

Further Support for Survivors and their Carers

Mind. A national mental health charity providing advice and support to anyone with a mental health problem, their friends and family. Call 0300 123 3393; <https://mind.org.uk>

Samaritans. Samaritans is available round the clock, every day of the year. Talk to us any time you like in your own way, about whatever's getting to you. Call 24/7 on: 116 123; jo@samaritans.org; <https://www.samaritans.org>

The Truth Project. Offers victims and survivors of child sexual abuse the chance to share their experiences. Part of the Independent Inquiry into Child Sexual Abuse (IISCA). The IISCA [self-care tool](#) includes help and advice for your wellbeing including help to live in the present and focus on the now, not past traumas. Helpline: 0800 917 1000 (8am-8pm weekdays; 10am-12pm Saturdays). Calls are free and won't show up on your phone bill. <https://www.truthproject.org.uk/i-will-be-heard>; contact@iicsa.org.uk.

National Association for People Abused in Childhood (NAPAC). A national charity offering support to adult survivors of all types of childhood abuse, including physical abuse, sexual abuse, emotional abuse and neglect. NAPAC helpline: 0808 801 0331. <https://napac.org.uk/calling-our-support-line>

Rape Crisis. If you've experienced rape, child abuse and/ or any other kind of sexual violence, you can find your nearest Rape Crisis Centre and help from Rape Crisis. Provides information on advocacy and Independent Sexual Violence Advisor (ISVA) services, counselling and therapeutic services; helplines and emotional support. National Rape and Sexual Abuse Helpline number 0808 802 9999 (12pm - 2.30pm and 7pm - 9.30pm). <https://rapecrisis.org.uk/get-help/>

SurvivorsUK. Service supporting adult males who have experienced any form of sexual violence. They provide a national web-chat and text-chat support service available seven days per week and counselling (individual and group) from their London premises. They also host a male victim-focused independent sexual violence adviser (ISVA). Contact: 02035983898; help@survivorsuk.org; www.survivorsuk.org

The Survivors Trust. The Survivors Trust is a national umbrella agency for specialist rape and sexual abuse support organisations for women, men, young people and children. National Support Line offering advice, information and support freephone: 0808 801 0818; find local support on: www.thesurvivorstrust.org/find-support

Solace Women's Aid offers free and confidential advice, advocacy and support to women and children in London to build safe and strong lives. Also offers safe refuge and accommodation to women and children made homeless through domestic or sexual abuse. See <https://www.solacewomensaid.org/>. Call Freephone on 0808 802 5565.

Refuge A charity that supports women, children & men experiencing domestic violence with a range of services. Freephone 24-Hour National Domestic Abuse Helpline: 0808 2000 247 <https://www.refuge.org.uk/>

If you or your loved one are in crisis

If you feel you are going to self-harm, or have suicidal thoughts and need help to keep yourself safe, you can choose how to get help:

- Contact your local Crisis Team
- Go to any hospital A&E department or ask for an emergency appointment with your GP
- If you can't get to A&E, call 999 or have someone else call 999 for you and ask for an ambulance.
- If you need to talk to someone but don't want to go to A&E, you can call Samaritans 24/7 Freephone: 116 123 or call NHS Direct 111