



Sexual Violence

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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://www.themeadowsdurham.org.uk/index.html>
 - Refer yourself by phone: 03333 44 8283
 - Available 24/7
- **Rape and Sexual Abuse Counselling Centre** (counselling helpline/Independent Sexual Violence Advisors/peer support groups). RSACC offers free confidential counselling and support to victim-survivors who have experienced any form of sexual violence.
<https://www.rsacc-thecentre.org.uk/>
 - Emotional support helpline: 0300 222 5730
 - Tuesday (6.30pm–8.30pm), Wednesday (10.00am–12pm, 6.30pm–8.30pm), Thursday (10.00am–12pm), Saturday (10.00am–12pm)
 - Email: support@rsacc-thecentre.org.uk
 - They aim to respond within 7 days

For every gender:

- **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 402398
 - Available 24/7
 - Email: onlinecounselling@safeline.org.uk



- **SupportLine** (helpline) 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 765200
 - Tuesdays-Thursdays (6pm-8pm)
 - Email: info@supportline.org.uk
 - They aim to respond within 48 hours
- **The Survivor's Trust** (helpline) 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
 - Monday–Thursday (10am-12.30pm, 1.30pm-3pm, 6pm-8pm)
Friday (10am–12.30pm, 1.30pm–3pm)
Saturday (10am–12.30pm)
Sunday (6pm–8pm)
- **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 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 forwards after crime.
<https://www.victimsupport.org.uk/>
 - Phone: 08 08 16 89 111
 - 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:

For women:

- **Rape Crisis Tyneside and Northumberland**
(helpline/counselling/advocacy/email/info/Independent Sexual Violence Advisors/ Group work) is a part of Rape Crisis Tyneside and Northumberland. They are a charity offering free, confidential services for women and girls (including trans women) who are victim-survivors of sexual violence, and provide a safe place to talk in confidence, or advocacy / advice as requested.
<https://rctn.org.uk/>
 - Phone: 0800 035 2794
 - Monday-Thursday (6.00pm-8.30pm)
 - Form for self-referral: <https://rctn.org.uk/online-referral-form/>
- **Women's aid** (live chat/email/info). Information and support for women and children who have experienced domestic abuse, including support by live chat, a directory of local services and a forum.
<https://www.womensaid.org.uk/>
 - Live chat: <https://chat.womensaid.org.uk/>
 - Monday-Friday (8am-6pm), Saturday-Sunday (10am-6pm)
 - Email: helpline@womensaid.org.uk
 - Aim to reply within 5 working days
 - More info about contacting them by email:
<https://www.womensaid.org.uk/information-support/help-by-email/>

For 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.
<https://malesurvivor.org/>



- **National Male Survivor Helpline** (helpline/live chat/SMS/email) is dedicated service for men and boys affected by sexual violence and those who support them.
 - Phone: 0808 800 5005
 - Monday-Friday (9am-8pm), Weekend (10am-2pm)
 - SMS: 07860 065187
 - Email: support@safeline.org.uk
 - They aim to respond within 7 working days
 - Live chat: <https://safeline.org.uk/services/national-male-helpline/>
- **SurvivorsUK** (live chat/SMS/email/info) support 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/>
 - Live chat: <https://www.survivorsuk.org/ways-we-can-help/>
 - Monday–Sunday (12pm-8pm)
 - SMS: 020 3322 1860
 - Monday–Sunday (12pm-8pm)

Support for specific forms of Sexual Misconduct and Violence:

Revenge Porn:

- **Revenge Porn Helpline** (helpline/email/advice/anonymous reporting) is able to give advice and support for any kinds 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
 - Monday-Friday (10am-6pm) excluding bank holidays
 - Email: help@revengepornhelpline.org.uk
 - Whisper, their anonymous reporting form: <https://swgfl.org.uk/whisper/rph1/>

Stalking:

- **National Stalking Helpline** (helpline/email/guidance/advocacy/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
 - Monday and Wednesday (9:30am-8pm)
Tuesday, Thursday and Friday (9:30am-4pm)
 - 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 advocacy for anyone affected by stalking.

<https://www.paladinservice.co.uk/>

- Phone: 020 3866 4107
 - Monday, Tuesday, Thursday, Fridays (9:30am-4pm)
Wednesdays (1pm-4pm)

FGM-specific resources:

- **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: 0808 178 8424
 - Monday-Friday (9am-5pm)
- **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
 - Monday-Friday (10am-8pm)
- 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
 - Monday-Thursday (10am-9pm), Friday (10am-6pm)
 - 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
 - Monday-Friday (9:30am-5:30pm)
 - 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: 0800 121 7114
 - 7 days a week (10am-12pm, 2pm-4pm, 6pm-8pm)
 - Email: admin@oneinfour.org.uk
 - Contact form: <https://oneinfour.org.uk/contact-us/>
- **SomeOne Cares** (counselling) are a counselling organisation based in North Shields/Sunderland who work with anyone regardless of their gender who are 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 to provide support services to people in adult industries.
<https://nationaluglymugs.org/>
 - Phone (to talk to a case worker): 0161 629 9861 or 0800 464 7669
 - Tuesday-Friday (10am-4pm)
- **Support for Student Sex Workers** (helpline/one on one support sessions/support/Independent Sexual Violence Advisors) is a support system run by and for sex workers, offering advice for incidents, about staying safe, and creative outlets.
<https://sfssw.co.uk/>
 - Text/Whatsapp: 079 399 491 60
 - This can also be used to arrange a phone call
 - Form: <https://sfssw.co.uk/referral-form/>

PoC Victim-Survivors:

- **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 7318 147
 - 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: 0808 178 8424
 - Monday-Friday (9am-5pm)
- **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 which 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/>
 - 0207 920 6460
 - Monday-Friday (9:30am-5:30pm)
 - 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 that is, they offer to listen and help.
<https://karmanirvana.org.uk/>
 - Phone: 0800 5999 247
 - Monday-Friday (9am-5pm)
- **LAWA** (helpline/live chat). Supports Latin American and other minority ethnic women that have experienced gender-based violence, domestic abuse, forced prostitution or trafficking.
<https://lawadv.org.uk/>
 - Phone: 020 7275 0321
 - Everyday (9:30am-5:30pm)
 - Live chat: <https://lawadv.org.uk/get-help-coronavirus>
- **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, domestic and/or honour-based violence.
<https://sharan.org.uk/services-resources/for-clients/>
 - Phone: 0844 504 3231
 - No info available on opening times, you can leave a message if they aren't available - they aim to respond within 24 hours.
 - 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 111 4998
 - Monday-Friday (8:30am-5.30pm), Saturday to Sunday (10am-1pm)
 - Email: referrals@coventryhaven.cjism.net



Victim-Survivors from different Faiths:

- **Jewish Women's Aid** (helpline/live chat/counselling/legal advice). Support for Jewish women and children affected by domestic abuse & sexual violence.
<https://www.jwa.org.uk/>
 - Phone: 0808 801 0500
 - Monday-Thursday (9:30am-9:30pm) excluding Jewish holidays and bank holidays
 - Live chat: <https://www.jwa.org.uk/webchat>
 - Monday & Wednesday (3pm-5pm), Tuesday & Thursday: (10am-12pm)
 - Self-refer to counselling: <https://www.jwa.org.uk/counselling-and-group-support>
 - Legal advice: <https://www.jwa.org.uk/legal-advice>
- **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
 - Monday-Friday (10am-4pm)
 - SMS: 07415 206 936
 - Monday-Friday (10am-4pm)
 - Email: info@mwnhelpline.co.uk
 - Live chat: <https://www.mwnhelpline.co.uk/index.php>
 - Monday-Friday (10am-4pm)

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)
 - Monday-Friday (10am-3pm)
 - 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
 - Monday-Friday (10am-3pm)
 - Email: admin@respond.org.uk



LGBTQ+ Victim-Survivors:

- **Galop** (helplines/webchat). This is a helpline for LGBTQ+ people experiencing abuse or violence, such as hate crime, domestic abuse, sexual violence, so-called “conversion therapy” or any other kind of abuse.
<http://www.galop.org.uk/>
 - Phone: [0800 999 5428](tel:08009995428)
 - Monday-Thursday, 10am - 4:30pm; Friday, 10am - 4pm
 - 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](tel:08000119100)
 - Everyday (10am-10pm)
 - Live chat: <https://switchboard.lgbt/>
 - 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](tel:08088010400)
 - Monday-Friday (9am-9pm)
 - Live chat: <https://mermaidsuk.org.uk/contact-us/>
 - Monday-Friday (9am-9pm)
 - SMS: Text MERMAIDS to [85258](tel: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
 - Monday-Friday (10am–8pm)
 - 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://www.themeadowsdurham.org.uk/index.html>
 - Refer yourself by phone: 03333 44 8283
 - Available 24/7
- **Rape and Sexual Abuse Counselling Centre** (counselling helpline/Independent Sexual Violence Advisors/peer support groups). RSACC offers free confidential counselling and support to victim-survivors who have experienced any form of sexual violence.
<https://www.rsacc-thecentre.org.uk/>
 - Emotional support helpline:
 - Tuesday (6.30pm–8.30pm), Wednesday (10.00am–12pm, 6.30pm–8.30pm), Thursday (10.00am–12pm), Saturday (10.00am–12pm)
 - Email: support@rsacc-thecentre.org.uk
 - The 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 Criminal law advice line.
 - Criminal law line:
 - 020 7251 8887
 - Tuesday 10am-12pm, Thursday 7pm-9pm, closed on Bank Holidays
 - 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/>