

External Support Services

It can be a difficult decision to come forward and talk, about but if you have been sexually assaulted or experienced sexual harassment you do not have to cope alone. There are also a number of external organisations both locally and nationally that provide specialist support and information.

NHS Support

Your local GP or Sexual Health Clinic can provide advice and support in relation to medical care and can signpost to relevant local support services.

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

Rape Crisis (<https://rapecrisis.org.uk>)

Specialist support and services to women who have experienced sexual violence

National Helpline: 0808 802 9999 (12.00 – 14.30 & 19.00 – 21.30)

Find your local centre: <https://rapecrisis.org.uk/get-help/find-a-rape-crisis-centre>

Survivors UK (<https://www.survivorsuk.org>)

Information, support and counselling for male rape and sexual assault survivors

Phone: 0203 598 3898 (Monday – Friday 09.30 – 17.00)

Helpline Web Chat: Monday–Friday (10.30 – 21.00), Saturday-Sunday (10.00 – 18.00)

Galop (www.galop.org.uk)

Advice and support to members of the LGBT community

Phone: 020 7704 2040

Women and Girls Network (<http://www.wgn.org.uk>)

Counselling and support for women and girls recovering from sexual violence

Phone: 0808 801 0770 (Monday – Friday 10.00 – 12.30 & 14.30 – 16.00. Wednesday 18.00 – 21.00)

The Havens (<https://www.thehavens.org.uk>)

Support for anyone in London who has been raped or sexually assaulted in the past 12 months

Phone: 0203 299 6900

Samaritans (www.samaritans.org)

Free and confidential support 24 hours a day, 7 days a week

Phone: 116 123