National Support Services for sexual violence and domestic abuse

Survivors/victims of rape, sexual assault and domestic abuse will often want to talk to someone who can provide a specialist service tailored to their needs and circumstances. For that reason there are national and some local organisations who provide support based on specific experience of violence or abuse, as well as on identity characteristics such as gender identity, sexuality or cultural background.

National Services

Victim Support
National helpline for victims of any crime or for people who have been affected by a crime committed against someone they know. Support line: 0808 1689111 weeknights (Monday to Friday) 8.00pm to 8.00am and weekends 24 hours service.

Police
In an emergency, if a crime is happening right now or someone is in immediate danger, Telephone 999/112
If you are deaf, deafened, hard of hearing or have a speech impairment: Textphone 18000

To report an incident of sexual violence or domestic abuse, contact your local police force. Many will have a specialist unit of trained officers to support you. For all non-emergency calls to the police in England, Scotland, Wales or Northern Ireland: Telephone 101 (Textphone: 18001 101).
Many police forces provide online forms and information about alternative contact methods (like text messaging or email) on their individual websites. The complete list of force websites is at http://www.police.uk/contact/force-websites/

Domestic Violence

Choices
Choices exists to provide help to all those who are experiencing domestic abuse. Choices Helpline number is 0800 917 9948 (open Mondays to Fridays 9.00am to 4.00pm). Refuge contact details telephone 01322 384792 (Monday to Friday 9.00am to 4.00pm) or email: info@choicesdaservice.org.uk.

Galop
Galop is the LGBT and anti-violence charity. If you’ve experienced hate crime, sexual violence or domestic abuse, Galop is there for you. Galop supports lesbian, gay, bi, trans and queer people who have had any problems with the police or have questions about the criminal justice system. Galop are a completely independent community-led group. Anything you tell them is confidential and you can contact them anonymously if you choose.

National LGBT Domestic Abuse Helpline: 0800 999 5428 (Tues, Wed, Friday 10am-5pm, Monday and Thursday 10am-8pm. 1pm-5pm Tuesday is trans specific service)
E-mail: help@galop.org.uk
Website: www.galop.org.uk

Mankind Initiative
A national helpline for all men suffering from domestic abuse or violence and for their friends and family.
http://www.mankind.org.uk/
01823 334244 Monday-Friday 10am-4pm and 7pm-9pm. Normal BT rates apply. Text relay services for deaf people via www.textrelay.org

This information was last checked on: 06/02/2017
**Men’s Advice Line**
Advice and support for men experiencing domestic violence and abuse.
0808 801 0327
http://www.mensadviceline.org.uk

**National Domestic Abuse helpline - England**
A Freephone confidential 24 Hour National Domestic Violence Helpline run in partnership between Women’s Aid and Refuge. For women experiencing domestic violence, their family, friends, and people calling on their behalf. There are Translation facilities for callers whose first language is not English, and a service for deaf people.
0808 2000 247
www.nationaldomesticviolencehelpline.org.uk/

**Respect**
Supporting male and female perpetrators of domestic violence, young people who use violence and abuse at home and in relationships and men who are victims of domestic violence.
0808 802 4040
www.respectphoneline.org.uk

**Women’s Aid**
National charity working to end domestic violence against women and children. Website for victims, survivors and those seeking to help them – information about local service contact details, an online forum (24 hours a day), hundreds of pages of information including an online Survivor’s Handbook.
www.womensaid.org.uk

**Rape, sexual assault and childhood sexual abuse**

**Sexual Assault Referral Centres**
Contact a local Sexual Assault Referral Centre for immediate medical and emotional support – find your local SARC via the NHS webpage at http://www.nhs.uk/Service-Search/Rape-and-sexual-assault-referral-centres/LocationSearch/364

**Rape Crisis Centres**
Rape Crisis Centres offer a safe and non-judgmental environment where women and girls can talk freely and confidentially. Rape Crisis Centres provide a confidential helpline service for women and girls who have experienced any form of sexual violence at any time in their lives, as well as a range of other specialist support services. http://rapecrisis.org.uk/
Rape Crisis national helpline 0808 802 9999 - open every day of the year 12-2.30pm & 7-9.30pm (and 3-5.30pm weekdays).
Find your local Rape Crisis Centre at http://www.rapecrisis.org.uk/centres.php
Stalking

National Stalking Helpine

Call the National Stalking helpline 0808 802 0300 or visit their website
http://www.stalkinghelpline.org/

Network for Surviving Stalking

An information site from the Network for Surviving Stalking which contains information about stalking; safety advice and links to organisations that can help:
https://www.scaredofsomeone.org/

Trafficking

Salvation Army

A 24 hour confidential helpline for people who may be victims of trafficking and for anyone concerned about people they think may be victims of trafficking.
0300 303 8151 - 24/7 referral line
www.salvationarmy.org.uk

Female Genital Mutilation (FGM)

Daughters of Eve

Supporting, advising, advocating and empowering young people from FGM practising communities.
http://www.dofeve.org/get-help-now.html

FGM helpline

If you need advice or information about female genital mutilation or are worried about a child at risk you can contact the NSPCC (National Society for the Prevention of Cruelty to Children) helpline. The FGM helpline is open 24 hours a day / 7 days a week, free from a landline 0800 028 3550 or email fgmhelp@nspcc.org.uk.

Forced Marriage

Forced Marriage Unit

The Foreign & Commonwealth Office provides information about forced marriage and can intervene to make you safe. There is a Forced Marriage Helpline which has a 24-hour response but to talk to a specialist advisor, call between 9-5 Monday-Friday 0207 008 0151. See https://www.gov.uk/forced-marriage for further details.

Honour based violence including Forced Marriage

Karma Nirvana

National Honour Network Helpline, Monday-Friday 9.00am to 9.00pm & 10.00am to 4.00pm weekends 0800 5999 247. See http://www.karmanirvana.org.uk/ for further details.
Self-Harm

National Self Harm Network
Supports individuals who self harm and their families.
Website: [http://www.nshn.co.uk](http://www.nshn.co.uk)
Survivor forum: [http://www.nshn.co.uk/forum/](http://www.nshn.co.uk/forum/)

Self-Injury Support
Run by a Bristol charity, this national organisation supports girls and women in emotional distress – particularly women who harm themselves.
TESS Text and Email Support, for girls and young women under 25 who self-injure. Open Sunday, Monday, Tuesday, Wednesday and Thursday 7pm-9pm.
Text: 0780 047 2908
Email via online form [http://www.selfinjurysupport.org.uk/tessform/](http://www.selfinjurysupport.org.uk/tessform/)
Website: [http://www.selfinjurysupport.org.uk/](http://www.selfinjurysupport.org.uk/)