**Useful support places and services for survivors of sexual violence and abuse.**

[Everyone's Invited,](https://www.everyonesinvited.uk/)

This website provides useful information and support for  survivors, families and freinds of those who have  experienced sexual violence and abuse.

On the website, they have a really good selection of places for survivors, families and friends to go to for help and support.

They've also highlighted some really useful guides that can be shared.

**Support Services**

**REFUGE - The Gaia Centre Lambeth  - If you need help anytime during 24 hours.  Call: 0808 2000 247**

Do you feel threatened or at risk of violence? The Gaia Centre Lambeth can support you. <https://www.refuge.org.uk/our-work/our-services/one-stop-shop-services/the-gaia-centre/>

[**NSPCC**](https://www.nspcc.org.uk/)

**Report Abuse in Education Helpline - Everyone’s Invited: 0800 136 663**

The helpline is a dedicated line for children and young people who have been victims of abuse and for worried adults and professionals that need support and guidance. Run by our fully-trained NSPCC helpline staff, we will offer advice for anyone concerned about current or non-recent abuse.

Please contact the helpline on **0800 136 663** Monday to Friday 8am – 10pm or 9am – 6pm at the weekends or email **help@nspcc.org.uk**

[**Rape Crisis**](https://rapecrisis.org.uk/)

A national organisation offering support and counselling for those affected by rape and sexual abuse.

See website for local groups or contact directory enquiries.

[FIND OUT MORE](https://rapecrisis.org.uk/)

[**The Survivors Trust**](https://www.thesurvivorstrust.org/)

Rape and sexual abuse can happen to anyone regardless of their age, gender, race, religion, culture or social status. Living with the consequences of rape and sexual abuse can be devastating. We believe that all survivors are entitled to receive the best possible response to their needs whether or not they choose to report.

[FIND OUT MORE](https://www.thesurvivorstrust.org/)

[**Women Against Rape**](https://womenagainstrape.net/)

This is the joint website of [**Women Against Rape**](http://womenagainstrape.net/women-against-rape)and [**Black Women's Rape Action Project**](http://womenagainstrape.net/black-womens-rape-action-project).

Both organisations are based on self-help & provide support, legal information and advocacy. We campaign for justice & protection for all women and girls, including asylum seekers, who have suffered sexual, domestic and/or racist violence.

[FIND OUT MORE](https://womenagainstrape.net/)

[**NHS**](https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/)

Help after rape and sexual assault. Sex facts, Advice and support, Genital Health and STI’s.

If you have been sexually assaulted, whether as an adult or a young person, it is important to remember that it wasn't your fault. Sexual violence is a crime, no matter who commits it or where it happens. Don't be afraid to get help.

[FIND OUT MORE](https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/)

[**RASASC (Rape and Sexual Abuse Support Centre)**](https://www.rasasc.org/)

National Helpline:01483 546400. (7.30pm-9.30pm Mon-Thur)

National helpline for survivors of rape and childhood sexual abuse, their families and friends. Provides emotional and practical support.

[FIND OUT MORE](https://www.rasasc.org/)

[**Getting Better & Moving On (Chayn)**](https://www.gettingbetter.chayn.co/)

The Journey to recovery after abuse and trauma. [**Chayn**](https://chayn.co/) produces open and free resources crowdsourced with love from survivors, experts & people who give a damn around the world.

[FIND OUT MORE](https://www.gettingbetter.chayn.co/)

[**Victim Support**](https://victimsupport.org.uk/)

Helpline: **0845 30 30 900**

Our services are confidential, free and available to anyone who's been raped or sexually assaulted, now or in the past. We can help, regardless of whether you have told the police or anyone else about the attack. Our volunteers can visit you at home (if you want us to, and if doing so will not put you at further risk) or somewhere else if you prefer. If you don't want to see anyone face-to-face, you can also talk to us on the phone, either at one of our local offices or at the national Victim Supportline.

[FIND OUT MORE](https://www.victimsupport.org.uk/)

[**Survivors UK: Male Rape & Sexual Abuse Support**](https://survivorsuk.org/)

National Helpline: **0845 122 1201**

We understand the effect which male rape & sexual abuse can have upon those who are forced to experience it, and we're well aware of the traumatic process which it can set in motion. If you are a man who has suffered sexual abuse or rape in the past, you can turn to us for help. We have a range of support options to help you recover from your experience and put the past behind you.

[FIND OUT MORE](https://survivorsuk.org/)

[**Domestic and Sexual Abuse 24- Hour Helpline**](https://nexusni.org/domestic-and-sexual-abuse-24-hour-helpline/)

The helpline offers support, advice and referral for all victims of domestic and sexual abuse in Northern Ireland. The services include; supporting victims via specialist counselling, educating young people, training professionals and campaigning to change the myths and misconceptions that exist around sexual violence in society.

[FIND OUT MORE](https://nexusni.org/domestic-and-sexual-abuse-24-hour-helpline/)

[**Safeline**](https://www.safeline.org.uk/?gclid=CjwKCAjw3pWDBhB3EiwAV1c5rLF3pp5JYlj_uMclaICJpYeSPaL_nBWMB5S33TGIZJbAgwx7f_gcUhoCb68QAvD_BwE)

Safeline provides specialist, tailored support for anyone affected by sexual abuse or rape and works to prevent the sexual exploitation of children. They offer a range of interventions to help prevent child sex abuse and training interventions for professionals who work with or are in contact with people affected by sexual abuse and rape. When someone close to us has been sexually abused, it can feel frightening and overwhelming. Safeline offers a range of support options for parents, partners, siblings and friends of survivors of abuse.

[FIND OUT MORE](https://www.safeline.org.uk/?gclid=CjwKCAjw3pWDBhB3EiwAV1c5rLF3pp5JYlj_uMclaICJpYeSPaL_nBWMB5S33TGIZJbAgwx7f_gcUhoCb68QAvD_BwE)

**Support Guides**

[**The Good Friend Guide (Chayn)**](https://chayn.gitbook.io/the-good-friend-guide/)

How to be supportive to a friend or family member experiencing abuse.

[FIND OUT MORE](https://chayn.gitbook.io/the-good-friend-guide/)

[**SARAS Self Help Guide for Women**](https://www.sarsas.org.uk/wp-content/uploads/2020/03/SARSAS-Self-Help-Guide20.pdf)

This self-help guide is for survivors of rape or sexual abuse who want to understand and process their own personal reactions to their experience. When you have suffered rape or sexual abuse it can affect how you think, how you feel, how you behave and how you see the world.

[FIND OUT MORE](https://www.sarsas.org.uk/wp-content/uploads/2020/03/SARSAS-Self-Help-Guide20.pdf)

[**SARAS Self Help Guide for Men**](https://www.sarsas.org.uk/wp-content/uploads/2020/03/SARSAS-MenBoys-Self-Help-Guide20.pdf)

This self-help guide is for male survivors of rape, sexual assault or sexual abuse who want to understand and process their own personal reactions to their experience. When you have suffered rape or sexual abuse it can affect how you think, how you feel, how you behave and how you see the world. You don’t have to do it alone.

[FIND OUT MORE](https://www.sarsas.org.uk/wp-content/uploads/2020/03/SARSAS-MenBoys-Self-Help-Guide20.pdf)

[**My Little Book of Coping Mechanisms**](https://www.thesurvivorstrust.org/Handlers/Download.ashx?IDMF=e88ec2e3-3119-4722-8a88-f8421847d64b)

Abuse impacts us in many different ways; this book is full of coping methods for you to try in times of need. The techniques in this book can be used as small, everyday steps to help you heal from the abuse you experienced.

What happened to you does not define you; it is in the past.

This is your time to heal.

[FIND OUT MO](https://www.thesurvivorstrust.org/Handlers/Download.ashx?IDMF=e88ec2e3-3119-4722-8a88-f8421847d64b)RE