

# 1. General support

## External sources of support

| Service                                      | Support offered                                                              | How to access                                                                                                                                                                                                                |
|----------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>NHS</b>                                   | Medical support.                                                             | <b>999</b> for emergency service<br><b>111</b> for non-emergency service                                                                                                                                                     |
| <b>Metropolitan Police</b>                   |                                                                              | <b>999</b> for emergency service<br><b>0800 555 111</b> for general queries<br>For questions related to the police: <a href="https://www.askthe.police.uk/">https://www.askthe.police.uk/</a>                                |
| <b>Samaritans</b>                            | For anyone in emotional distress, struggling to cope or at risk of suicide.  | Phone lines: <b>08457 909090</b> / <b>020 7734 2800</b><br>116 123<br>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>                                                                                        |
| <b>London Nightline</b>                      | An anonymous listening and information service run by students for students. | Nightline open every night from 6pm to 8am during term time<br><b>(+44) 20 7631 0101</b><br>Email: <a href="mailto:listening@london.nightline.ac.uk">listening@london.nightline.ac.uk</a><br>Skype username: londonnightline |
| <b>Victim Support</b>                        | Victims of crime.                                                            | National Support line open 24/7: <b>08 08 16 89 111</b><br>Online: <a href="https://www.victimsupport.org.uk/help-and-support/get-help/">https://www.victimsupport.org.uk/help-and-support/get-help/</a>                     |
| <b>Equality Advisory and Support Service</b> | support on issues relating to equality and human rights.                     | Advice line: <b>0808 800 082</b><br>Text line: <b>0808 800 084</b><br>Available on Monday-Friday: 9am–7pm, Saturday: 10am–2pm                                                                                                |

## 2. Sexual and gender-based violence

### A. Support for all genders

| Service                                                                                                  | Support offered                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | How to access                                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>The Havens Sexual Assault Referral Centre</b><br><i>The closest SARC to LSE is Whitechapel</i>        | <p>SARC's can provide you with support after being subjected to sexual violence.</p> <p>At a SARC forensic evidence can be collected and stored for you should you wish to not report not. This gives you the option to come back and report at a later date with the evidence gathered. Forensic evidence should be collected within 72 hours.</p> <p>You do not have to report to the police to attend a SARC. You can also speak informally and anonymously to a specially training sexual offence officer.</p> <p>SARC's also offer follow-up care, including <a href="#">counselling, tests and treatments</a>.</p> | <p>Open 24/7/365.<br/>           Tel: <b>020 3299 6900</b><br/> <a href="https://www.thehavens.org.uk/how-we-can-help/">https://www.thehavens.org.uk/how-we-can-help/</a></p> |
| <b>University College London Hospital</b><br><i>The nearest Accident and Emergency department to LSE</i> | <p>If you have been subjected to sexual violence you can report this to the police.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p>Tel: <b>020 7387 9300</b></p>                                                                                                                                              |
| <b>Police</b>                                                                                            | <p>If you have been subjected to sexual violence you can report this to the police.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p>During an emergency call: <b>999</b><br/>           For non-emergencies call: <b>101</b></p>                                                                               |

## A. Support for all genders (continued)

| Service                                   | Support offered                                                          | How to access                                                                                                                                             |
|-------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Rape &amp; Sexual Assault Overseas</b> | Information for those who have been subjected to sexual violence abroad. | <a href="https://www.gov.uk/government/publications/rape-and-sexual-assault-abroad">www.gov.uk/government/publications/rape-and-sexual-assault-abroad</a> |
| <b>National Rape Crisis Helpline</b>      | Support for people who have been subjected to sexual violence.           | Tel: <b>0808 802 9999</b><br><a href="https://www.rapecrisis.org.uk">www.rapecrisis.org.uk</a>                                                            |

## B. Support for female survivors/victims of sexual violence or domestic violence

| Service                                                                                                                                                                                 | Support offered                                                                                                                                     | How to access                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>National Domestic Violence Helpline</b>                                                                                                                                              | Support for women who have been subjected to domestic abuse.                                                                                        | Helpline: <b>0808 2000 247</b><br>Webchat: <a href="https://www.nationaldahelpline.org.uk/en/Chat-to-us-online">https://www.nationaldahelpline.org.uk/en/Chat-to-us-online</a><br><a href="https://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a>                                                                                                                                                                            |
| <b>My Body Back Project</b>                                                                                                                                                             | Specialist health clinics, including a cervical screening clinic, STI clinics and maternity clinic, for women who have experienced sexual violence. | <a href="https://www.mybodybackproject.com/services-for-women/mbb-clinics/">https://www.mybodybackproject.com/services-for-women/mbb-clinics/</a>                                                                                                                                                                                                                                                                                                                          |
| <b>Rape Crisis Centres</b><br>There are four in London. Find the closest one to you:<br><a href="https://rapecrisis.org.uk/find-a-centre/">https://rapecrisis.org.uk/find-a-centre/</a> | Support for women after sexual violence.                                                                                                            | East London: Nia<br><a href="https://www.niaendingviolence.org.uk/">https://www.niaendingviolence.org.uk/</a><br>North London: Solace Women's Aid<br><a href="https://www.solacewomensaid.org/">https://www.solacewomensaid.org/</a><br>West London: Women and Girls Network<br><a href="https://www.wgn.org.uk/">https://www.wgn.org.uk/</a><br>South London: Rape and Sexual Abuse Support Centre<br><a href="https://www.rasasc.org.uk/">https://www.rasasc.org.uk/</a> |

## C. Image based abuse support

| Service                      | Support offered                                             | How to access                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Revenge Porn Helpline</b> | Support for people who have been subjected to revenge porn. | <p>Helpline: <b>0345 6000 459</b><br/>           10am–4pm, Monday to Friday excluding bank holidays.<br/>           Email: <a href="mailto:help@revengepornhelpline.org.uk">help@revengepornhelpline.org.uk</a></p> <p><a href="http://www.revengepornhelpline.org.uk">www.revengepornhelpline.org.uk</a></p> <p>Whisper, anonymous reporting form: <a href="https://swgfl.org.uk/whisper/rph1/">https://swgfl.org.uk/whisper/rph1/</a><br/>           Monday to Friday, 10am–4pm</p> |

## D. Support for male survivors/victims of sexual violence or domestic violence

| Service                         | Support offered                                                                                                                                                                  | How to access                                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Respect</b>                  | Support for male victims of domestic violence.                                                                                                                                   | <p>Helpline: <b>0808 8010 327</b><br/>           Monday–Friday 10am–8pm</p> <p>Email support: <a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a><br/>           Monday–Friday 9am–8pm</p> <p><a href="https://mensadviceline.org.uk/">https://mensadviceline.org.uk/</a></p>                                                                                                |
| <b>Survivors UK (male only)</b> | <p>Support for men who have been subjected to sexual violence.</p> <ul style="list-style-type: none"> <li>• ISVA support</li> <li>• Group work</li> <li>• Counselling</li> </ul> | <p>Helpline: <b>020 3598 3898</b><br/>           Email: <a href="mailto:help@survivorsuk.org">help@survivorsuk.org</a></p> <p>Helpline Web Chat: <a href="https://www.survivorsuk.org/ways-we-can-help/">https://www.survivorsuk.org/ways-we-can-help/</a><br/>           Monday–Sunday 12:00 – 20:00: <b>020 3598 3898</b></p> <p><a href="http://www.survivorsuk.org">www.survivorsuk.org</a></p> |

## E. Childhood sexual abuse specialised support

| Service            | Support offered                                                           | How to access                                                                                                                                                                                                                                                          |
|--------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>One in four</b> | Support & counselling for people who have experienced child sexual abuse. | Helpline: <b>0800 121 7114</b><br>(open 7 days a week 10am–12pm, 2pm–4pm and 6pm–8pm)<br>Email: <a href="mailto:admin@oneinfour.org.uk">admin@oneinfour.org.uk</a><br>For advocacy enquiries: <a href="mailto:advocacy@oneinfour.org.uk">advocacy@oneinfour.org.uk</a> |

## F. Race and ethnicity sexual violence support

| Service                                                        | Support offered                                                                                                                                                                                                                               | How to access                                                                                                                                                                       |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Imece Women's Centre</b>                                    | Primarily providing specialist services to Turkish, Kurdish and Cypriot Turkish Women.<br><ul style="list-style-type: none"><li>• Offering free advice</li><li>• Drop-in sessions</li><li>• Counselling</li><li>• Practical support</li></ul> | Advice Line: <b>020 7354 1359</b><br>Email: <a href="mailto:info@imece.org.uk">info@imece.org.uk</a><br><a href="https://imece.org.uk/get-help/">https://imece.org.uk/get-help/</a> |
| <b>Iranian and Kurdish Women's Rights Organisation (IKWRO)</b> | Support for Middle Eastern, North African and Afghanistan Women.<br><ul style="list-style-type: none"><li>• Counselling</li><li>• Advocacy support</li></ul>                                                                                  | <a href="http://ikwro.org.uk/">http://ikwro.org.uk/</a>                                                                                                                             |

## F. Race and ethnicity sexual violence support (continued)

| Service        | Support offered                                                                                                                                                                                                                                                                                                                      | How to access                                                                                      |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>Ashiana</b> | <p>Support for women subject to honour-based violence and forced marriages.</p> <ul style="list-style-type: none"> <li>• Counselling</li> <li>• Support groups</li> <li>• FGM support</li> <li>• Forced marriage and 'honour' based violence support</li> <li>• Advocacy and Practical support/casework</li> <li>• Refuge</li> </ul> | <p>Tel: <b>020 8539 0427</b><br/> <a href="mailto:info@ashiana.org.uk">info@ashiana.org.uk</a></p> |
| <b>Imkaan</b>  | <p>Provides full list of organisations supporting BAME women survivors of sexual and domestic violence</p>                                                                                                                                                                                                                           | <p><a href="https://www.imkaan.org.uk/get-help">https://www.imkaan.org.uk/get-help</a></p>         |

## G. Religion or faith based sexual violence support

| Service                                | Support offered                                                                                                                                                                                                                                                                                   | How to access                                                                                                                                                                                                     |                                                                                                                                                                                                |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Muslim Women's Network</b>          | Support for Muslim women experiencing or at risk of abuse                                                                                                                                                                                                                                         | Phone Lines: <b>0800 999 5786/0303 999 5786</b><br>Email: <a href="mailto:info@mwnhelpline.co.uk">info@mwnhelpline.co.uk</a><br><a href="https://www.mwnuk.co.uk/index.php">https://www.mwnuk.co.uk/index.php</a> |                                                                                                                                                                                                |
| <b>Migdal Emunah</b>                   | Support and counselling for men, women and children who are Jewish (any denomination of Judaism) who have been subjected to sexual violence. <ul style="list-style-type: none"> <li>• ISVA services</li> <li>• 1:1 counselling</li> <li>• Group support</li> <li>• Couples counselling</li> </ul> | Tel: <b>07493 790305</b><br>Email: <a href="mailto:info@migdalemunah.org.uk">info@migdalemunah.org.uk</a><br><a href="https://migdalemunah.org.uk/">https://migdalemunah.org.uk/</a>                              |                                                                                                                                                                                                |
| <b>Jewish Women's Aid Dina Service</b> | Support for Jewish women who have been subjected to sexual violence and domestic violence                                                                                                                                                                                                         | <b>Domestic abuse:</b><br>Helpline: <b>0808 801 0500</b><br>Mon–Thurs 9.30am–9.30pm<br><a href="mailto:advice@jwa.org.uk">advice@jwa.org.uk</a>                                                                   | <b>Sexual violence:</b><br>Helpline: <b>0808 801 0656</b><br>Mondays 10am–2; 1pm–3pm<br>Tuesdays 10am–12; 1pm–3pm<br>Thursdays 1pm–3pm<br><a href="mailto:dina@jwa.org.uk">dina@jwa.org.uk</a> |
|                                        |                                                                                                                                                                                                                                                                                                   | <b>Webchat:</b> <a href="https://www.jwa.org.uk/webchat">https://www.jwa.org.uk/webchat</a><br>Monday & Wednesday: 3pm–5pm<br>Tuesday & Thursday: 10am–12pm                                                       |                                                                                                                                                                                                |
| <b>Karma Nirvana</b>                   | Support for men and women who have been subjected to forced marriage.                                                                                                                                                                                                                             | UK Forced Marriage Helpline: <b>0800 5999 247</b><br><a href="https://www.karmanirvana.org.uk/">https://www.karmanirvana.org.uk/</a>                                                                              |                                                                                                                                                                                                |

## H. Support for LGBTQ+ survivors/victims of sexual violence or domestic violence

| Service                                      | Support offered                                             | How to access                                                                                                                                                                                                                                              |
|----------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Galop</b>                                 | LGBTQ+ sexual assault casework and support                  | Tel: <b>020 7704 2040</b><br>Email: <a href="mailto:referrals@galop.org.uk">referrals@galop.org.uk</a><br><a href="http://www.galop.org.uk/sexualviolence/">http://www.galop.org.uk/sexualviolence/</a>                                                    |
| <b>National LGBT Domestic Abuse Helpline</b> | Support for LGBTQ+ individuals subjected to domestic abuse. | Helpline: <b>0800 999 5428</b><br>Email: <a href="mailto:help@galop.org.uk">help@galop.org.uk</a><br>Monday to Friday 10am–5pm<br>Wednesday and Thursday 10am–8:00pm<br><a href="http://www.galop.org.uk/domesticabuse">www.galop.org.uk/domesticabuse</a> |



# 3. Stalking

| Service                    | Support offered                                         | How to access                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|----------------------------|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| National Stalking Helpline | Support for people who have been subjected to stalking. | Helpline: <b>0808 802 0300</b><br>Monday to Friday 09:30–16:00,<br>Wednesday's 09:30–20:00<br><br>Complete online form for support: <a href="https://www.suzylamplugh.org/forms/national-stalking-helpline-enquiry-form">https://www.suzylamplugh.org/forms/national-stalking-helpline-enquiry-form</a><br><br>Online tool – Am I being stalked: <a href="https://www.suzylamplugh.org/am-i-being-stalked-tool">https://www.suzylamplugh.org/am-i-being-stalked-tool</a><br><br><a href="https://www.suzylamplugh.org">www.suzylamplugh.org</a> |

## 4. Mental Health and Disability related

| Service         | Support offered                                                                                                                                               | How to access                                                                                                                                                                                                                                                                                                                                                                                                          |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Respond</b>  | Support for people with learning difficulties who have been subjected to trauma. <ul style="list-style-type: none"><li>• Counselling</li><li>• ISVA</li></ul> | Tel: <b>0207 383 0700</b><br>Email: <a href="mailto:admin@respond.org.uk">admin@respond.org.uk</a><br><br><a href="https://respond.org.uk/">https://respond.org.uk/</a>                                                                                                                                                                                                                                                |
| <b>Mind</b>     | Mental health                                                                                                                                                 | <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>                                                                                                                                                                                                                                                                                                                                                        |
| <b>DeafHope</b> | Support for deaf people experiencing domestic abuse                                                                                                           | <b>Main Office contacts</b><br>Text: <b>07966 976749</b><br>Email <a href="mailto:info@signhealth.org.uk">info@signhealth.org.uk</a><br><br><b>Psychological therapy team</b><br>Text: <b>07984 439473</b><br>Email: <a href="mailto:therapy@signhealth.org.uk">therapy@signhealth.org.uk</a><br>Call: <b>01494 687 606</b><br><br><a href="https://signhealth.org.uk/contact/">https://signhealth.org.uk/contact/</a> |

# 5. Race related

| Service                | Support offered               | How to access                                                                                                                                                                        |
|------------------------|-------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The Monitoring group   | Racial harassment and abuse   | Report racism through their form: <a href="https://tmg-uk.org/report-racism">https://tmg-uk.org/report-racism</a><br>Email: <a href="mailto:office@tmg-uk.org">office@tmg-uk.org</a> |
| Southall Black Sisters | BME women’s rights and advice | Tel: 020 8571 9595<br>Email: <a href="mailto:info@southallblacksisters.co.uk">info@southallblacksisters.co.uk</a><br>between 9:00am and 5:00pm Monday–Friday                         |

# 6. LGBTQ+

| Service     | Support offered                     | How to access                                                             |
|-------------|-------------------------------------|---------------------------------------------------------------------------|
| Switchboard | LGBTQ+ helpline                     | Phone line: <b>0300 330 0630</b><br>Open 10am–10pm every day              |
| Transunite  | Find a trans support group near you | <a href="https://www.transunite.co.uk/">https://www.transunite.co.uk/</a> |

## 7. Hate crime

**Please call 999 if you believe you are in immediate danger**

| Service                         | Support offered                                                           | How to access                                                                                                              |
|---------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>Stop hate UK</b>             | Support to report a hate crime, provide support before, during and after. | Report here: <a href="https://www.stophateuk.org/report-hate-crime">https://www.stophateuk.org/report-hate-crime</a>       |
| <b>True vision</b>              | Support to report any form of hate crime                                  | Report here: <a href="https://www.report-it.org.uk/home">https://www.report-it.org.uk/home</a>                             |
| <b>Tell Mama</b>                | Support for victims of anti-Muslim hate                                   | <a href="https://tellmamauk.org">https://tellmamauk.org</a>                                                                |
| <b>Community Security Trust</b> | Support for victims of anti-semitic hate                                  | <a href="https://cst.org.uk">https://cst.org.uk</a>                                                                        |
| <b>Galop</b>                    | Support LGBTQ+ people after being subjected to hate crimes.               | Tel: <b>020 7704 2040</b><br><a href="http://www.galop.org.uk/sexualviolence/">http://www.galop.org.uk/sexualviolence/</a> |