

Beyond the Streets

Beyond the Streets provides a confidential call back service for women who are involved in prostitution and want to explore possible alternatives.

Telephone: 0800 133 7870 (call back service)

Email: support@beyondthestreets.org.uk

Galop

Galop runs a specialist helpline for LGBT+ people who have experienced hate crime, domestic abuse or sexual violence.

Telephone: 0800 999 5428 (Monday-Friday 10am-5pm, Wednesday-Thursday 10am-8pm)

Email: advice@galop.org.uk

Karma Nirvana

Karma Nirvana support victims of so called 'honour-based' abuse and forced marriage. They operate a national helpline to support victims and professionals.

Telephone: 0800 599 9247 (Monday-Friday 9am-5pm)

Email: info@karmanirvana.org.uk

Male Survivors Alliance

The Male Survivors Alliance provides help and information to male victims/survivors of sexual abuse, rape and sexual exploitation.

The National Male Survivors helpline is 0808 800 5005.

The helpline is available Mon-Weds 9am-5pm, Thurs 8am-8pm, Fri 9am-5pm, Sat 10am-2pm. There is also a text service and online chat function available via Safeline

here- <https://www.safeline.org.uk/contact-us/>

ManKind Initiative

Mankind offer support to male victims of domestic abuse. Their helpline provides both emotional support and practical information.

Telephone: 01823 334 244 (Monday-Friday 10am-4pm).

NAPAC (National Association for People Abused in Childhood)

NAPAC offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect. They offer a range of resources for survivors, as well as those who care for and work with them.

Telephone: 0808 801 0331 (Monday-Thursday 10am-9pm and Friday 10am-6pm)

Email: support@napac.org.uk

National Domestic Abuse Helpline (run by Refuge)

Refuge's National Domestic Abuse Helpline provides free, confidential support 24 hours a day to victims of domestic abuse and those who are worried about friends or loved ones.

Telephone: 0808 2000 247 (24 hours a day)

Email (via website): <https://www.nationaldahelpline.org.uk/Contact-us>

NSPCC / Childline

The NSPCC helpline is staffed by trained professionals who can provide expert advice and support. If you are concerned about a child, if you're a parent or carer looking for advice, or if you're a professional in need of information and guidance.

Whatever your worry – call the NSPCC on 0808 800 5000, email, or submit the online form .

They also have advice about spotting the signs of abuse. You can call **Monday to Friday 8am – 10pm or 9am – 6pm at the weekends**. It's free and you don't have to say who you are.

Website- <https://www.nspcc.org.uk/>

Childline offers free, confidential advice and support whatever your worry, whenever you need help. Counsellors are available to talk to by calling 0800 1111 or via 121 chat between 7.30am and 3.30am every day.

Website- <https://www.childline.org.uk/>

Rape Crisis England and Wales

Rape Crisis Centres provide specialist support and services to women and girls who have experienced sexual violence. The Rape Crisis National Helpline offers free, confidential emotional support and information.

Telephone: 0808 802 9999 (every day between 12-2.30pm and 7-9.30pm)

Rape Crisis Live Chat: Live Chat is a free, text-based support service. For more information please go to <https://rapecrisis.org.uk/get-help/want-to-talk/>

Respect

Respect is a domestic abuse organisation which runs a confidential helpline for men and women who are harming their partners and families, as well as a confidential helpline for male victims of domestic abuse and those supporting them.

Respect Phonenumber:

Telephone: 0808 802 4040 (Monday-Friday 9am-8pm)

Email: info@respectphonenumber.org.uk

Men's Advice Line:

Telephone: 0808 8010 327 (Monday-Friday 9am-8pm)

Email: info@mensadvice.org.uk

Revenge Porn Helpline

The helpline is a UK service supporting adults (aged 18+) who are experiencing intimate image abuse, also known as, revenge porn.

Due to concerns around the Coronavirus outbreak, the Helpline will be operating an email only service for the time being, therefore voicemail messages may not be responded to immediately. Please contact by email on help@revengepornhelpline.org.uk open Monday to Friday from 10am to 4pm.

Safeline

Safeline's National Male Survivor Helpline is a dedicated service for men and boys in England and Wales affected by rape or sexual abuse and those that support them such as friends and family.

Telephone: 0808 800 5005 (Monday, Wednesday and Friday 9am-5pm, Tuesday and Thursday 8am-8pm and Saturday 10am-2pm)

Email (via website): <https://www.safeline.org.uk/contact-us/>

Southall Black Sisters

Southall Black Sisters specialise in domestic and gender related violence, including forced marriage and 'honour-based' abuse. They provide specialist advice, information, casework, advocacy, counselling and self-help support services in several languages.

Telephone: 0208 571 9595 (Monday to Friday from 9-5pm)

Email (via website): <https://southallblacksisters.org.uk/contact-us/>

Stay Safe East

Stay Safe East provides specialist and holistic advocacy and support services to disabled people who are victims and survivors of domestic or sexual violence.

Telephone: [0208 519 7241](tel:02085197241)

Email: enquiries@staysafe-east.org.uk

National Male Support Service - SurvivorsUK

SurvivorsUK support men, boys, trans and nonbinary survivors of sexual violence. They offer one to one counselling, ISVA services, and an online helpline.

Website: www.survivorsuk.org (Monday-Sunday 12pm-8pm)

Email: info@survivorsuk.org

Suzy Lamplugh Trust

Suzy Lamplugh Trust run the National Stalking Helpline, which gives practical information, support, and advice to victims of stalking, their friends, family, and professionals working with victims.

Telephone: [0808 802 0300](tel:08088020300) (9:30am-4pm Monday, Tuesday, Thursday and Friday; 1pm-4pm Wednesday)

Email (via website): <https://www.suzylamplugh.org/forms/national-stalking-helpline-enquiry-form>

The Survivors Trust

The Survivors Trust provides confidential information, advice and support for people who have experienced rape and sexual violence.

Telephone: [0808 801 0818](tel:08088010818) (Monday-Friday: 10am-8:30pm, Saturday from 10am-12:30pm, 1:30pm-4:30pm and 6pm-8:30pm and Sunday from 1:30pm-4:30pm and 6pm-8:30pm)

Email: info@thesurvivorstrust.org

www.thesurvivorstrust.org

Women's Aid

Women's Aid provides support for women who are experiencing or have experienced physical, mental, sexual or domestic violence or abuse.

Live Web Chat: <https://chat.womensaid.org.uk/> (Monday to Friday 10am-4pm, Saturday and Sunday 10am-12pm)

Email: helpline@womensaid.org.uk

Bawso (Wales)

Bawso is an all Wales voluntary organisation providing specialist services to black and minority ethnic (BME) women and children made homeless through domestic abuse. Bawso's work extends to providing support to BME women confronted with forced marriage, FGM and so called 'honour-based' abuse.

Telephone: [0800 7318147](tel:08007318147) (24hr)

Email: info@bawso.org.uk

Dyn Wales Helpline

The Safer Wales Dyn Helpline provides free confidential support to men who experience domestic abuse in Wales.

Telephone: [0808 801 0321](tel:08088010321) (Monday and Tuesday 10-4pm, Wednesday 10-1pm)

Email: support@dynwales.org