

Specialist support for LGBTQ+ survivors

GALOP

Advice and support for Lesbian, Gay, Bisexual, Transgender, Queer or Intersex survivors

Phone: 0800 999 5248

<https://galop.org.uk/>

Specialist support for survivors with disabilities or hearing impairments

Stay Safe East

Advice and support for survivors with disabilities

Phone: 07865 340 122

<https://www.staysafe-east.org.uk/>

Respond

Advice and support for survivors with learning disabilities, autism or both

Phone: 020 7383 0700

<https://respond.org.uk/>

SignHealth (Deaf Hope UK)

Advice and support for deaf survivors

Phone: 07800 003421 (Text message only)

<https://signhealth.org.uk/>

Support in school



If you are worried and want to speak to someone in school, please speak to your Form Tutor, Progress Manager or anyone from the Wellbeing Team

The Crime Survey for England and Wales estimates that since the age of 16, 29% of women have experienced domestic violence; 20% have experienced sexual assault and 19% have experienced stalking.

REMEMBER - IF YOU ARE IN IMMEDIATE DANGER, CALL 999

If you cannot speak, respond to the questions from the call operator by coughing, tapping, or pressing "55"

For non-emergency police support, call 101 or visit www.met.police.uk



VIOLENCE AGAINST WOMEN AND GIRLS SUPPORT SERVICES DIRECTORY 2023-24

The services in this leaflet offer free and confidential support and advice



What is VAWG?

The United Nations (UN) defines VAWG as "any act of gender-based violence that is directed at a woman because she is a woman, or acts of violence which are suffered disproportionately by women". The majority of VAWG is carried out by men against women and girls (although men can also experience violence).

VAWG brings together 9 areas of gender-based violence:

1. Domestic violence
2. Sexual Violence
3. Trafficking
4. Prostitution
5. Sexual Exploitation
6. Female Genital Mutilation
7. So-called 'honour' based violence
8. Dowry related abuse
9. Stalking and Harassment

Accessing Support

If you are experiencing, or have experienced VAWG, it is not always easy to ask for help. However, there are lots of people who can help and advise you on the course of action which is best for you.

If you are concerned about a family member or friend, you can help by being a listening ear and directing them to the support detailed in this leaflet.

National Support

National Domestic Abuse Helpline

For survivors of domestic violence
Phone: 0808 2000 247
www.nationaldahelpline.org.uk

National Rape Crisis Helpline

For survivors of sexual violence
Phone: 0808 802 9999
www.rasasc.org.uk/helpline

Suzy Lamplugh Trust

For survivors of stalking
Phone: 0808 802 0300
<https://www.suzylamplugh.org/>

Revenge Porn Helpline

For survivors of revenge porn (18+)
Phone: 0345 6000 459
<https://revengepornhelpline.org.uk/>

Local support

Havering Womens' Aid

For survivors of domestic abuse
Phone: 01708 728 759
www.nationaldahelpline.org.uk

Ascent/ Solace Womens' Aid

For London based survivors of domestic and sexual violence and abuse
Phone: 0808 802 5565
www.solacewomensaid.org/

Specialist support for survivors from black and marginalised communities

Ashiana Network

Specialist advice, advocacy and counselling for South Asian, Turkish and Iranian survivors
Phone: 0208 539 0427
<https://www.ashiana.org.uk/>

Southall Black Sisters

Advice and support for Black, African and Caribbean survivors
Phone: 0208 571 9595
<https://southallblacksisters.org.uk/>

Muslim Women's Network UK

Confidential and non judgmental information, support and guidance for Muslim survivors
Phone: 0800 999 5786
<https://www.mwnuk.co.uk/>

The Traveller Movement

Advice and peer support for survivors from Irish, Gypsy or Roma Traveller backgrounds
Phone: 0808 802 0300
<https://travellermovement.org.uk/>

