

1. General support

External sources of support

Service	Support offered	How to access
NHS	Medical support.	999 for emergency service 111 for non-emergency service
Metropolitan Police		999 for emergency service 0800 555 111 for general queries For questions related to the police: https://www.askthe.police.uk/
Samaritans	For anyone in emotional distress, struggling to cope or at risk of suicide.	Phone lines: 08457 909090 / 020 7734 2800 116 123 Email: jo@samaritans.org
London Nightline	An anonymous listening and information service run by students for students.	Nightline open every night from 6pm to 8am during term time (+44) 20 7631 0101 Email: listening@london.nightline.ac.uk Skype username: londonnightline
Victim Support	Victims of crime.	National Support line open 24/7: 08 08 16 89 111 Online: https://www.victimsupport.org.uk/help-and-support/get-help/
Equality Advisory and Support Service	support on issues relating to equality and human rights.	Advice line: 0808 800 082 Text line: 0808 800 084 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
<p>The Havens Sexual Assault Referral Centre <i>The closest SARC to LSE is Whitechapel</i></p>	<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 counselling, tests and treatments.</p>	<p>Open 24/7/365. Tel: 020 3299 6900 https://www.thehavens.org.uk/how-we-can-help/</p>
<p>University College London Hospital <i>The nearest Accident and Emergency department to LSE</i></p>	<p>If you have been subjected to sexual violence you can report this to the police.</p>	<p>Tel: 020 7387 9300</p>
<p>Police</p>	<p>If you have been subjected to sexual violence you can report this to the police.</p>	<p>During an emergency call: 999 For non-emergencies call: 101</p>

A. Support for all genders (continued)

Service	Support offered	How to access
Rape & Sexual Assault Overseas	Information for those who have been subjected to sexual violence abroad.	www.gov.uk/government/publications/rape-and-sexual-assault-abroad
National Rape Crisis Helpline	Support for people who have been subjected to sexual violence.	Tel: 0808 802 9999 www.rapecrisis.org.uk

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

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

C. Image based abuse support

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

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

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

E. Childhood sexual abuse specialised support

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

F. Race and ethnicity sexual violence support

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

F. Race and ethnicity sexual violence support (continued)

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

G. Religion or faith based sexual violence support

Service	Support offered	How to access
Muslim Women's Network	Support for Muslim women experiencing or at risk of abuse	Phone Lines: 0800 999 5786/0303 999 5786 Email: info@mwnhelpline.co.uk https://www.mwnuk.co.uk/index.php
Migdal Emunah	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"> • ISVA services • 1:1 counselling • Group support • Couples counselling 	Tel: 07493 790305 Email: info@migdalemunah.org.uk https://migdalemunah.org.uk/
Jewish Women's Aid Dina Service	Support for Jewish women who have been subjected to sexual violence and domestic violence	<p>Domestic abuse: Helpline: 0808 801 0500 Mon–Thurs 9.30am–9.30pm advice@jwa.org.uk</p> <p>Sexual violence: Helpline: 0808 801 0656 Mondays 10am–2; 1pm–3pm Tuesdays 10am–12; 1pm–3pm Thursdays 1pm–3pm dina@jwa.org.uk</p> <p>Webchat: https://www.jwa.org.uk/webchat Monday & Wednesday: 3pm–5pm Tuesday & Thursday: 10am–12pm</p>
Karma Nirvana	Support for men and women who have been subjected to forced marriage.	UK Forced Marriage Helpline: 0800 5999 247 https://www.karmanirvana.org.uk/

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

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

3. Stalking

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

4. Mental Health and Disability related

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

5. Race related

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

6. LGBTQ+

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

7. Hate crime

Please call 999 if you believe you are in immediate danger

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