



Survivors Guide

Context:

Helpful organisations to sign post members and staff who have experienced abuse.

Rape Crisis: England & Wales

[Rape Crisis England & Wales](#)

The freephone, 24-hour National Domestic Abuse Helpline

[0808 2000 247](#)

Sexual Assault Referral Centre (SARC) [SARCs | Rape Crisis England & Wales](#)

Sport England website:

This website provides the following organisations details:

[Support services | Sport England](#)

Safeline

Safeline offers specialist, tailored support for anyone affected by or at risk of sexual abuse and rape.

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

NAPAC

The National Association for People Abused in Childhood support line is staffed by trained volunteers and is for adult survivors of any form of child abuse.

[NAPAC – Supporting Recovery From Childhood Abuse](#)

NSPCC:

The National Society for the Prevention of Cruelty to Children is a British child protection charity.

[NSPCC | The UK children's charity | NSPCC](#)

Breaking the Silence

Breaking The Silence offers confidential professional service for men of Asian, African, and African-Caribbean origin, aged 13 and over.

[Breaking the Silence \(breaking-the-silence.org.uk\)](#)

Samaritans

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

[How we can help | How Samaritans can help you | Samaritans](#)

Galop

Galop is a service run by LGBTQ+ people for LGBTQ+ people. Specialise in supporting victims and survivors of domestic abuse, sexual violence, hate crime, and other forms of abuse including honour-based abuse, forced marriage, and so-called conversion therapies.

[Galop - the LGBTQ+ anti-abuse charity](#)