

# **SIGNPOSTING**



## UNDER 18 YEAR OLDS

**If you think a child is in immediate danger  
call the police on 999, straight away**

### NSPCC

Contact NSPCC If you have any concerns or suspicions, contact our free helpline service to speak to an NSPCC counsellor 24 hours a day, 365 days a year. Reports can be made anonymously. If you're worried about a child, even if you're unsure, contact our professional counsellors 24/7 for help, advice and support.

Phone: 0808 800 5000  
Opening times: 24 hours  
Online: [www.nspcc.org.uk](http://www.nspcc.org.uk)  
email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk).

### childline

ONLINE, ON THE PHONE, ANYTIME

Childline provides free confidential advice and support for all young people up to 19 years old. Whatever your worry, Childline counsellors are here to help. Speak to them by phone, online or email 24 hours a day. [Watch this video](#) to see what happens when you call Childline. You'll speak to someone who takes your details and puts you through to a counsellor. The number won't appear on any bill (landline and mobile). Childline also has a free app called [Zipit](#). If you're feeling uncomfortable when someone's trying to get you to send them naked images of yourself, Zipit helps you take control of the situation with smart comebacks to flirty requests.



Phone: **0800 1111** (Freephone)  
Opening Times: **24 hours**  
Online: [www.childline.org.uk](http://www.childline.org.uk)

The Lighthouse is the UK's first Child House. At The Lighthouse we provide a safe place for children and young people to recover from sexual abuse at their own pace and get the justice they deserve to rebuild their lives.

Phone: 0808169 8112  
Opening Times: Monday to Saturday: 10 am - 8 pm  
Sunday 10 am – 1 pm  
Online: [www.uclh.nhs.uk/thelighthouse](http://www.uclh.nhs.uk/thelighthouse)  
Email: [uclh.thelighthouse@nhs.net](mailto:uclh.thelighthouse@nhs.net)



If someone has asked you to do things online that you don't feel comfortable with, Thinkuknow offers advice to young people on sex, relationships and staying safe online. It may be talking about sex, asking you to send nude photos of yourself, or pressuring you to meet in real life, you can report this using their online Child Exploitation and Online Protection (CEOP) 'Report it' button. They'll ask for information about you and what's happened, which will help them to understand more about the situation and keep you safe. You can also report to CEOP if you are worried about a friend, or someone you know.

Online:  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

CONSENT EMOTIONAL ABUSE LGBTQ+ PHYSICAL ABU



Disrespect Nobody contain information to support young people on healthy relationships including information on: Sexting, what is relationship abuse, consent, rape, sexual harassment and Porn.

Online: [www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)



NHS Choices Website

The NHS Choices website has information, advice and help for young people advice on mental health problems including depression, anxiety and stress.

Online:  
<http://www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx>

RELATIONSHIP ABUSE

## GENERAL SUPPORT



**SAMARITANS**

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever’s getting to you. You don’t have to be suicidal.

Phone: **116 123** (Freephone)  
Opening Times: **24 hours**  
Online: [www.samaritans.org](http://www.samaritans.org)  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)



The National Association for People Abused in Childhood (NAPAC) is the UK’s leading national charity offering support to adult survivors of all types of childhood abuse, including physical, sexual and emotional abuse and neglect

Phone: 0808 8010331  
Opening Times: Monday to Thursday: 10 am- 9 pm  
Friday 10 am – 6 pm  
Online: [www.napac.org.uk](http://www.napac.org.uk)  
Email: [info@napac.org.uk](mailto:info@napac.org.uk)



The Survivors Trust (TST) is a UK-wide national umbrella agency for 130 specialist organisations for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland. To find support in your area, check this link:

Phone: **0808 801 0818**  
Online: [www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)



**One in Four**

One in Four is a specialist charity with a dedicated team of experts and counsellors with many years of knowledge, experience and expertise in working with survivors of sexual abuse and violence, and particularly child sexual abuse. Offer subsidised counselling services, advocacy, survivor group work.

Email: [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)  
Online: [www.oneinfour.org.uk](http://www.oneinfour.org.uk)

## TAMIL SPEAKING SUPPORT



Jothy Helpline provides a helpline service for tamil speaking individuals 'Nalamaan Ullam Mahilvaana Vaalvu'. Free face to face counselling service and free confidential helpline service Monday - Friday from 13:00- 21:00 020 3371 0006

Phone: **020 3371 0006 (Freephone)**

Opening times: Monday - Friday from 13:00-21:00

Online [http://www.ahilanfoundation.com/?page\\_id=198](http://www.ahilanfoundation.com/?page_id=198)



myNanBee provides a Tamil speaking befriending service as we believe that one of our ways to beat loneliness is to spend time talking to each other. If something is bothering you and you need a friend to talk to please contact us:

Phone: 07534905923

email: [mynanbee@gmail.com](mailto:mynanbee@gmail.com)



**Tamil Community Centre**  
தமிழ் சமூக நடுவம்

&



Tamil Community Centre and Otthulaippu. Drop-in sessions, Monday 1:30 pm- 4:30 pm, Trinity Centre, East Avenue, EastHam, E12 6SG. Free services include: drug and alcohol abuse, community awareness, general health and wellbeing.

Provides Tamil speaking support service.

Contact: Rani -07947 816 273

Thiaka- 07980 846113

email: [tccentre@googlemail.com](mailto:tccentre@googlemail.com)

Website: <http://otthulaippu.com/index.html>

<http://www.tccentre.co.uk>

## SUPPORT SPECIFICALLY FOR WOMEN



### Rape Crisis

If you are a girl who has experienced rape, sexual abuse or sexual assault you can get help, information and support from trained female support workers via their helpline. They will be able to tell you details of your nearest support services. They also provide information for partners, family, friends and other people who are supporting a survivor of sexual violence. You can get more information on their website.

Phone: **0808 8029999** (Freephone)

Opening Times:

**12:00 - 14:30 / 19:00 - 21:30 daily**

Online: **[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)**



**women's aid**  
until women & children are safe

CONSENT LGBT PORN RAPE RELATIONSHIP ABUSE TEXTING SEXUAL ASSAULT

National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge

If you are a girl who is experiencing violence, or has experienced it in the past, the National Domestic Violence Helpline can support you. The Helpline is staffed by fully-trained female support workers who can provide confidential, non-judgmental emotional support and information on a range of issues – from reporting to the police, to accessing local services in your area. All calls are confidential. You can also call them if you are worried about a friend or someone you know.

The Helpline number will not show up on BT landline phone bills. If you have another service provider, you'll need to check with their customer services team whether the number will be visible on your bill.

Calls are free from landlines, but other mobile services providers may charge.

Phone: **0808 2000 247** (Freephone)

Opening Times: **24hours**

Online:

**[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)**  
**[helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)**



Southall Black Sisters- If you are a woman or child who is Asian, African-Caribbean or other minority, and you are experiencing domestic or sexual violence (including forced marriage, dowry abuse and honour crimes). Southall Black Sisters provides information, advice, advocacy, practical help, counselling and support in English, Hindi, Punjabi, Gujarati and Urdu (Interpreters are used for other languages).

Phone: **0208 571 0800**

Opening Times: **9.30 - 12:30 / 13:30 - 16.30pm**

**Monday - Friday**

Online: **[www.southallblacksisters.org.uk/](http://www.southallblacksisters.org.uk/)**



## SUPPORT SPECIFICALLY FOR MEN

SE PORN RAPE RELATIONSHIP ABUSE SEXTING SEXUAL ASSAULT



The Men's Advice Line- If you are a boy who is experiencing abuse, or have in the past, you can speak to trained advisors who provide support specifically for men experiencing violence from their partners, and who can offer you emotional support and practical advice. All calls are confidential.

Phone: **0808 801 0327** (Freephone)

Opening Times: **09:00 - 17:00 Monday - Friday**

Online: **www.mensadvice.org.uk** (webchat available)

**info@mensadvice.org.uk**



CONSENT EMOTIONAL ABUSE LGBT+ PHYSICAL ABUSE PORN RAPE RELATIONSHIP ABUSE

Survivors UK- If you are a man over the age of 18 and have experienced rape or sexual assault you can get help and advice from specialists in the field of male sexual violence who have helped many men to work through their experiences.

You can phone them or use their web chat service which allows you to have a confidential one-to-one chat with a trained professional.

Phone: Text chat **020 3322 1860**

Opening Times:

**10:30 – 21:00 Monday - Friday**

**10:00 - 18:00 Saturday - Sunday**

Online: **www.survivorsuk.org** (webchat available)

**help@survivorsuk.org**



CONSENT RAPE SEXUAL ASSAULT

Safeline provide a range of services to support men in working through their experiences, including free online and telephone counselling. Safeline has over 20 years' experience in working with rape and sexual abuse and our research shows that the clients we work with report a significant improvement in their mental health and wellbeing, enabling them to regain control of their lives and play a more active role within their communities.

Call, SMS, IM or email the team for a confidential chat with a trained professional.

Phone: Helpline: **0808 800 5005**

Text chat: **0786 002 7573**

Opening Times: **10:00 – 16:00 Monday & Friday**

**08:00 – 20:00 Tuesday & Thursday**

**10:00 – 12:00 Saturday**

Online: **www.safeline.org.uk/men/** (webchat available)

**support@safeline.org.uk**

## LGBTQI+ COMMUNITY SUPPORT



### Galop

The Galop National, Lesbian, Gay, Bisexual and Trans Domestic Abuse Helpline: Provides confidential and specialist telephone and WebChat service for all members of LGBT communities, their family, friends and agencies supporting them who have experienced issues with domestic violence and abuse. Domestic abuse can be psychological, financial, sexual, physical and/or emotional. Need support? We're here to help.

Phone:

Free Phone **0800 999 5428**

Opening Times: 10am – 5pm Monday

10am – 5pm Tuesday\*

10am – 5pm Wednesday

10am – 8pm Thursday

1pm – 5pm Friday

(\*1pm – 5pm Tuesday is a trans specific service).

Weekend chat service Saturday and Sunday 3pm – 7pm

Online: [www.galop.org.uk](http://www.galop.org.uk) [www.galop.org.uk/domesticabuse](http://www.galop.org.uk/domesticabuse)

Email: [help@galop.org.uk](mailto:help@galop.org.uk)



MindOut is a mental health service run by and for lesbians, gay men, bisexual, trans, and queer people. We work to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern

Phone:

Helpline **01273 234 839 (you may need to leave a message on our 24-hour confidential answerphone)**

Online: <https://www.mindout.org.uk> (webchat available)  
[info@mindout.org.uk](mailto:info@mindout.org.uk)

## ONLINE ABUSE

**This includes: Intimate images shared without consent, treats to share intimate images, Webcam blackmail (sextortion), Images recorded without consent (voyeurism), up skirting.**



# Revenge Porn Helpline

The Helpline was established in 2015 alongside the legislation which made it an offence to share intimate images or videos of someone, either on or offline, without their consent with the intention of causing distress. The Helpline is run by a small team of passionate and motivated individuals who are here and ready to help.

Helpline: 0345 6000 459\*

The helpline is open from 10 am to 4 pm, Monday to Friday excluding bank holidays.

Email: [help@revengepornhelpline.org.uk](mailto:help@revengepornhelpline.org.uk)

Whisper Report

Anonymous Reporting Form: <https://swgfl.org.uk/whisper/rph1/>

How to get in touch | Revenge Porn Helpline



## SPECIALIST SUPPORT



We aim to make a real difference to people with learning disabilities by providing effective and flexible support to help them to improve their lives. Respond works with children and adults with learning disabilities who have experienced abuse or trauma, as well as those who have abused others, through psychotherapy, advocacy, campaigning and other support. Respond also aims to prevent abuse by providing training, consultancy and research.

Phone: **0207 383 0700**

Online: [www.respond.org.uk](http://www.respond.org.uk)

Email: [admin@respond.org.uk](mailto:admin@respond.org.uk)



Mosac supports all non-abusing parents and carers whose children have been sexually abused. With 25 years of experience, we provide a range of support services and information for parents, carers and professionals dealing with child sexual abuse.

To make contact with us, please call the MOSAC NATIONAL HELPLINE: Freephone: 0800 980 1958 or you can call on 020 8293 9990 (charges apply and may vary, subject to your network provider).

Phone: **0800 980 1958 (free phone)**

Online: [www.mosac.org.uk](http://www.mosac.org.uk)

email: [enquiries@mosac.org.uk](mailto:enquiries@mosac.org.uk)



## ABUSERS

SEXTING SEXUAL ASSAULT

**respect**  
Phoneline

Respect Phoneline

If you are abusing your partner, you can stop and get help to change your behaviour. There are trained advisors who can provide help and support to men or women who are abusing their partners.

Phone:

**0808 802 4040** (Freephone)

Opening Times:

**09:00 - 17:00 Monday - Friday**

Online:

[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk) (webchat available)

[info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk)

CONSENT EMOTIONAL ABUSE LGBTQ PHYSICAL ABUSE PORN RAPE RELATIONSHIP ABUSE

CONSENT RAPE SEXTING SEXUAL ASSAULT  
ASSAULT



We support adults to play their part in prevention through providing sound information, educating members of the public, training those who work with children and families and running our Freephone confidential Helpline.

Our Helpline is available to:

- adults worried about the sexual behaviour of other adults or children and young people
- those worried about their own sexual thoughts or behaviour towards children, including those with concerns about their online behaviour
- friends and relatives of people arrested for sexual offending, including internet offending any other adult with a concern about child sexual abuse - including survivors and professionals

Phone: 0808 1000 900

Online: [www.stopitnow.org.uk](http://www.stopitnow.org.uk)

Visit website for secure messaging service