

Victims of Youth Crime

Useful information

Have you been a victim of crime?

If you have been a victim of crime or have been affected by a crime committed against someone you know there are a number of agencies that can provide you with support and advice.

Victim Support Services are free and available to everyone, whether or not the crime has been reported and regardless of when it happened. They are not part of the police, the courts or any other criminal justice agency. Victim Support website contains a lot of useful information including how crime can affect you.

www.victimsupport.org.uk

The Victim Support Line number is:
0845 30 30 900.

How crime can affect you

People can be affected in many different ways when they become a victim of crime. While certain emotions such as anger or fear are common, some victims don't react in this way. Sometimes people feel quite normal for a while and then things may start to fall apart. Others may have physical symptoms such as lack of sleep or feeling ill. Everyone is individual in how they respond - the crucial thing is to be aware that you've had a traumatic experience and any changes to how you feel could be

related to this. Many people are surprised at just how emotional they feel after a crime. These strong emotions can, in turn, make you feel even more unsettled and confused. People around you such as friends, partners and children are also likely to be affected. They may feel similar emotions to yours, as well as concern for you. But at the same time many people find that others around them expect them to just 'get over it.' This is not always helpful if what you really want to do is talk about how you feel.

How you react to a crime will also depend on a number of factors including:

- The type of crime
- Whether you know the person who committed the crime
- The support you get (or don't get) from your family, friends, the police and other people you come into contact with
- Things that have happened to you in the past (because if you've had to deal with difficult events before you may have found ways of coping).

The effects of crime can also last for a long time. And the 'seriousness' of the crime is often not a factor in how you respond - some people cope extremely well with the most horrific crimes while others can be very distressed by a minor incident.

There are a variety of local and national organisations that can support victims of crime.

National Code of Practice for Victims of Crime There is a national Code of Practice for Victims of Crime which sets out your rights and what you can expect from each criminal justice agency should you become a victim of crime. A copy can be seen at the Victim Support website.

National Domestic Violence Helpline for anyone affected by domestic violence Tel: 0808 2000 247

Samaritans: someone to talk to anytime Tel: 08457 909090

Childline: a 24 hr free and confidential helpline Tel: 0800 1111

Kidscape: a website for Anti-bullying advice www.kidscape.org.uk

Your GP: It may be helpful to make an appointment with your GP to discuss support that may be available at the health centre. You can go on your own or ask a relative or friend to go with you.

Citizen's Advice Bureau Tel: 08444 111444

14-21 Young Persons Counselling service
Tel: 01635 581421

Victim Liaison Officer West Berkshire YOT
Tel: 01635 553600

West Berkshire Youth Offending Team

Merchant House, 14-20 Oxford Road, Newbury, Berkshire, RG14 1PA.
Telephone: 01635 553600 | E-mail: yot@westberks.gov.uk

www.westberks.gov.uk/yot
