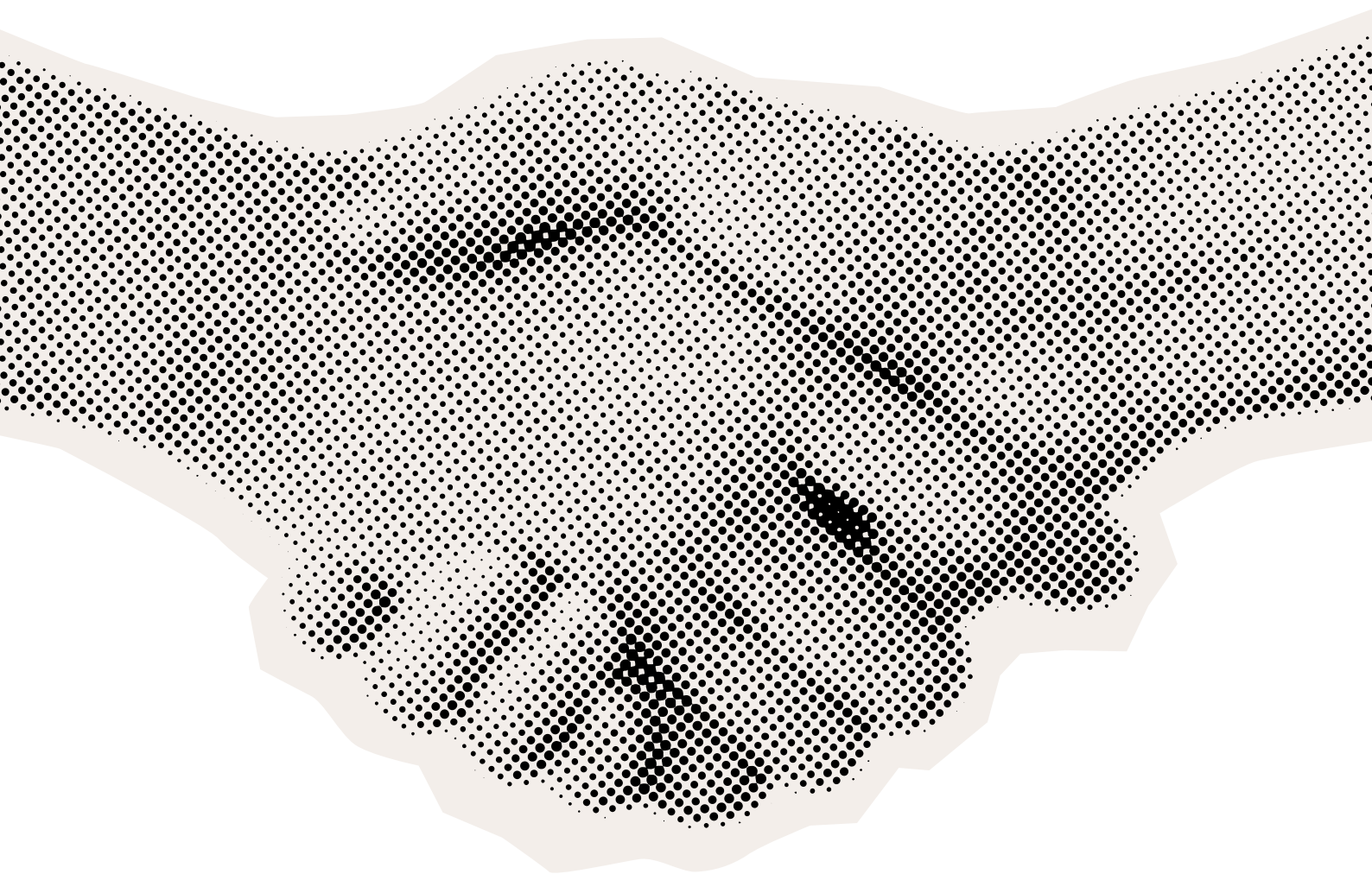


Support services



What is this resource?

This guide has been created to support you in finding trusted help for a wide range of issues that may affect your child. Inside you'll find links to specialist services covering topics such as sexual violence and rape, domestic abuse, drink spiking, pornography, image-based abuse, female genital mutilation (FGM), general mental health, and more.

Each service name in this document is underlined and hyperlinked. Click on the underlined text to go directly to the organisation's website for up-to-date information, advice, and contact details. This makes it easy for you and your young person to explore support in your own time.

If you ever believe you or your child are in immediate danger, or there is an emergency, please call 999 straight away.

This resource is designed to help you feel more confident about where to turn and to ensure that both you and your young person can quickly access the right support when you need it.

Support services for all genders

General Support

Rape Crisis England & Wales:

Call - 0808 500 2222

Visit - rapecrisis.org.uk

NHS Live Well:

Visit - www.nhs.uk/live-well/

-> click sexual health -> click help after rape and sexual assault

Samaritans:

For anyone who is struggling

Call - 116 123

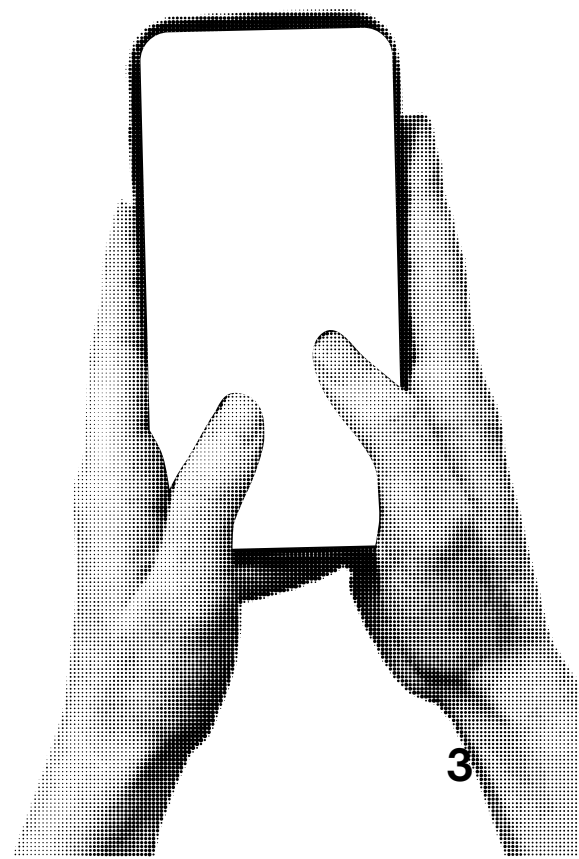
Visit - samaritans.org

Local Rape Crisis Centres

Many areas have specialist centres offering counselling and advocacy. Find your nearest via rapecrisis.org.uk

Rape and Sexual Abuse Support Centre (RASAC):

Call - Call 01483 546400



Support resources for women & girls

Support for Black women & girls

Sistah Space Helpline:

Call - 0207 846 8350

Visit - <https://www.sistahspace.org/>

African Women Care:

Call - 0208 969 8389

Visit - <https://africanwomencare.org.uk/>

Hersana:

Complete the self-referral form here

<https://hersana.org/>

Support for Asian women & girls

Kiran:

Call - 020 8558 1986

Email - info@kiranss.org.uk

Visit - <https://www.kiranss.org.uk/>

Karma Nirvana:

Call - 0800 5999 247

<https://karmanirvana.org.uk/>

Support resources for women & girls

Support for Muslim women & girls

The Muslim Community Helpline:

A confidential, non-judgemental listening and emotional support service.

Call - 020 8904 8193

Visit - <https://muslimcommunityhelpline.org.uk>

Hersana:

Complete the self-referral form here

<https://hersana.org/>

Support for Jewish women & girls

Jewish Women's Aid:

Call - 0800 801 0500

Email: info@Jwa.org.uk

JSAS:

Call - 07519980774

Visit - <https://jsas.org.uk/>

Shemi Koli:

Call - 020 3670 1818

Visit - <https://www.shemakoli.org/>

Support resources for women & girls

Support for Christian women & girls

Restored

Send them an online message - <https://www.restored-uk.org/contact-us/>

Visit - <https://www.restored-uk.org>

Support for Sikh women & girls

Sikh Women's Aid

Call - 0333 090 1220

Send an online message - <https://www.sikhwomensaid.org.uk/contact-us>

Visit - <https://www.sikhwomensaid.org.uk/>

Sikh Helpline

Call - 03000 3000 63

Email - info@sikhhelpline.com

Visit - <https://www.sikhhelpline.com/>

Support for Hindu women & girls

Hindu Support Network

Call - 0208 167 4189

Email - support@hsnuk.org

Visit - <https://www.hsnuk.org/>

Support resources for men & boys

Support for men & boys / male survivors

SurvivorsUK:

Support for men, boys, and non-binary people

Support Line - 02035983898

Webchat: survivorsuk.org

Respect:

Call - 0808 8010327

Visit - <https://mensadviceline.org.uk/>

Mankind Initiative:

Call - 0808 800 1170

Visit - <https://mankind.org.uk/>

Male Survivor:

An online community for men to share their experiences and find community

Visit - <https://malesurvivor.org/>

Andy's Man Club:

Provides in-person talking support groups for men

They meet on Mondays at 7pm (Except bank holidays)

Visit - <https://andysmanclub.co.uk/>

Support resources for men & boys

Support for Black men & boys

RESET MH

Provides free culturally appropriate mental health services to adults 18+ of African-Caribbean heritage. All of their services are delivered by qualified and registered black professionals.

Email - info@resetmh.com

Visit - <https://resetmh.co.uk/>

Breaking the silence

Provide a completely confidential service for men of Asian, African and African-Caribbean origin, aged 13 and over

Call - 01274 497535

Email - info@breaking-the-silence.org.uk

Visit - <https://www.breaking-the-silence.org.uk>

Support for Asian men & boys

Panahghar

Provide support and specialist knowledge in different languages to help everyone who is suffering from domestic abuse including Black, Asian and Minority Ethnic men.

Call - 0800 055 6519

Support resources for men & boys

Support for Muslim men & boys

The Muslim Community Helpline:

A confidential, non-judgemental listening and emotional support service.

Call - 020 8904 8193

Visit - <https://muslimcommunityhelpline.org.uk>

Support for Jewish men & boys

Shemi Koli:

Call - 020 3670 1818

Visit - <https://www.shemakoli.org/>

JSAS:

Call - 07519980774

Visit - <https://jsas.org.uk/>

Support resources for men & boys

Support for Hindu men

Hindu Support Network

Call - 0208 167 4189

Email - support@hsnuk.org

Visit - <https://www.hsnuk.org/>

Support for Sikh men

Sikh Awareness Society

Call - 07852 655 192

Email - info@sikhawareness.org

Visit - <https://sikhawareness.org/>

Sikh Helpline

Call - 03000 3000 63

Email - info@sikhhelpline.com

Visit - <https://www.sikhhelpline.com/>

Support resources for the LGBTQ+ community

Galop

Call - 0800 999 5428

Email - help@galop.org.uk

Visit - <https://www.galop.org.uk/>

LGBT Hero

Provide links to a range of LGBT friendly support services

Visit - <https://www.lgbthero.org.uk/sac-directory>

Further support for all

FEMALE GENITAL MUTILATION (FGM SUPPORT)

NSPCC FGM Helpline:

Call - 0800 028

Email - fgm.help@NSPCC.org.uk

SUPPORT WITH SPIKING

Visit - <https://www.met.police.uk/advice/advice-and-information/spiking-advice/spiking/what-to-do-if-someone-has-spiked-you/>

SUPPORT WITH STALKING

National Stalking Helpline:

Call - 0808 802 0300

SUPPORT WITH IMAGE-BASED ABUSE

Revenge Porn Helpline: Call 0345 6000 549

Getting images taken down from online

Visit - 'Childline' and search for 'Report, Remove'.

SUPPORT WITH GENERAL MENTAL HEALTH

Samaritans:

Call - 116 123

Shout:

A free, confidential 24/7 text support service. To start a conversation text 'shout' to 85258