

Victim Support offers

- Someone to talk to, in confidence.
- Information on police and court procedures.
- Liaison with other organisations on behalf of victims.
- Information on insurance matters.
- Contact with other sources of help.
- Victim Support can arrange for volunteers to accompany people to the police station and to the court.

Please contact the local Victim Support Scheme Manager for further information.

Bailiwick of Guernsey
Victim Support Scheme Manager

Royal Court
St Peter Port
Guernsey
GY1 2PB

Tel. No. 01481 713000
Fax No. 01481 710024
E-Mail: victimsupportgsy@cwgsy.net

Victim Support National Office
Hallam House
56-60 Hallam Street
London
W1W 6JL

Tel. No. 020 7268 0200



Information for Victims of Violence

**Are you
the Victim of
Violence?**



01481 713000

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Everyone has the right to live without fear. When your safety is shattered by violence, you may be left with feelings that are as difficult to cope with as any physical injuries you may have.

This information leaflet has been designed to help reassure people that they are experiencing a normal reaction to an abnormal event. It is also hoped that if people are aware of the difficulties they may encounter following discharge from hospital they may feel less vulnerable.

People who have been threatened or violated often say they feel shocked, upset, afraid, angry, guilty, and mistrustful of other people. Many lose their confidence or become depressed.

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These initial reactions are often followed by a period of disorganisation, which might include responses such as:

- nightmares
- unpleasant thoughts about the event, inability to sleep
- headaches
- nausea
- increased smoking, drinking and social withdrawal

All of these reactions are natural and should pass in time.

However it may help to talk to some-one about your experiences, support and understanding are important and it helps to understand you are not alone with your feelings, it may also be difficult to talk to family and friends at this difficult time.

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Victim Support has trained volunteers who can help you through this potentially difficult time.

They are there for you if you just want someone to talk to, or if you require specialist information or advice they can put you in touch with people who can help.

Their service is free and confidential.

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