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Sexual violence support

UCU Sexual Harassment Support Helpline. This is a dedicated service for UCU members which any UCU member can reach on 0800 138 8724.

Women and Girls Network. Counselling and support to help women and girls recover from violence. Tel: 0808 801 0770.

Lifecentre Support for survivors of sexual abuse and anyone supporting them, including a helpline, text support and email counselling. Tel: 0808 802 0808 or text 07717 989 022.

One in Four offers advocacy and counselling services and information for people who have experienced sexual abuse. Tel: 0800 170 0314.

Galop is a charity that supports lesbian, gay, bi, trans and queer people affected by sexual and domestic violence. They run a London and National phone helpline open Monday to Friday 10 – 5pm as well as on online chat services on Saturday & Sunday: 15:00 – 19:00. Tel: 0800 999 5428.

Respond helps children and adults with learning disabilities who have experienced abuse or trauma, as well as those who have abused others, through psychotherapy, advocacy and other support. Tel: 020 7383 0700.

Respect Information and support for men who experience domestic violence. Advice line open Monday – Friday 9am – 5pm or email: info@respectphoneline.org.uk

Revenge Porn Helpline: Open 10am – 4pm, Monday to Friday – 0345 600 0459.

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. Tel: 0808 168 9111.

Survivors UK (National) Information, support and counselling for men and boys who have been raped or sexually abuse. Helpline web chat Monday–Friday 10am–9pm, Saturday to Sunday 10am–6pm.

Rape Crisis UK (England and Wales only) Webchat and helpline available for women over the age of 16 who have experienced sexual violence. Check www.rapecrisis.org.uk for helpline opening hours (varying) or call 0808 802 9999 between 12pm and 2.30pm or 7pm to 9.30pm every day of the year.

Rape Crisis Scotland (Scotland only) National helpline available to anyone over the age of 13 every day from 6pm until 12am. BSL and interpreters for other languages available. Contact 08088 010302 for helpline or text 07537 410 027 to arrange a call back at a safe time.

Rape Crisis Northern Ireland (NI only) Rape Crisis Northern Ireland is a support service for anyone who is 18 and over and has experienced rape or serious sexual assault in adulthood. Male or female supporters available on request and can offer support through our information & support line, email support and our one to one support service. Call 0800 0246 991 Monday and Thursday 6pm to 8pm or visit <https://rapecrisisni.org.uk/our-services/> for more information.

Rights of Women (England and Wales only) Free employment legal advice to women in England and Wales experiencing sexual harassment at work. Tel: 020 7490 0152.

The Rowan (Northern Ireland only) Sexual assault referral centre offering a helpline for anybody of any age who have experienced sexual abuse. Tel 0808 802 1414 or text SUPPORT to 077 9780 5839.

Mankind Provides one to one counselling, groups and couples counselling to men aged 18+ who have experienced sexual abuse. Call 01273 911680 to leave a message or email: admin@mkcharity.org

Domestic violence support

National Domestic Abuse Helpline Refuge’s expert Helpline team can chat to you live online, Monday – Friday, 3pm - 10pm: <https://www.nationaldahelpline.org.uk/Chat-to-us-online> or you can call 0808 200 247.

Women's Aid Live Chat Service Service for women who have experienced domestic violence. Access webchat every day 10am to 4pm through: <https://chat.womensaid.org.uk>

Welsh Women’s Aid (Wales only) Direct services for women and children experiencing gender based violence. Tel 0808 8010 800 or Text 078600 7733.

Jewish Women's Aid Domestic Abuse Helpline Service for Jewish women and children who have experienced domestic abuse Web chat available: Mon and Wed 15:00 - 17:00 and Tues and Thur 10:00 - 12:00 through <https://www.jwa.org.uk/> or Tel 0808 801 0500.

Ashiana Sheffield (Mainland only) Aims to help prevent murder and serious harm to black, Asian, minority ethnic and refugee women in England, Wales and Scotland as a result of domestic abuse and forced marriage and 'honour'-based violence. Also supports children and young people. Tel 0114 255 5740 or visit: www.ashianasheffield.org

Southall Black Sisters Provides advice for Black (Asian and African-Caribbean) women with issues including domestic abuse, forced marriage, immigration and homelessness. Tel: 0208 571 9595 or visit: www.southallblacksisters.org.uk

The Forced Marriage Unit Joint initiative between the Foreign Office and Home Office. It assists actual and potential victims of forced marriage, as well as professionals. Tel 020 7008 0151 or email: fmu@fcdo.gov.uk

Scottish Domestic Abuse and Forced Marriage Helpline (Scotland only) Support for women experiencing domestic abuse or forced marriages. Call 24/7 on 0800 027 1234, or email and web chat from: www.sdafmh.org.uk

Domestic and Sexual Abuse Helpline (Northern Ireland only) Support for anyone experiencing sexual or domestic violence across NI. Helpline and webchat open 24/7. Call 0808 802 1414 or visit: <https://dsahelpline.org/>

AMINA (Scotland only) The Helpline is a listening ear and signposting service for Muslim women across Scotland. Helpline Monday to Friday – 10am – 4pm for any Muslim-identified women, and on Wednesdays from 6pm – 9pm for young Muslims women (ages 16-25). It is free from mobiles and landlines and will not appear on your phone bill. All calls are strictly confidential and non-judgemental; we always deal with clients in a faith and culturally-sensitive manner. Tel 0808 801 0301.

National Stalking Helpline – Suzy Lamplugh Trust Provides advice on how to deal with any type of stalking behaviour. Tel: 0808 802 0300 or visit: www.suzylamplugh.org

Live Fear Free Helpline (Wales only) Provides help and advice about violence against women, domestic abuse and sexual violence. Tel 0808 801 0800.

Nexus NI (Northern Ireland only) Provides a domestic and sexual abuse helpline to anybody who needs it. Tel 0808 802 1414 or email: help@dsahelpline.org

ManKind Initiative Offers information and support to men who have experienced domestic violence Tel 01823 334 244.

Men's Advisory Project (Northern Ireland only) Provides support and counselling for men who **have experienced** domestic violence. Tel 028 9024 1929 or visit: www.mapni.co.uk

Mental wellbeing and mental health support

Samaritans Talk to the Samaritans any time you like, in your own way, and off the record –Tel 116 123.

Breathing Space (Scotland only) A confidential phonenumber for anyone in Scotland over the age of 16, feeling low, anxious or depressed. Open Mon – Thurs 6pm – 2am and Friday – Sunday 6pm – 6am. Tel 0800 83 85 87.

Switchboard UK National helpline for LGBTQIA+ in need of emotional support for isolation, low mood, anxiety or hate crime. Tel 0300 330 0630 everyday 10am to 10pm.

Black Minds Matter UK A service connecting Black individuals and families with free mental health services by professional Black therapists to support their mental health. See <https://www.blackmindsmatteruk.com/connect> for more.

Sharan A national service for South Asian women in the UK offering support and signposting. Call 0844 504 3231 for support or more information.

Muslim Community Helpline A national service for anyone who identifies as Muslim seeking support with their mental health. Helpline open Monday - Thursday 10am to 2pm and 10am to 4pm on Fridays. Male and female operators available. Tel 020 8908 6715 or 020 8904 8193.