

Have you been a victim of crime or abuse?

Being a victim or a witness of a crime can be an emotional and difficult time.

Victims First provides free emotional and practical support to all victims and witnesses of crime or abuse, as well as family members of victims. It is available across Berkshire, Buckinghamshire and Oxfordshire and can provide help regardless of whether or not the crime has been reported to the police.

A Victims First Officer can discuss any emotional or practical needs you may have and work with you to put a tailored support plan in place. This could involve referring you to a specialist service such as services for victims of sexual violence and domestic abuse.

The type of assistance available includes telephone and face to face support, advocacy including help to access other services such as sexual health clinics, drug and alcohol services and legal services, support through the criminal justice system (if you have reported the crime to the police) and therapeutic counselling. A Young Victims Service is also available to anyone under 18 and works with young people to help them cope with the effects of crime. To speak to a Victims First Officer about any of the services and to receive support please call **0300 1234 148**.

You can also find more information or make a referral for support online at www.victims-first.org.uk