

Information and Support: Sexual Abuse and Violence

Information and support for anyone affected by sexual abuse (current or historic) including sources of support for children, young people, and adults.

Child sexual abuse (current or historical)

If you, or someone you know, have been affected by child sexual abuse, the following organisations may be able to help.

ChildLine

ChildLine is a free, 24-hour confidential helpline for children and young people who need to talk.

Phone: 0800 1111

<http://www.childline.org.uk/>

The National Association for People Abused in Childhood

The National Association for People Abused in Childhood offers support, advice, and guidance to adult survivors of any form of childhood abuse.

Phone: 0808 801 0331

<https://napac.org.uk/>

NSPCC

NSPCC provides help, advice, and support to adults worried about a child.

Phone: 0808 800 5000 (24/7)

<http://www.nspcc.org.uk/>

National Male Survivor Helpline and Online Service

National Male Survivor Helpline and Online Service run by Safeline, provides emotional support, advice and information for children and adults who identify as male affected by recent/historic sexual abuse.

Phone: 0808 800 5005 / Text: 07860 065187

Webchat: available via the website

<http://www.safeline.org.uk/>

Samaritans

Samaritans is available for anyone struggling to cope and provide a safe place to talk 24 hours a day.

Phone: 116 123

<http://www.samaritans.org/>

Minister and Clergy Sexual Abuse Survivors

Minister and Clergy Sexual Abuse Survivors supports those who have been sexually abused as children or adults by Ministers, clergy, or others under the guise of the church

Phone: 08088 01 03 40 (Sat 9am-11am, Wed 7.00 pm-9.30 pm)

<http://www.macsas.org.uk/>

We Stand

We Stand offer a confidential, supportive, non-judgmental, and informative national helpline to all non-abusing parents and carers

Phone: 0800 980 1958 (Mon: 10am-4pm, Tue: 10am-2pm & 4pm - 6pm, Wed: 10am-2pm, Thu: 10am-2pm)

<https://westand.org.uk/>

Victim Support

Victim Support provides emotional and practical help to victims or witnesses of any crime, whether or not it has been reported to the police.

Phone: 0808 16 89 111 (24/7)

<http://www.victimsupport.org.uk/>

Adult sexual abuse (current or historical)

If you, or someone you know, have been affected by sexual abuse or violence, the following organisations may be able to help.

The 24/7 Rape & Sexual Abuse Support Line

The 24/7 Rape & Sexual Abuse Support Line run by Rape Crisis England & Wales, offers support to anyone of any gender aged 16+ in England and Wales who have experienced any form of unwanted sexual behaviour, no matter when or where it happened. Webchat is available via the website.

Phone: 0808 500 2222

<http://www.rapecrisis.org.uk/>

NHS Sexual Assault Referral Centres

NHS Sexual Assault Referral Centres:

England & Wales <https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

Scotland: <https://www.nhsinform.scot/turn-to-sarcs>

The Rowan

The Rowan provides a range of support and services 24 hours a day, 365 days a year to people of all ages who have been sexually abused, assaulted, or raped, whether this happened in the past or more recently.

Phone: 0800 389 4424

<http://therowan.net/>

National Male Survivor Helpline and Online Service

National Male Survivor Helpline and Online Service run by Safeline, provides emotional support, advice and information for children and adults who identify as male affected by recent/historic sexual abuse.

Phone: 0808 800 5005 / Text: 07860 065187

Webchat: available via the website

<http://www.safeline.org.uk/>

The Survivors Trust

The Survivors Trust provides support and signposting for women, men and children who are survivors of rape, sexual violence, or childhood sexual abuse.

Phone: 0808 801 0818

<http://www.thesurvivorstrust.org/>

Survivors UK

Survivors UK provides support for men and non-binary survivors of sexual abuse via an on-line helpline, counselling, ISVA, plus group and peer support services.

<http://www.survivorsuk.org/>

Samaritans

Samaritans is available for anyone struggling to cope and provide a safe place to talk 24 hours a day.

Phone: 116 123

<http://www.samaritans.org/>