

Sexual Violence Signposting

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Primary resources

- **Durham University Report and Support** (info/signposting/reporting/counselling) a central hub of University support. All the following services can be accessed through this link:
<https://reportandsupport.durham.ac.uk/>
 - Report anonymously.
 - Report to the university with contact details and get support.
 - Report to the police: Call 101, or 999 (in emergencies)
 - Access university mental health support without reporting
 - Signposting to other relevant resources like the Sexual Assault Referral Centre (below)
- **The Meadows Sexual Assault Referral Centre (SARC)** (advice/forensic medical exams/counselling/Independent Sexual Violence Advisors/referrals to other organisations/emergency contraception). SARC is a 24/7 service offering forensic medical exams, support, counselling, and sexual health screenings for victim-survivors of sexual violence. They can provide an exam without police involvement and the evidence can be stored for up to 6 months while you decide what to do next, and they can help you consider your reporting options. For the collection of evidence, some things are time sensitive (i.e. 72-hour window), but SARC offers practical help and helps them learn more about their options while giving them time to consider what to do next.
<https://sarcdurham.co.uk/>
 - Refer yourself by phone: 0330 223 0099
 - Available 24/7
 - Email: teessideanddurham.sarc@nhs.net
 - Monitored Mon-Fri 9.00-17.00
- **Rape and Sexual Abuse Counselling Centre** (emotional support helpline/emotional support email/Independent Sexual Violence Advisors/peer support groups). RSACC offers free, safe support to victim-survivors who have experienced any form of sexual violence at any time in their lives. All volunteers on the support helpline and email are women. (Free counselling is currently unavailable unless the survivor is under 18)
<https://www.rsacc-thecentre.org.uk/>
 - Emotional support helpline: 0300 222 5730
 - Available Mon and Tues 18:30-20:30; Wed and Thurs 10:00-12:00, 18:30-20:30; Sat 10:00-12:00
 - Email: support@rsacc-thecentre.org.uk
 - They aim to respond within 7 days

For all genders

- **Rape Crisis England & Wales** (helpline/live chat) is a charity providing a phone and online chat service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence.
<https://rapecrisis.org.uk/get-help/want-to-talk/>
 - Phone: 0808 500 2222
 - Available 24/7
 - Live chat: <https://247sexualabusesupport.org.uk/#live-chat>
- **Safeline National Telephone and Online Counselling Service** (helpline/counselling/Independent Sexual Violence Advisors/advocacy) provides specialist, tailored support for anyone affected by or at risk of sexual abuse and rape, that empowers them to make choices about the lives they want and helps prevent abuse.
<https://safeline.org.uk/>
 - Phone: 01926 402 498
 - Available Mon-Fri 09:00-17:00
 - Email: onlinecounselling@safeline.org.uk
- **SupportLine** (helpline/email/postal support) listens, supports and responds to callers in need of emotional support. It is aimed at those who are socially isolated, at risk, vulnerable and victims of abuse.
<https://www.supportline.org.uk/>
 - Phone: 01708 765 200
 - Available Tue-Thu 18:00-20:00
 - Email: info@supportline.org.uk
 - They aim to respond within 48 hours, and try where possible to respond the same day.
 - Postal Support: SupportLine, PO Box 13594, Sudbury, CO10 3FB
 - They aim to respond to letters within 48 hours, and try where possible to respond the same day.
- **The Survivor's Trust** (helpline/textline) is open 7 days a week (at specific times) run by one specially trained helpline workers who are there to listen and support you. They will give you the time and space to talk about whatever you need to.
<https://www.thesurvivorstrust.org/our-helpline>
 - Phone: 0808 801 0818
 - Available Mon-Thu 10:00-12:30, 13:30-15:00, 18:00-20:00; Fri 10:00-12:30, 13:30-15:00; Sat 10:00-12:30; Sun 18:00-20:00. Bank Holidays 10.00-12.30
 - Text: 07860 022 956
 - Available Mon-Thu 10:00-12:30, 13:30-15:00, 18:00-20:00; Fri 10:00-12:30, 13:30-15:00; Sat 10:00-12:30; Sun 18:00-20:00. Bank Holidays 10.00-12.30

- **Victim Support** (helpline/info/live chat/BSL) is a service for those in need of support after a crime or a traumatic incident. They are a listening service and can explain your rights and options, and talk to you about further support, but it is not designed to be an ongoing support option. They also have a self-support space which gives access to a range of tools to help you cope and move forward after crime.

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

- Phone: 0808 169 111
 - Available 24/7
- Live chat:

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat/>

 - Available 24/7
- My support space (self-support). Make an account to access support through:

<https://www.mysupportspace.org.uk/>
- Other forms of support (including BSL):

<https://www.victimsupport.org.uk/help-and-support/get-help/>

Gender-specific

Women

- **Women's Aid** (info). Information and support for women and children who have experienced domestic abuse. Includes a directory of local services, a forum where you can speak to other women, and a survivor's handbook with guidance on all aspects of domestic abuse, including women's housing and safety planning.

<https://womensaid.org.uk/information-support/>

 - Directory: <https://womensaid.org.uk/information-support/womens-aid-directory/>

Men

- **1 in 6** (info/self-help) provides a range of info and self-help resources for male victim-survivors

<https://www.1in6.uk/>
- **Male Survivor** (info/support/chat) provides personalised support for men at every stage of the healing process. They facilitate dialogue between victim-survivors, as well as victim-survivors and professional therapists, on our online support forums like a vibrant and moderated Support Forum, online 24/7 chat and at in-person events. They also provide educational resources that help empower them to process their past and look forward to a brighter future. Live chat can only be accessed with an account.

<https://malesurvivor.org/>

- **National Male Survivor Helpline** (helpline/live chat/SMS/email) is a dedicated service run by Safeline for men and boys affected by sexual violence and those who support them.
<https://safeline.org.uk/our-services/national-male-survivor-helpline-and-online-support-service/>
 - Phone: 0808 800 5005
 - Available Mon 9.00-19.00; Tues- Thurs 9.00-17.00, Fri 9.00-16.00
 - SMS: 07860 065187 (texts charged at standard rate)
 - Email: support@safeline.org.uk
 - They aim to respond within 7 working days
 - Live chat available from link above.
 - Available Mon 9.00-19.00; Tues- Thurs 9.00-17.00, Fri 9.00-16.00
- **SurvivorsUK** (phone helpline/live chat/whatsapp/SMS/email/info) supports male and non-binary victim-survivors of sexual violence, providing counselling, practical help and community. Note - live chat and texting are only up to 45 minutes per day, and several of the other services they offer are exclusively for those in London.
<https://www.survivorsuk.org/>
 - Phone: 0808 801 0332
 - Available Mon-Fri 10.00-12.00, closed on bank holidays.
 - Live chat: <https://www.survivorsuk.org/male-nonbinary-survivor-helpline/>
 - Available Mon-Sun 12:00-20:00
 - Whatsapp or SMS: 07860 031252
 - Available Mon-Sun 12:00-20:00

Specific forms of Sexual Violence

Revenge porn

- **Revenge Porn Helpline** (helpline/email/info) is able to give advice and support for any kind of intimate image abuse, including step-by-step guides on how to remove them from the internet.
<https://revengepornhelpline.org.uk/>
 - Phone: 0345 6000 459
 - Available Mon-Fri 10:00-16:00
 - Email: help@revengepornhelpline.org.uk

Stalking

- **National Stalking Helpline** (helpline/email/guidance/info) advocates and guides victims through the criminal justice process as well as providing holistic emotional support.
<http://www.suzylamplugh.org/>
 - Phone: 0808 802 0300
 - Available Mon & Wed 09:30-20:00; Tue, Thu & Fri 09:30-16:00
 - To email, fill out the following form:
<https://www.suzylamplugh.org/forms/national-stalking-helpline-enquiry-form>
 - Tool to help establish if you're being stalked:
<https://www.suzylamplugh.org/am-i-being-stalked-tool>
- **Paladin** (helpline/info) offers trauma-informed support, advice and for anyone affected by stalking. Also has advice on how to report stalking to the police.
<https://www.paladinservice.co.uk/>
 - Phone: 020 3866 4107
 - Available: Mon, Tues, Thurs, Fri 9.00-15.00; Wed 10.00-17.00

Female Genital Mutilation

- **National FGM Centre** (signposting). The National FGM Centre provides information and signposting to specialist services across the UK.
<http://nationalfgmcentre.org.uk/uk-fgm-services/>
- **NHS** (medical/support). A list of community clinics offering support services for women with female genital mutilation.
<https://www.nhs.uk/conditions/female-genital-mutilation-fgm/national-fgm-support-clinics/>
- **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
- **NSPCC** (helpline/email/form). For children specifically, if you are worried a child is at risk of or has already had FGM, call NSPCC's free, anonymous dedicated FGM helpline.
 - Phone: 0800 028 3550

For more general support you can:

- Phone: 0808 800 5000
 - Available Mon-Fri 10:00-16.00
- Email: help@NSPCC.org.uk
- Report abuse form:
<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/report-abuse-online/>

Adult survivors of childhood abuse

- **HAVOCA: Help for Adult Victims of Child Abuse** (info/support). Information and support for adults who have experienced any type of childhood abuse, run by survivors.
<https://www.havoca.org/>
- **NAPAC: The National Association for People Abused in Childhood** (helpline/email/info/local services). Supports adult survivors of any form of childhood abuse.
<https://napac.org.uk/>
 - Phone: 0808 801 0331
 - Available Mon-Thu 10:00-21:00; Fri 10:00-18:00
 - Email: support@napac.org.uk
- **Support for Survivors** (helpline/email/info). Support for adult survivors of child abuse.
<https://supportforsurvivors.org/>
 - Phone: 0115 962 2722
 - Available Mon-Fri 09:30-17:30
 - Email: hello@supportforsurvivors.org
- **One in Four** (helpline/info/support). Offers advocacy services, counselling, and resources for adults who have experienced trauma, domestic or sexual abuse in childhood.
<https://oneinfour.org.uk/>
 - Phone: 0208 697 2112
 - Email: admin@oneinfour.org.uk
 - Contact form: <https://oneinfour.org.uk/contact-us/>
- **SomeOne Cares** (counselling) is a counselling organisation based in North Shields/Sunderland that works with anyone regardless of gender who is a survivor or a supporter, whose lives have been negatively affected by experiencing or witnessing any type of abuse including domestic violence and neglect. They specialise in childhood sexual abuse, rape and sexual assault. Support is accessed through the self-referral form on the website.
<https://someonecares.org.uk/>
- **The Maggie Oliver Foundation** (email/support/advocacy). Adult survivors and victims of Sexual Abuse and Exploitation but they specialise in Childhood Sexual Abuse. They empower victim-survivors to live fulfilled and successful lives.
<https://www.themaggieoliverfoundation.com/>
 - Email: help@themaggieoliverfoundation.com
 - Self-referral form: <https://www.themaggieoliverfoundation.com/self-referral-form>

Specific demographics

Sex workers

- **National Ugly Mugs** (reporting tool/background checks for clients/support sessions/email/helpline/live chat/workshops/education) is a charity working with sex workers to do research, design and deliver safety tools and provide support services to people in adult industries. Phone available to talk to a caseworker to report sexual violence or to get support.
<https://nationaluglymugs.org/>
 - Phone (caseworker freephone for sex workers): 0800 464 7669
 - Available Tue-Fri 10:00-16:00
 - Email: admin@nationaluglymugs.org
 - Account required for live chat.

Victim-survivors of Colour

- **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
- **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
- **Imkaan** (info/signposting). The only UK-based, umbrella women's organisation dedicated to addressing violence 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
 - Referral form: <https://ikwro.org.uk/referral-form/> - email to whichever service you require
- **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
- **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
- **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/services-resources/for-clients/>
 - Phone: 0844 504 3231
 - Email: info@sharan.org.uk
- **Panahghar** (helpline/email/advice/refuge for women). BME multi-lingual support and access to safe refuge for victims and their families of domestic abuse, sexual abuse or gendered abuse.
<https://www.safehouse.org.uk/>
 - Phone: 0800 055 6519
 - Available 24/7

Victim-survivors of faith

- **Jewish Women's Aid** (helpline/live chat/counselling/legal support/email). Support for Jewish women and children affected by domestic abuse & sexual violence.
<https://www.jwa.org.uk/>
 - Phone: 0808 801 0500
 - Available Mon-Thu 09:30-21:30 excluding Jewish holidays and bank holidays
 - Live chat: <https://www.jwa.org.uk/webchat>
 - Available Mon & Wed 15:00-17:00; Tue & Thu 10:00-12:00
 - Self-refer to counselling: <https://www.jwa.org.uk/counselling-and-group-support>
 - Legal support: <https://www.jwa.org.uk/legal-advice>
 - Email: advice@jwa.org.uk
- **Muslim Women's Network UK Helpline** (helpline/SMS/live chat/email/info). Helping Muslim women and girls experiencing inequality, abuse, injustice, discrimination, sexual exploitation and more.
<https://www.mwnhelpline.co.uk/index.php>
 - Phone: 0800 999 5786
 - Available Mon-Fri 10:00-16:00
 - SMS: 07415 206 936
 - Available Mon-Fri 10:00-16:00
 - Email: info@mwnhelpline.co.uk
 - Live chat: <https://www.mwnhelpline.co.uk/index.php>
 - Available Mon-Fri 10:00-16:00
- **Safe Spaces** (helpline/email/live chat/info) is a service for Christians who have been affected by abuse and specialise in abuse that has occurred within the Church.
<https://safespacesenglandandwales.org.uk/>
 - Phone: 0303 300 1056
 - Available Mon-Fri 09:00-21:00; Sat 09:00-13:00; Sun 13:00-17:00
 - Email: safespaces@firstlight.org.uk
 - Live chat: Available across the website
- **Hindu Support Network** (helpline/email/live chat/support) is a service for Hindus who have experienced abuse, with a particular focus on domestic abuse, grooming and religious coercion. They also help to run support groups for survivors.
<https://www.hsuk.org/>
 - Phone: 0208 167 4189
 - Email: support@hsuk.org

Disabled victim-survivors

- **Mencap** (helpline/email/form/info). Information and advice for people with a learning disability, their families and carers. Services include an online community.
<https://www.mencap.org.uk/>
 - Phone: 0808 808 1111 (Learning Disability Helpline)
 - Available Mon-Fri 10:00-15:00
 - Email: helpline@mencap.org.uk
 - Form: https://www.mencap.org.uk/contact/contact_mencap_direct
- **Respond** (helpline/email/counselling/info). Services for people with learning disabilities or autism, who've experienced abuse or trauma.
<https://respond.org.uk/>
 - Phone: 0207 383 0700
 - Email: admin@respond.org.uk

LGBTQ+ victim-survivors

- **Galop** (helpline/live chat/info) has advice for those experiencing LGBTQ+ abuse or violence, such as hate crime, domestic abuse, sexual violence, so-called "conversion therapy" or any other kind of abuse and those around them (friends/family members/professionals). They can also provide advice, advocacy and support, and urgent help with medical support, housing and safety, without police involvement.
<http://www.galop.org.uk/>
 - Phone: 0800 999 5428
 - Available Mon-Thu 09:30-20:00; Fri 09:30-16:30
 - Email: help@galop.org.uk
 - Make a referral for support (for yourself or others):
<https://galop.org.uk/make-a-referral/>
- **Switchboard** (helpline/live chat/email) - a confidential, non-judgemental LGBTQ+-specific listening service.
<https://switchboard.lgbt/>
 - Phone: 0800 0119 100
 - Available Mon-Sun 10:00-22:00, 365 days
 - Live chat: <https://switchboard.lgbt/>
 - Available Mon-Sun 10:00-22:00, 365 days
 - Email: hello@switchboard.lgbt
 - They aim to reply within 5 days.

- **Mermaids** (helpline/live chat/SMS/info). Charity specialising in trans issues of all kinds, including Sexual Violence.
<https://mermaidsuk.org.uk/>
 - Phone: 0808 801 0400
 - Available Mon-Fri 13.00-20.00
 - Live chat: <https://mermaidsuk.org.uk/helpline-support-services/>
 - Available Mon-Fri 13.00-20.30
 - SMS: Text MERMAIDS to 85258
 - Operated by SHOUT, available 24/7

Children

- Childline (helpline/counsellor chat). It is available for anyone aged 18 or below to talk about anything.
<https://www.childline.org.uk/about/about-childline/>
 - Phone: 0800 1111
 - Available 24/7
 - 1-2-1 Counsellor chat:
<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>
- NSPCC: National Society for the Prevention of Cruelty to children. (helpline/info). Support and information for children and anyone worried about a child.
<https://www.nspcc.org.uk/keeping-children-safe/>
 - Phone: 0808 800 5000
 - Mon-Fri 8.00-16.00
 - Email: help@NSPCC.org.uk
 - Report abuse form:
<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/report-abuse-online/>

Legal advice

- **The Meadows Sexual Assault Referral Centre (SARC)** (advice/forensic medical exams/counselling/Independent Sexual Violence Advisors/referrals to other organisations/emergency contraception). SARC is a 24/7 service offering forensic medical exams, support, counselling, and sexual health screenings for victim-survivors of sexual violence. They can provide an exam without police involvement and the evidence can be stored for up to 6 months while you decide what to do next, and they can help you consider your reporting options. For the collection of evidence, some things are time sensitive (i.e. 72-hour window), but SARC offers practical help and helps them learn more about their options while giving them time to consider what to do next.
<https://sarcdurham.co.uk/>
 - Refer yourself by phone: 0330 223 0099
 - Available 24/7
 - Email: teessideanddurham.sarc@nhs.net
 - Monitored Mon-Fri 9.00-17.00
- **Rape and Sexual Abuse Counselling Centre** (emotional support helpline/emotional support email/Independent Sexual Violence Advisors/peer support groups). RSACC offers free, safe support to victim-survivors who have experienced any form of sexual violence at any time in their lives. All volunteers on the support helpline and email are women. (Free counselling is currently unavailable unless the survivor is under 18)
<https://www.rsacc-thecentre.org.uk/>
 - Emotional support helpline: 0300 222 5730
 - Available Mon and Tues 18:30-20:30; Wed and Thurs 10:00-12:00, 18:30-20:30; Sat 10:00-12:00
 - Email: support@rsacc-thecentre.org.uk
 - They aim to respond within 7 days
- **Rights of Women** (helpline/email/info) provides some forms of legal information regarding women's rights in contexts of sexual misconduct and violence. There are different helplines for different kinds of legal advice needed, and the email service is only offered for the Criminal law advice line.
<https://www.rightsofwomen.org.uk/>
 - Criminal law line:
 - 020 7251 8887
 - Available Tue 10:00-12:00; Thu 19:00-21:00
 - [ON PAUSE] Email: <https://cms.rightsofwomen.org.uk/flows-answers/triage>
 - Advice guides for criminal law (including domestic abuse):
<https://www.rightsofwomen.org.uk/get-advice/criminal-law-information/>