

# Race Signposting

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## Mental health support

- **Asian Mental Health Helpline** (helpline) provides mental health support in many different languages (Gujarati, Punjabi, Hindi, Urdu, English). Operated by ReThink.  
<https://www.rethink.org/help-in-your-area/services/advice-and-helplines/rethink-sahayak-asi-an-mental-health-helpline/>

  - Phone: 0808 800 2073
    - Available Mon-Wed 16:00-19:00; Tue-Thu 12:00-15:00
- **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/live chat/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/helpline/>
  - Phone: 0330 053 3336
    - Available Mon-Sun 12:00-18:00
  - Email: [info@latahzan.uk](mailto:info@latahzan.uk)

## Sexual health support

- **Black Beetle Health** (info) provides a range of information, posters and podcasts on sexual, reproductive and mental health for people of colour and LGBTQIA+ people. They cover topics such as contraception, HIV (including PrEP/PEP) and cancers.  
<https://www.blackbeetlehealth.co.uk/>
- **Halo Project** (helpline/info). 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

## 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](mailto: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](mailto: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
  - Email: [referrals@coventryhaven.cjsm.net](mailto:referrals@coventryhaven.cjsm.net)

## LGBTQIA+ support

- **African Rainbow Family** (info/support). Information and support for LGBTIQ people of African heritage and the wider Black and Asian Minority Ethnic groups.  
<https://africanrainbowfamily.org/>
- **Black Beetle Health** (info) provides a range of information, posters and podcasts on sexual, reproductive and mental health for people of colour and LGBTQIA+ people. They cover topics such as contraception, HIV (including PrEP/PEP) and cancers.  
<https://www.blackbeetlehealth.co.uk/>

## 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 961 8389
  - Email: [info@africanwomencare.org.uk](mailto: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](mailto: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 7318 147
    - Available 24/7
  - Email: [info@bawso.org.uk](mailto:info@bawso.org.uk)
- **Halo Project** (helpline/info/advocacy). Supports Black and minoritised victims and survivors of female genital mutilation, forced marriage, honour-based violence, trafficking, hate crime, domestic violence and modern slavery.  
<https://www.haloproject.org.uk/>
  - 0808 178 8424
    - Available Mon-Fri 09:00-17:00

- **Humraaz** (phone/email/refuge/support). Support for black and minoritised women affected by domestic violence.  
<https://humraaz.co.uk/here-to-help/>
  - Phone: 01254 695 800
    - Available Mon-Fri 09:00-17:00
  - Email: [info@humraaz.org.uk](mailto:info@humraaz.org.uk)
- **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](mailto:info@imece.org.uk)
- **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 5999 247
    - 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](mailto: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 Mon-Fri 11:00-13:00
  - Email: [referrals@lawrs.org.uk](mailto:referrals@lawrs.org.uk) informing them of your name, contact number and a safe time for them to call you back.
- **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
  - Email: [referrals@coventryhaven.cjsm.net](mailto:referrals@coventryhaven.cjsm.net)
- **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](mailto: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](mailto: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/live chat/email/BSL). UK charity providing independent support to people affected by hate crime. BSL available.

<http://www.equalityadvisoryservice.com/app/home>

- 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/ask>
  - Available Mon-Fri 09:00-19:00; Sat 10:00-14:00
- BSL: <https://www.equalityadvisoryservice.com/app/bsl>
- **The Monitoring Group** (reporting/helpline/email) 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/>