

Sexual Harassment, Assault and Rape Helplines

NSPCC - dedicated national helpline for young people who have experienced sexual harassment or abuse at school, and for worried adults who need support and guidance

- 0800 136 663
- help@nspcc.org.uk

Women's Aid and Refuge Helpline – information and emotional support for women

- 0808 2000 247 (24 hours)
- [Home - Women's Aid](#)

Men's Aid and Refuge Helpline – information and emotional support for men

- 0808 801 0327 (24 hours)
- [Home \(mensaid.co.uk\)](http://mensaid.co.uk)

Rape Crisis UK – information and emotional support for anyone in England and Wales

- 0808 802 9999
- [Home | Rape Crisis England & Wales](#)

Rape and Sexual Assault Referral Centres - Resource to find your nearest Rape and Sexual Assault Referral Centre. These are specialist medical and forensic services for anyone who has been raped or sexually assaulted. They aim to be one-stop service, providing the following under one roof: medical care and forensic examination following assault/rape and, in some locations, sexual health services. Medical Services are free of charge and provided to women, men, young people and children.

- www.nhs.uk/Service-Search/Rape-and-sexual-assault-referral-centres/LocationSearch/364

NHS Direct - information and advice about available support after rape and sexual assault

- www.nhs.uk/Livewell/Sexualhealth/Pages/Sexualassault.aspx

Victim Support - Free and confidential support to help you deal with your experience, whether or not you report the crime. Also supports witnesses of crime

- 0845 30 30 900
- www.victimsupport.org.uk

Samaritans - Talk to the Samaritans any time you like, in your own way, and off the record – about whatever's getting to you.

- 08457 90 90 90 (24 hours)
- www.samaritans.org

Scarleteen - inclusive, comprehensive and smart sex, sexual health and sexuality information and help for people in their teens and 20s.

- www.scarleteen.com

Galop - LGBT+ anti-violence charity, working on hate crime, domestic violence and sexual abuse.

- www.galop.org.uk

Karama Nirvana Helpline - Supporting victims of so-called honour crimes and forced marriages

- 0800 5999247
- www.karmanirvana.org.uk

National Stalking Helpline - Guidance and information to anybody who is currently or has previously been affected by harassment or stalking

- 0808 802 0300
- www.stalkinghelpline.org

Suzy Lamplugh Trust - Advice and information about stalking and personal safety

- www.suzylamplugh.org/Pages/FAQs/Category/stalking.

The Survivors Trust – Advice and information about sexual violence and abuse

- [About Sexual Violence & Abuse | The Survivors Trust](#)

Survivors UK – support and advice for male survivors, as well as anyone who currently or previously identifies as male, trans, non-binary.

- 020 3322 1860 text line
- [Ways We Can Help | SurvivorsUK | Male Rape and Sexual Abuse](#)