



# Sexual Violence

## Gender specific

For every gender:

- National Telephone and Online Counselling service (one to one counselling and therapy sessions) Call 01926 402398 or email [onlinecounselling@safeline.org.uk](mailto:onlinecounselling@safeline.org.uk)
- The Survivor (helpline) <https://www.thesurvivorstrust.org/our-helpline>
- Rape Crisis England & Wales (helpline/live chat) <https://rapecrisis.org.uk/get-help/want-to-talk/>
- Here are some steps that you can consider taking through the University support (<https://reportandsupport.durham.ac.uk/>). All the following services can be accessed through this link)
  - Report anonymously.
  - Report to the university and get support.
  - Report to the police: Call 101 or 999 (for emergencies.)
  - Access university mental health support without reporting.

For women:

- Women's aid (live chat/ email/handbook) Run only by female support worker and explores your options. <https://www.womensaid.org.uk/>
- Rape and Sexual Abuse Counselling Center (counselling helpline/ mindfulness group/ ISVA support /peer support group) This is run by and for women. <https://www.rsacc-thecentre.org.uk/help/>

For men (Sometimes also non-binary people)

- SurvivorsUk (Live chat/SMS/helpline): Information and support for men, boys and non-binary people who have experienced unwanted sexual activity. <https://www.survivorsuk.org/ways-we-can-help/>
- National Male Survivor Helpline and Online service (helpline/SMS/livechat). [support@safeline.org.uk](mailto:support@safeline.org.uk)
- Information : <http://www.malesurvivor.org/> & <http://malesurvivorstrust.org.uk/>

## Support and Information for Various Scenarios

### Recent sexual assault (within last 7 days)

- Specialist medical and forensic support. <https://safeline.org.uk/get-help/>

### Revenge Porn

- Revenge Porn Helpline: the aim of this helpline is to give advice and support for removal of lots of different materials. <https://revengepornhelpline.org.uk/>
- Education: What is revenge porn? <https://rightsofwomen.org.uk/get-information/violence-against-women-and-international-law/revenge-porn-online-abuse-and-the-law/>

### Stalking

- National Stalking Helpline (helpline/guidance) <http://www.suzylamplugh.org/>

## Demographic-Specific

### Sex workers:

- National Ugly Mugs (reporting tool/ background checks for clients/ support sessions/email/helpline/live chat) <https://nationaluglymugs.org/>
- Support for Student Sex Workers (helpline/ one on one support sessions/ peer support sessions) This is a support system run by and for sex workers. <https://www.supportforstudentsexworkers.org/>

### Survivors from black and minoritized communities

- Halo Project provides refuge, advice and guidance from professionals in handling cases of FGM, honour-based abuse and forced marriages. <https://www.haloproject.org.uk/contact>
- Karma Nirvana (helpline) is for those affected by honour-based abuse and forced marriages. <https://karmanirvana.org.uk/get-help/>
- Asian Women's Ressource Centre (helpline/email) provides tailored guidance to victims or at risk for honour-based violence, 'corrective'

rape, sexual violence, forced marriage and FGM.  
<https://www.asianwomencentre.org.uk/>

### Disabled Survivors

- Disabled Survivors Unite provides resources and information for disabled survivors. <https://disabledsurvivorsunite.org.uk/>

### LGBT survivors

- Galop LGBT+ Domestic Abuse Survivors provides (helplines/ support session with a caseworker). <https://galop.org.uk/get-help/>
- Switchboard (helpline) <https://switchboard.lgbt/>
- Mermaids (helpline) supports trans survivors.  
<https://mermaidsuk.org.uk/contact-us/>

### Children

- Childline (counselling service) is designed for those 18 and below.  
<http://www.childline.org.uk/>