the Dutch Criminal Injuries Compensation Fund.

Complaints or compliments
You can inform your casemanager or send an email. You will be contacted as soon as possible (within one week at the latest).

The CSG can be contacted 24 hours a day at the national telephone number: 0800 0188

Call 0800 0188

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If you are a victim of sexual violence, you could be infected with a Sexually Transmitted Disease (STD). Even if you do not currently have any symptoms, you could still be infected. You may also be injured or experience pain. Sexual violence can also result in pregnancy. At the Sexual Assault Center, a doctor can examine and treat you.

Sexual violence can result in stress-related problems, such as flashbacks, difficulty concentrating and sleeping, and anxiety. You may also experience feelings of depression, anger, guilt, shame, or develop sexual problems. If these problems do not decrease within a month, it could be a sign that you have difficulties coping. At the Sexual Assault Center, you can get help to process what happened to you.

The Sexual Assault Center works together with the police. The police is not automatically involved. If you want, you can meet with the police and they can provide further information. The employees at Victim Support The Netherlands or specialist lawyers can help you if you want to pursue a legal procedure.

Tips from the doctor
- Contact the Sexual Assault Center immediately
- Take the morning after pill if there is a risk for an unwanted pregnancy
- Maintain your normal daily and nightly routines
- Eat healthy foods
- No alcohol or drugs

Tips from the psychologist
- Contact the Sexual Assault Center immediately
- Get back to daily life as quickly as possible
- Find support from family or friends
- Look for ways to distract yourself
- If you want to, write or talk about the incident

Tips from the police
Immediately following a sexual assault:
- Do not shower or wash off
- Do not brush your teeth
- Do not go to the toilet
- Do not eat or drink
- Do not wash your clothing. Keep them in a bag, preferably paper

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