



Victim and Survivors Support Services

National Organisations

Safe Spaces - free and independent support service, providing a confidential, personal and safe space for anyone who has been abused through their relationship with either the Church of England, the Catholic Church of England and Wales or the Church in Wales. It is for people aged 18 or over, but the abuse can have happened at any time, now or in the past.

Tel: 0300 303 1056 (answerphone available outside of opening times)
<https://www.safespacesenglandandwales.org.uk>

The Survivors Trust - a national umbrella agency for 130 specialist organisations in the UK that offer support to people who have experienced sexual violence, sexual assault or sexual abuse. It has a free, confidential helpline. **Helpline** 0808 801 0818
[The Survivors Trust](#)

Survivors UK - website for male survivors of sexual abuse and assault -
www.survivorsuk.org

Rape Crisis - National organisation offering support and counselling for those affected by rape and sexual abuse. See website for local groups or contact directory enquiries. Helpline 0808 802 9999. www.rapecrisis.org.uk

MACSAS - Minister & Clergy Sexual Abuse Survivors - Provides support to both women and men who have been sexually abused, as children or adults, by ministers, clergy or others under the guise of the Church. Website: www.macsas.org.uk Telephone support: 08088 010340 Wednesday 7pm-9.30pm and Saturday 9am-11:30am

NAPAC - National Association for People Abused in Childhood -Provides support to adults who have been abused in any way as children.
Website: www.napac.org.uk
Telephone support: 0808 801 0331

1in6 - website for male survivors of sexual abuse - <https://1in6.org/>

CIS'ters - A survivor led group for women who, as female children or teens, experienced sexual violence, sexual assault or sexual abuse by a member of their immediate or extended family. <http://cisters.org.uk> tel:023 80 338080

The Lantern Project - Provides help and support for survivors of sexual abuse.
Website: www.lanternproject.org.uk



MOSAC - Provides support for all non-abusing parents and carers whose children have been sexually abused. Website: www.mosac.org.uk Helpline: 0800 980 1958

National Domestic Violence Helpline - 0808 2000 247 (lines free and open 24 hours). Phone if you are experiencing domestic abuse. Website www.nationaldomesticviolencehelpline.org.uk

Suzy Lamplugh Trust National Stalking Helpline - 0808 802 0300 (freephone - 9:30 - 16:00, Monday to Friday, apart from Wednesdays when hours are 9:30 - 20:00). Practical information, support, and advice on risk, safety planning and legislation to victims of stalking, their friends, family, and professionals working with victims.

NSPCC - Child Protection Helpline: 0808 800 5000 (lines free and open 24 hours) – phone if you are worried about a child. Website www.nspcc.org.uk

Childline - 0800 1111 (lines free and open 24 hours). Phone if you are child or young person and are worried about anything. Website www.childline.org.uk

Ann Craft Trust - They offer advice to professionals, parents, carers and family members on issues relating to the protection of disabled children and adults at risk
Website www.anncrafttrust.org Contact Number: 0115 9515 400

Hourglass - Hourglass believe in safer ageing and stopping abuse for the elderly. Telephone 080 8808 8141 (24/7 phone line)
Website [Hourglass \(wearehourglass.org\)](http://Hourglass (wearehourglass.org))

Helplines Partnership - Holds a database of helplines that may be suitable for victims/ survivors. The search tool allows for a keyword search and for helplines to be filtered by topic and region. Website Helplines Partnership

Samaritans – Telephone 116 123 (open 24 hours). Phone if you feel you are struggling to cope and need someone to talk to. Website www.samaritans.org

Victim Support - Provide support for those affected by crime to anyone in England and Wales, regardless of whether the crime has been reported or how long ago it happened.
Website www.victimsupport.org.uk Support line 0808 1689 111

Survivor Voices – A survivor led-organisation offering peer support and enlightened self-help through their private Facebook group, on-line peer groups, national gatherings and special events. Survivors Voices

The National Stalking Helpline – Suzy Lamplugh Trust - Provides advice for those who have been affected by harassment or stalking. Telephone: 0808 802 0300 National Stalking Helpline | Suzy Lamplugh Trust

Mind – The Mind website details local Mind charities and the services they offer including talking therapies, crisis helplines, drop-in centres, employment and training schemes, counselling and befriending. Find local Minds - Mind



Rethink Mental Illness – Rethink Mental Illness has a network of over 140 local support groups offering space for people suffering mental illness to talk about their experience and get peer support. It is possible to search for these groups by postcode or town here: [Groups In Your Area \(rethink.org\)](https://www.rethink.org/groups-in-your-area/)

They also provide over 200 mental health services in England including advocacy and helplines, offering support in issues ranging from employment to legal rights. It is possible to search for these groups by postcode or town here: <https://www.rethink.org/help-in-your-area/services/>

Mental Health Matters - Mental Health Matters provide mental health support services including helplines, therapy, advocacy and crisis support. Details of the services they offer can be found here: [Find a service | Mental Health Matters \(mhm.org.uk\)](https://www.mhm.org.uk/find-a-service/)

Local Organisations

Sexual Assault Referral Centres (SARCs) - SARCs are specialist medical and forensic services for people who have been raped or sexually assaulted. Their services are free of charge and provided to women, men and children, regardless of whether the victim/ survivor wishes to report the offence to the police or not. Local Sexual Assault Referral Centres can be found on the NHS website by searching a postcode or town here:

<https://www.nhs.uk/Service-Search/Rape-and-sexual-assault-referral-centres/LocationSearch/364>

Kent and Medway Sexual Assault Referral Clinic – Beech House, call 01622 726461 (Weekdays 9am – 5 pm) or 0800 133 7432 (24 hours)

<https://www.beechhousesarc.org/>

London SARCs – three centres cover the city: Camberwell Haven; Whitechapel Haven; or Paddington Haven call 020 3299 6900 - 24 Hours

www.thehavens.org.uk

Independent Sexual Violence Advisers (ISVAs)

ISVAs provide a range of specialist support to victims/ survivors to look after their needs. ISVAs can offer information about how the criminal justice system works, but there is no expectation that by contacting an ISVA a victim/ survivor will be expected to report any offence to the police. ISVAs can provide information to make sure victims/ survivors make the right decision for them. ISVAs are available at some SARCs and some other specialist support agencies. More information about ISVAs and how to access them is available at the Survivors Trust website here: <https://www.thesurvivorstrust.org/independent-sexual-violence-advisers>

Kent (North West) & Medway - Family Matters ISVA Service (Independent Sexual Violence Advisers) for survivors of all ages.

Telephone: 01474 536661 (option 2)

Email: isva@familymattersuk.org Website: www.familymattersuk.org/isva



East Kent Rape Crisis Centre ISVA for survivors of all ages.

Telephone: 01227 826900

Email: isva@ekrcc.org.uk Website: <https://www.ekrcc.org.uk/Sexual-Violence-Advisory-Service>

All London boroughs - The Havens ISVA service supporting survivors of any gender who have experienced sexual violence. Telephone: Non urgent referrals or to discuss a potential or current referral 0203 2991599 (Weekdays 9am - 5pm). Urgent advice and referrals if someone has been assaulted in the last 7 days 0203 299 6900 (24/7)

Website: www.thehavens.org.uk/search/isva

London – Respond Independent Sexual Violence Advisor for people with learning disabilities Telephone: 0207 383 0700

Email: admin@respond.org.uk

Website: www.respond.org.uk/independent-sexual-violence-advocacy-isva-service/

London (South) - ISVA Service at RASASC Rape Crisis South London, for women and girls from age five in South London Boroughs.

Telephone: 0208 683 3311 Email: ISVA@rasasc.org.uk

Website: www.rasasc.org.uk

London – SurvivorsUK for men and boys over the age of 13 Telephone:

0203 5983898 Email: isva@survivorsuk.org

Website: www.survivorsuk.org/ways-we-can-help/isva/

Rape Crisis Centre England and Wales –The membership organisation for Rape Crisis Centres who deliver specialist services and support to those affected by sexual violence. Number 0808 802 9999. You can search to find your local Rape Crisis Centre. Website [Rape Crisis England & Wales](http://RapeCrisisEnglandandWales.org)

Counselling for clergy, spouses, household family members within the Diocese of Rochester from Rochester Diocese Counselling and Wellbeing Network (RDCWN). Dr Deborah Watkins Network Coordinator, Rochester

Diocese Counselling Network telephone: 07827 157328 or e-mail:

counselling@rochester.anglican.org

Mental health support - Kent County Council have a highly trained and experienced team available 24/7 to provide expert support no matter what you are going through. Don't suffer in silence: text the word Kent to 85258 or call 0800 107 0160 for free confidential support at any time.

Kent and Medway - Rubicon Cares - provide free trauma counselling throughout Kent & Medway for people affected by ANY crime. This is a free, confidential service to help people deal with the effects of, and move on from, what has happened. Helpline number : 07505709876 (The hours for the helpline are: Monday, Thursday, Saturdays 12 – 3, and Wednesdays 7 – 10pm.) Website www.rubiconcares.org/

Find Counselling/Therapy

NHS Therapists -Therapy provided through the NHS should be free of charge. It is possible for victims/ survivors to be referred for therapy through their GP. Alternatively, it is possible to contact some services directly for self-referral. Improving Access to Psychological Therapies (IAPT) is an NHS programme offering talking therapies for common mental health problems. IAPT services can be found by searching a postcode here: [Find an NHS psychological therapies service \(IAPT\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/mental-health/finding-therapies)

The British Association for Counselling and Psychotherapy (BACP) - The BACP is a professional association for members of the counselling profession in the UK. The BACP website holds a directory of members and services that are registered with or accredited by them. Most of these are private and will charge for their services. It is possible to search their directory via postcode here: [↓ BACP](https://www.bacp.co.uk/)

It is possible to filter by:

- issues the victim/ survivor has suffered or is suffering (including abuse)
- the form of sessions (i.e. face to face, online, telephone, or home visits, long or short term)
- type of client (children, young people, adults)

The BACP also provide information about pre-trial therapy here: [Pre-trial therapy: avoiding the pitfalls \(bacp.co.uk\)](https://www.bacp.co.uk/pre-trial-therapy)

Counselling Directory - holds details of individual counsellors and psychotherapists that are personally registered as a member of a relevant professional body, and of counselling/ psychotherapy practices at which at least one of their therapists is registered, or the practice itself is. The list of the professional bodies they recognise is available at: <https://www.counselling-directory.org.uk/accreditation.html>

However, they do not monitor changes and therefore it is the responsibility of the person or organisation accessing the service to confirm that the accreditation is still valid.

It is possible to search Counselling Directory by postcode, town or country, here: <https://www.counselling-directory.org.uk/adv-search.html>

It is possible to filter by:

- issues the victim/ survivor has suffered or is suffering (including different forms of abuse)
- the specific type of therapy required (i.e. Cognitive Behavioural Therapy, Arts therapy, Psychoanalysis etc)

- the form of sessions (i.e. face to face, online or telephone)
- wheelchair accessibility
- type of client (children, young people, adults)

UK Council for Psychotherapy (UKCP) - The UKCP holds details of registered psychotherapists and psychotherapeutic counsellors. Their register is accredited by the Professional Standards Authority. It is possible to search their directory by postcode or location here: <https://www.psychotherapy.org.uk/find-a-therapist/>

It is possible to filter by:

- issues the victim/ survivor has suffered or is suffering (including different forms of abuse)
- the specific type of therapy required (i.e. Cognitive and Behavioural Psychotherapy, Integrative Arts Psychotherapy, Psychoanalysis etc)
- type of client (children, young people, adults)
- additional language requirements

Other Sources of Support

One-in-four - Provide a page full of resources focusing on support and self-care for survivors to download and work through at their own pace.

<http://www.oneinfour.org.uk/support-self-care/>

From Report to Court - A downloadable handbook for adult survivors of sexual abuse and violence. It is produced by the organisation Rights of Women, but as the handbook focuses on the process of reporting sexual abuse all the way through to a criminal trial, it is usable by both men and women.

[From-Report-to-Court-2018.pdf \(rightsofwomen.org.uk\)](http://www.rightsofwomen.org.uk/From-Report-to-Court-2018.pdf)

The Independent Inquiry into Child Sexual Abuse - Has also produced a booklet on wellbeing including some ideas about how to look after yourself.

[your-wellbeing-independent-inquiry-into-child-sexual-abuse.pdf \(iicsa.org.uk\)](http://www.iicsa.org.uk/your-wellbeing-independent-inquiry-into-child-sexual-abuse.pdf)

Help for Adult Victims of Child Abuse - Provide a number of resources, many of which are freely available and written by survivors for survivors. [Resources - Help for Adult Victims Of Child Abuse - HAVOCA](#)



Nina Burrowes, Psychologist working in the field of sexual abuse
www.ninaburrowes.com She has publications and a series of Youtube videos about sexual abuse -
<https://www.youtube.com/channel/UCdk44BCpmDaG6MoytwogFpQ/videos?app=desktop>

Bright Sky is a free to download mobile app, launched in partnership with the Vodafone Foundation, providing support and information to anyone who may be in an abusive relationship or those concerned about someone they know.
<https://www.hestia.org/brightsky>

Dental Fear - Information and guidance for people who have a fear of dentists
www.dentalfearcentral.org

My Body Back Project - run clinics especially for women and trans men who have experienced sexual violence, where women who have experienced sexual assault are able to access cervical screening, STI checks, and coil fittings and removals. <http://www.mybodybackproject.com/services-for-women/mbb-clinics/>

Smear Test Advice for women regarding smear tests after sexual abuse or violence <https://www.jostrust.org.uk/information/cervical-screening/cervical-screening-after-sexual-violence>

Dissociative identity disorders association - a membership association open to dissociative survivors, their friends, family and professional allies
www.firstpersonplural.org.uk

Survivors Network - an excellent self help guide for survivors of sexual abuse.
<https://survivorsnetwork.org.uk/resource/survivors-self-help-guide/>

Living Well - An Australian website for men who have been sexually abused – information and support to enhance wellbeing, better manage difficulties and build healthy relationships. <https://livingwell.org.au/>

NAPAC podcast or pdf for survivors of sexual abuse
<https://napac.org.uk/project/untangling-the-web-of-confusion/>