

Race Signposting

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Mental health support

- **Black, African and Asian Therapy Network (BAATN)** (Paid therapist directory). Home of the largest community of Counsellors and Psychotherapists of Black African Asian and Caribbean Heritage in the UK.
<https://www.baatn.org.uk/>
- **Black Minds Matter** (support/info/signposting) provides accredited black therapists for black individuals suffering from mental health issues, and culturally relevant mental health support and information.
<https://www.blackmindsmatteruk.com/home>
- **South Asian Therapists** (Therapist directory/info). Directory for culturally-sensitive therapists of South Asian heritage.
<https://southasiantherapists.org/find-a-therapist/>
- **The Empowerment Group** (1:1 therapy) provides free therapy for people with Black African and Caribbean heritage in the UK.
<https://www.theempowermentgroup.co.uk/>
- **LaTahzan Centre** (helpline/email/support) is a helpline which provides mental health support to Arabic speakers, and can be contacted about a range of different issues.
<https://www.latahzan.uk/>
 - Phone: 0330 053 3336
 - Available Mon-Fri 09:00-17:00
 - Email: info@latahzhzan.uk

Sexual health support

- **Halo Project** (helpline/email/refuge/advocacy). Supports Black and minoritised victim-survivors of female genital mutilation and sexual violence. (Also support for many other issues such as forced marriage, honour-based violence, trafficking, hate crime, domestic violence and modern slavery).
<https://www.haloproject.org.uk/>
 - Phone: 01642 683 045
 - Available Mon-Fri 09:00-17:00
- **Naz Project** (info/counselling/signposting). Works to address sexual health inequalities in Black, Brown and Global Majority and LGBTQ+ communities. Primarily based in London, but provides online counselling and information for STIs and pregnancy (with a focus in HIV awareness and treatment).
<https://www.naz.org.uk/>
 - Self Referral to counselling: <https://www.naz.org.uk/counselling>
 - Mon-Fri for Online counselling.
 - Up to 12 free sessions, then up to £60 per session if further sessions wanted.

Support for PoC victim-survivors of sexual violence

- **Bawso** (helpline/email/refuge/advocacy). Specialist services for Black and Minority Ethnic women and children experiencing domestic abuse and sexual violence.
<https://bawso.org.uk/en/#>
 - Phone: 0800 731 8147
 - Available 24/7
 - Email: info@bawso.org.uk
 - Self referral/referral on behalf of others: <https://bawso.org.uk/en/contact-us/>
- **Halo Project** (helpline/info/advocacy). Supports Black and minoritised victim-survivors of female genital mutilation, forced marriage, honour-based violence, trafficking, hate crime, domestic violence and modern slavery.
<https://www.haloproject.org.uk/>
 - Phone: 01642 683 045
 - Available Mon-Fri 09:00-17:00
 - Live Chat: Available on the website:
 - Available Mon-Fri 08:00-10:00, 18:00-21:00; Sat-Sun 10:00-14:00
 - Email: info@haloproject.org.uk
 - Self-Referral Form: <https://crm.haloproject.org.uk/referral/>

- **Imkaan** (info/signposting). The only UK-based, umbrella women's organisation dedicated to addressing violence (such as domestic and sexual abuse) against Black and Minoritised women and girls i.e. women who are defined in policy terms as Black and 'Minority Ethnic' (BME).
<https://www.imkaan.org.uk/>
- **Iranian and Kurdish Women's Rights Organisation** (helpline/refuge/advocacy/counselling/info). Supports Middle Eastern women and girls living in the UK facing 'honour' based violence, domestic abuse, forced marriage or female genital mutilation. They offer services in Farsi, Kurdish, Arabic, Dari, Pashto, Turkish and English.
<http://ikwro.org.uk/>
 - Phone: 0207 920 6460
 - Available Mon-Fri 09:30-17:30
 - For out of hours emergencies:
 - Kurdish/Arabic/English 07846 275246
 - Farsi/Dari/English 07846 310157
- **Karma Nirvana** (helpline/info). Supports victims of honour-based abuse and forced marriage. Whether you are at risk or are concerned for someone who is, they offer to listen and help.
<https://karmanirvana.org.uk/>
 - Phone: 0800 599 9247
 - Available Mon-Fri 09:00-17:00
 - If unable to call, you can email and they will get back to you:
 - support@karmanirvana.org.uk
- **LAWA** (helpline/live chat). Supports Latin American and other minority ethnic women who have experienced gender-based violence, domestic abuse, forced prostitution or trafficking.
<https://lawadv.org.uk/>
 - Phone: 0207 275 0321
 - Available Mon-Sun 09:30-17:30
 - Live Chat available across the website.
 - To self refer, can email: referrals@lawadv.org.uk
- **Sharan** (information line/info/advice). Support for South Asian women, helping you find support for issues such as cultural conflict, family breakdown, disownment, forced marriage and/or intercourse, and domestic and/or honour-based violence.
<https://sharan.org.uk/>
 - Phone: 0844 504 3231
 - If they are unable to take your call, you can leave a message with your name, contact number and time when it is safe to call back. They aim to respond within 24 hrs
 - Email: info@sharan.org.uk

LGBTQIA+ support

- **African Rainbow Family** (info/support/referrals). Information and support for LGBTIQ people of African heritage and the wider Black and Asian Minority Ethnic Groups.
<https://africanrainbowfamily.org/>
 - Referral Form: <https://africanrainbowfamily.org/forms/>
- **Naz Project** (info/counselling/signposting). Works to address sexual health inequalities in LGBTQ+ communities, along with Black, Brown and Global Majority communities. Primarily based in London, but provides online counselling and information for STIs and pregnancy (with a focus in HIV awareness and treatment). Set up by gay rights activists.
<https://www.naz.org.uk/>
 - Self Referral to counselling: <https://www.naz.org.uk/counselling>
 - Mon-Fri for Online counselling.
 - Up to 12 free sessions, then up to £60 per session if further sessions wanted.
- **Sister Shack** (Support). Sister Shack is a Black and Queer led group that works to promote women, non-binary, LGBTQIA+ and Global Majority communities, hosting events throughout the year to curate inclusive spaces. They are based in Newcastle Upon Tyne.
<https://sister-shack.com/>

Abuse support

- **African Women's Care** (helpline/email). AWC provides support to BME women and their children who are experiencing or threatened with Domestic Abuse as well as delivering a wide range of health-related support services targeted at changing perceptions and mindsets among BME families
<https://africanwomencare.org.uk/>
 - Phone 0208 969 8389
 - Email: info@africanwomencare.org.uk
- **ANAH Project** (helpline/email/support/refuge). Multilingual women's refuge and support services for single/lone Black and Minoritised women and girls, fleeing all forms of domestic abuse.
<https://www.anahproject.org/>
 - Phone: 0300 102 1625
 - Email: help@anahproject.org
- **Angelou Centre** (refuge/support). Support, including accommodation, for black, minoritised and migrant women survivors of domestic and sexual violence.
<https://angelou-centre.org.uk/>

- **Asihana Network** (helpline/advice/counselling/advocacy/refuge). Supports Black, Asian, Minority Ethnic and refugee women in England who have experienced domestic abuse, forced marriage and honour-based violence.
<https://www.ashiana.org.uk/services/>
 - Phone: 0808 2000 247
 - Available 24/7
- **Bawso** (helpline/email/refuge/advocacy). Specialist services for Black and Minority Ethnic women and children experiencing domestic abuse and sexual violence.
<https://bawso.org.uk/en/#>
 - Phone: 0800 731 8147
 - Available 24/7
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<https://www.haloproject.org.uk/>
 - Phone: 01642 683 045
 - Available Mon-Fri 09:00-17:00
 - Live Chat: Available on the website:
 - Available Mon-Fri 08:00-10:00, 18:00-21:00; Sat-Sun 10:00-14:00
 - Email: info@haloproject.org.uk
 - Self-Referral Form: <https://crm.haloproject.org.uk/referral/>
- **Humraaz** (phone/email/refuge/support). Support for Black and Minoritised women affected by domestic violence.
<https://humraaz.co.uk/>
 - Phone: 01254 695 800
 - Available Mon-Fri 09:00-17:00
 - Email: info@humraaz.org
- **Imece Women's Centre** (helpline/advice/therapy). Support for minority women experiencing violence, forced marriage, and 'honour' based violence. Whilst they primarily provide services to Turkish, Kurdish and Cypriot Turkish Women, they have services for women from Black, Asian, Ethnic Minority and Refugee (BAMER) communities.
<https://imece.org.uk/>
 - Phone: 0207 354 1359
 - Available Mon-Fri 09:30-17:30 (Closed 13:00-14:00)
 - Email: info@imece.org.uk

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<https://lawadv.org.uk/>
 - Phone: 0207 275 0321
 - Available Mon-Sun 09:30-17:30
 - Live chat available across the website via a chat icon in the bottom right
 - To self refer, can email: referrals@lawadv.org.uk

- **Sharan** (information line/info/advice). Support for South Asian women, helping you find support for issues such as cultural conflict, family breakdown, disownment, forced marriage and/or intercourse, and domestic and/or honour-based violence.
<https://sharan.org.uk/>
 - Phone: 0844 504 3231
 - If they are unable to take your call, you can leave a message with your name, contact number and time when it is safe to call back. They aim to respond within 24 hrs
 - Email: info@sharan.org.uk
- **Latin American Women's Rights Service** (helpline/email/advice). Support for Latin American women and children fleeing gender-based violence. All services can be delivered in Spanish and Portuguese.
<https://lawrs.org.uk/>
 - Phone: 0808 145 4909
 - Available Tue-Fri 11:00-13:00
 - Email: referrals@lawrs.org.uk informing them of your name, contact number and a safe time for them to call you back.
 - Email: counsellingreferrals@lawrs.org.uk for psychotherapy counselling referrals.
- **Saheli** (helpline/email). Support for Asian women and their children fleeing domestic abuse and/or forced marriages.
<http://saheli.org.uk/>
 - Phone: 0161 945 4187
 - Available Mon-Fri 09:00-17:00
 - Email: help@saheli.org.uk
- **Southall Black Sisters** (helpline/email). Helps women and children escape violence and abuse, and offers practical help and advice. Durham is outside the catchment area for casework but the helpline is available nationally
<https://southallblacksisters.org.uk/>
 - Phone: 0208 571 0800
 - Available Mon-Fri 10:00-16:00
 - Email: info@southallblacksisters.co.uk

- **Refuge's National Domestic Abuse Helpline** (helpline/BSL/live chat/info) provides a better understanding of the options whether you are living with your abuser, planning on leaving them or having already left them, including if you need a refuge space.

<https://www.nationaldahelpline.org.uk/>

They have a specific Vietnamese and Chinese outreach service, Eastern European outreach/advocacy service, and refuges specifically for women of African and Caribbean descent, and for women of Asian descent.

<https://refuge.org.uk/i-need-help-now/how-we-can-help-you/culturally-specific-services/>

- Phone 0808 2000 247
 - Available 24/7
- Live Chat: <https://www.nationaldahelpline.org.uk/en/Chat-to-us-online>
 - Available Mon-Fri 10:00-22:00
- Support in BSL: <https://www.nationaldahelpline.org.uk/en/bsl>
 - Available Mon-Fri 10:00-18:00

Hate crime support

- **Equality Advisory Support Service** (helpline/email/BSL). UK charity providing independent support to people affected by hate crime. BSL available.

<https://www.equalityadvisoryservice.com/app>

- Phone: 0808 800 0082
 - Available Mon-Fri 09:00-19:00; Sat 10:00-14:00
- Live Chat and Email: <https://www.equalityadvisoryservice.com/app/contact-us>
 - Available Mon-Fri 09:00-17:00
- BSL: <https://www.equalityadvisoryservice.com/app/bsl>

- **The Monitoring Group** (reporting/helpline/email). It is a charity which allows anonymous reporting of racist hate crimes, as well as support for victims and witnesses through their helpline and email service, which is accessed after reporting an incident.

<https://tmg-uk.org/>

- Report online: <https://tmg-uk.org/report-racism>

Eating distress support

- **Orri** (info). Has information about the relationship between the black community and eating disorders.

<https://www.orri-uk.com/eating-disorders-and-the-black-community/>