

Understanding Sexual Violence Support Services in the UK

Sexual violence is defined as any sexual interaction - physical, verbal, digital - that is not freely, enthusiastically and capably consented to by everyone involved.

Many people believe sexual violence support services are only available to those who have experienced rape or sexual assault. It's important to be aware that services exist to support survivors of any type of sexual violence, no matter how long ago the violence took place, no matter their gender or sexuality, and no matter whether or not the perpetrator has been found guilty by the criminal justice system.

Here is a list of support organisations working in the UK, with brief descriptions of their specific services and specialisms.

Rape Crisis England & Wales

Rape Crisis provides support for survivors of any type of sexual violence (online and offline) as well as their partners, friends, and families. Anyone concerned about someone else, looking for advice on what to do, or confused about a situation relating to sexual violence is welcome to use their resources and services.

You do not need to disclose your name or any personal details when accessing telephone or online support, nor do you ever have to tell them anything about what has happened. Their support is free, confidential and anonymous: you do not have to pay them, they won't tell anyone what you tell them, the helpline will appear as a private number on a phone bill, and you don't have to tell them who you are to access their services.

Website: information & advice for everyone on sexual violence, its effects, prevalence, support options, services;

Telephone helpline for girls and women aged 13+, 12-2.30pm + 7-9.30 pm daily, 0808 802 9999;

Live Chat helpline for girls & women aged 16+;

Face-to-face counselling and/or advocacy* support for women and girls aged 13+, as well as non-binary people, boys and men aged 13+ in some Rape Crisis centres.

Rape Crisis Scotland

Rape Crisis provides support for survivors of any type of sexual violence (online and offline) as well as their partners, friends and families. Anyone concerned about someone else, looking for advice on what to do, or confused about a situation relating to sexual violence is welcome to use their resources and services.

You do not need to disclose your name or any personal details when accessing telephone or online support, nor do you ever have to tell them anything about what has happened.

Their support is free, confidential and anonymous: you do not have to pay them, they won't tell anyone what you tell them (and the Helpline will appear as a private number on a phone bill) and you don't have to tell them who you are to access their services.

Website: [information & advice](#) for everyone on sexual violence, its effects, prevalence, support options, services;

Telephone, text or email Helpline for anyone aged 13+, 5pm - midnight, daily, 08088 01 03 02

Text: whenever, but responses 5pm-midnight, daily, 07537 410 027

Email: whenever, but responses 5pm-midnight, daily - support@rapecrisisscotland.org.uk

Face-to-face counselling and/or advocacy* support face-to-face for women and girls aged 13+, as well as non-binary people, boys and men aged 13+ in some individual Rape Crisis centres.

Galop

Galop provides specialist support for LGBTQIA+ survivors of sexual & domestic violence, as well as advice and **information** for their partners, friends and families. Anyone concerned about someone else, looking for advice on what to do, or confused about a situation relating to an LGBTQIA+ survivor of sexual violence is welcome to use their resources and services. **You do not need to disclose your name or any personal details when accessing telephone or online support, and do you ever have to tell them anything about what has happened.**

Their support is free, confidential and anonymous: you do not have to pay them, they won't tell anyone what you tell them and you don't have to tell them who you are to access their services:

Helpline: closed weekends & bank holidays;

Telephone, 0800 9995 428, Mon-Fri 10am-5pm, Wed & Thurs 10am-8pm;

Email: help@galop.org.uk;

Webchat: Wed & Thurs 5pm-8pm;

Chatbot, 24/7;

1-1 support from specialist LGBTQIA+ support worker around effects of sexual violence experienced, navigating police and the criminal justice system (if you choose to) as well as mental & physical healthcare (including gender-affirming medical care), relationships, housing, education, hate crime, coming out, etc.

Access to an [online community](#) of other LGBTQIA+ young people who have also experienced some form of trauma or abuse.

Refuge

Refuge provides specialist support for girls and women who've experienced domestic violence or relationship abuse as well as information, advice and support for their partners, friends and families. Anyone concerned about someone, looking for advice on what to do, or confused about a situation relating to domestic / intimate partner violence is welcome to use their resources and services. **You do not need to disclose your name or any personal details when accessing telephone or online support, nor do you ever have to tell them anything about what you have done / what has been done to you.**

Their support is free, confidential and anonymous: you do not have to pay them, they won't tell anyone what you tell them, and you don't have to tell them who you are to access their services.

National Domestic Violence [Helpline](#): 0808 2000 247, 24 hours/day and 7 days/week (quieter periods include evenings, nights & weekends);

This helpline uses the services of Language Line to provide access to interpreters for non-English-speaking callers. The Helpline can also access the BT Type Talk Service for deaf or hard-of-hearing callers.

Refuge spaces, outreach community support, independent advocacy, culturally-specific services, tech abuse services, modern slavery & human trafficking services [for girls and women](#);

One-stop-shop (multi-service) support and community services for [people of all genders](#).

Imkaan

Imkaan is an umbrella women's organisation dedicated to addressing violence against Black and Minoritised women and girls i.e. women who are defined in policy terms as Black and 'Minority Ethnic' (BAME). On their website is an extensive list of local organisations run by BME women, providing specialist services for Black and racially minoritised survivors of sexual violence.

Survivors UK

Survivors UK provides support for aged 13+ male and non-binary survivors of any type of sexual violence and their friends and families. Anyone concerned about someone else, looking for advice on what to do, or confused about a situation relating to a male or non-binary survivor of sexual violence is welcome to use their resources and services.

You do not need to disclose your name or any personal details when accessing telephone or online support, nor do you ever have to tell them anything about what has happened. Their support is free, confidential and anonymous: you do not have to pay them, they won't tell anyone what you tell them and you don't have to tell them who you are to access their services.

Website- information & advice for everyone on sexual violence enacted on boys, men and non-binary people, its effects, prevalence, support options;

Telephone & online chat helpline for anyone aged 13+;

Text: Midday- 8pm, daily, 020 3322 1860;

Individual and Group Counselling support and advocacy* support.

Respond

Respond provides specialist support for those with learning disabilities and/or autism who are survivors or perpetrators of, or at risk of perpetrating sexual violence.

Face to face individual and group therapeutic support for those aged 18+;

Advocacy support for girls aged 13-25 years old;

Circles support for those at risk of enacting sexual violence.

Women's Aid

Women's Aid provides specialist support for girls and women who have experienced domestic violence, as well as advice and information for their partners, friends and families. Anyone concerned about someone else, looking for advice on what to do, or confused about a situation relating to domestic violence or relationship abuse is welcome to use their resources and services.

You do not need to disclose your name or any personal details when accessing telephone or online support, nor do you ever have to tell them anything about what has happened. Their support is free, confidential and anonymous: you do not have to pay them, they won't tell anyone what you tell them and you don't have to tell them who you are to access their services.

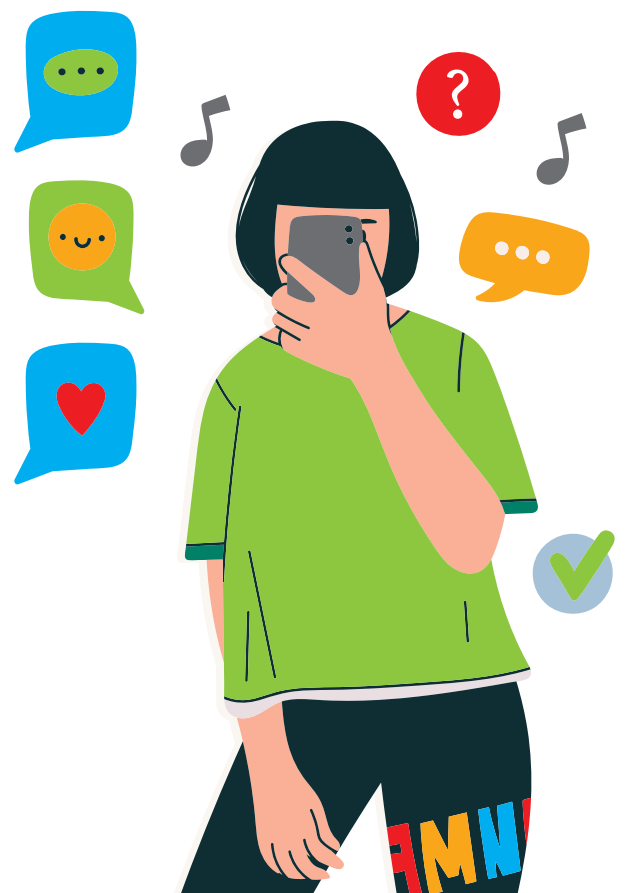
Live webchat: Mon-Fri 8am- 6pm, Sat & Sun 10am-6pm (average first response time 25 minutes);

Email: helpline@womensaid.org.uk, response within 5 working days;

Survivors' Handbook (full of info & resources);

Online forum for survivors to provide peer support;

Info & resources for children & young people.



Respect

Respect provides specialist support for perpetrators of sexual and domestic violence (to prevent or stop perpetrating) as well as information, advice and support for their partners, friends and families, including separate, specialist support for those affected by their abusive behaviour.

Anyone concerned about their own or someone else's behaviour, looking for advice on what to do, or confused about a situation relating to domestic/intimate partner violence is welcome to use their resources and services. **You do not need to disclose your name or any personal details when accessing telephone or online support, nor do you ever have to tell them anything about what you have done / what has been done to you.** Their support is free, confidential and anonymous: you do not have to pay them, they won't tell anyone what you tell them and you don't have to tell them who you are to access their services.

Helpline, text and web-chat available;

Telephone, Mon-Thurs 10am-8pm,
Fri 10am-5pm, 0808 802 4040 (your call
will not appear on your itemised phone bill);

Email: Mon-Fri 9am-8pm,
info@respectphoneline.org.uk;

Webchat: Thurs 2-4pm.

Mosac

Mosac provides specialist support for non-abusing parents & carers of child survivors of sexual abuse. **You do not need to disclose your name or any personal details when accessing telephone or online support, nor do you ever have to tell them anything about what has happened.** Their support is free, confidential and anonymous: you do not have to pay them, they won't tell anyone what you tell them and you don't have to tell them who you are to access their services.

Helpline: Monday, Thursday and Friday,
10am- 2pm, Tues & Wed 10am- 6pm,
0800 980 1958.

Mosac also provides support groups, workshops, play therapy, counselling and advocacy services.

Report Remove

Report Remove supports under 18s who have experienced image-based sexual abuse, e.g. if nudes have been shared online. It's easy-to-use and is run by the Internet Watch Foundation and Childline. You can report the image or video to Report Remove, and they will help you get it removed from the internet. You have to set up a Childline account so that they can send you updates on your report. They might ask you for more information.

This is a digital service, so you can do it online at any time of day. However, you can phone Childline on 0800 1111, or call another support service on this page if you'd also like to speak to someone.

Report Harmful Content

Report Harmful Content helps people who have experienced or witnessed online harm, including bullying or harassment, unwanted sexual advances, threats or abuse. It can be used by anyone of any age, at any time of day.

When you visit the website, hit the 'report' button to begin. The site will ask you where the content is posted, and they make sure that you have made a report to the social media platform where the harmful incident took place first. Report Harmful Content gives clear instructions on how to do this if you're not sure.



Revenge Porn Helpline

The Revenge Porn Helpline provides support for adults (those aged 18+) who have experienced image-based sexual abuse.

This includes: intimate images shared without consent; threats to share intimate images; images recorded without consent (voyeurism); webcam blackmail (Sextortion); upskirting.

The Helpline can provide confidential and non-judgemental advice, and advice about how to report content and/or get it taken down.

How to get in touch or find out more:

Website: [extensive information and advice pages](#);

Helpline number: 0345 6000 459 - open 10am to 4pm Monday to Friday (excluding bank holidays).

Email: help@revengepornhelpline.org.uk.
Check your junk/spam inboxes for a reply.

Send a direct message via the [anonymous reporting form](#), *Whisper*. This means you do not need to provide any of your personal details, but you can send messages with questions and the Helpline can reply through the form. Messages will be replied to from Monday - Friday, 10am - 4pm.