



I have fallen victim to sexual violence. What should I do?

You can get help

Until you have said yes freely and knowingly, you have not given your consent, and you can withdraw it at any time.

It is not your fault. No action, no context, no outfit, no place justifies sexual violence. The only person responsible is the one who abused you.

Sexual violence is punishable by law.

You are not alone.

NOTHING justifies abuse.

Contact the Sexual Assault Centre (SAC)

- Available **24/7**
- **Free** for everyone, whatever their situation or status
- Address: **Rue Haute 320, 1000 Brussels (Porte de Hal)**
- Telephone number: 02 535 45 42
- E-mail: cpvs@stpierre-bru.be
- Website: sac.belgium.be/en



If the sexual violence took place less than a week ago

- Go to the SAC without an appointment, call them or send them an e-mail.
- You will immediately be listened to attentively, and you will receive information and medical, medical-legal and psychological care if you so wish.
- Should you wish to lodge a complaint, you can do so in their premises with a trained police agent at the SAC. This is not mandatory.

Good to know:

- Come to the centre as soon as possible (ideally within 72 hours)
- Bring as many items as possible that may contain traces of the perpetrator, preferably in a paper bag: clothes, sheets or bedding, condom, sanitary pads or toilet paper, etc.
- Try not to urinate or collect your urine in a small pot and bring it with you to the SAC.
- As much as possible, avoid drinking, eating or washing so as to preserve any traces.

If the sexual violence took place more than a week but less than a month ago

- Call or e-mail the SAC to make an appointment.
- The possibilities for medical and psychological care as well as medical-legal investigation will be examined according to your needs.
- If you wish, the SAC can help you make an appointment with the police to lodge a complaint.

If more than a month has passed since the attack

- Call and make an appointment at the SAC.
- The possibilities for medical and psychological care will be examined according to your needs.
- If you wish, the SAC can help you make an appointment with the police to lodge a complaint.
- If you wish, the SAC will refer you to other organisations that can help you.

Your safety is our priority. In the event of imminent danger or an emergency, call 112. This free European number is available 24/7 for immediate medical, police or fire-fighting assistance, even without lodging a complaint.