



INDEPENDENT INQUIRY CHILD SEXUAL ABUSE

Sharing in writing

If you'd like to share your experience in writing, you don't need to make an appointment. You decide when and how you want to write about what happened to you.

There are different ways to share your experience in writing:

- Fill in our booklet. We can post this to you, or you can download it and print it from [here](#).

Write in the booklet whatever you want to share, and return it to: Freepost IICSA Independent Inquiry. You don't need a stamp.

- Fill in our online form – this is similar to our booklet but can be completed electronically. If you would like to use this, email us at contact@iicsa.org.uk and we will send you a link.
- If you don't want to fill in a form or a booklet, you can write what you want to share and post it to Freepost IICSA Independent Inquiry, or email it to contact@iicsa.org.uk. This [guide to sharing your experience](#) may be helpful.

Help and support with sharing your experience in writing

If you would like help with filling in the booklet or any of the forms, [contact us](#) or our support partners [SignHealth](#) and we can talk you through it.

Please tell us if you have any other concerns or questions about sharing your experience in writing. If you would like to speak to a support worker, we will arrange that.

Your support worker can help you prepare to share your experience. They will also suggest ways to look after your health and wellbeing and offer support for a period of time afterwards.