

NIA - SEXUAL VIOLENCE AND ABUSE SUPPORT

- Supports women and girls who have experienced sexual violence, rape, or exploitation
- Offers:
 - Counselling and therapy - individual sessions, pre-trial therapy, and group workshops
 - Advocacy - independent sexual violence advocates for emotional and practical help
 - Specialist refuges - for women escaping sexual exploitation or with complex needs
 - East London Rape Crisis - free, confidential support via phone, email, and online chat

PHONE - 020 7683 1270

HELPLINE - 0800 160 1036

EMAIL - info@niaendingviolence.org.uk

WEBSITE - <https://niaendingviolence.org.uk/>

ONE IN FOUR

- Supports people who have experienced sexual or domestic abuse, including childhood sexual abuse
- Offers:
 - Specialist counselling
 - Advocacy and practical support for navigating systems like health, housing, and justice
 - Training programmes for professionals working with survivors
- Survivor-led and trauma-informed, aiming to empower individuals and reduce isolation
- Supports all genders and ethnicities

PHONE - 0208 697 2112

WEBSITE - <https://oneinfour.org.uk/>

EMAIL - admin@oneinfour.org.uk

SOLACE'S WOMENS AID - LONDON

- Free helpline and email support for immediate advice and assistance.
- Safe refuge accommodation spaces for women and children fleeing abuse.
- Specialist counselling for survivors of abuse.
- Rape Crisis Services: support for survivors of sexual violence, including a dedicated helpline.
- Support tailored for younger survivors of abuse.

GENERAL ENQUIRIES -0207 619 1350

ADVICE LINE - 0808 802 5565

RAPE CRISIS HELPLINE- 0808 801 0305

EMAIL - advice@solacewomensaid.org

WEBSITE - www.solacewomensaid.org

we're **kind** we're **fair** we **listen** we **care**



Sexual Abuse

Greenwich Mental Health
Support Resources



RESPOND

- Charity supporting people with learning disabilities and autistic people who have experienced abuse or trauma
- Offers
 - Specialist therapy for people with learning disabilities and autistic people
 - Support for survivors of abuse and trauma
 - Help for families and carers
 - Training for professionals
 - Campaigning to prevent abuse

PHONE - 020 7383 0700

EMAIL - admin@respond.org.uk

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

MORE RESOURCES

GALOP

- UK's leading LGBT+ anti-abuse charity supporting victims and survivors of domestic abuse, sexual violence, hate crime, and conversion therapy
- Offers:
 - National LGBT+ Helpline – free, confidential support for anyone facing abuse or violence
 - Sexual Violence Services – advocacy and emotional support for survivors of sexual assault or rape
 - Young People's Services – dedicated support for LGBT+ individuals aged 13–25
 - Advice & Advocacy – assistance navigating the criminal justice system and accessing safety
 - Webchat open Mondays and Thursdays via their website

PHONE - 0800 999 5428

EMAIL - help@galop.org.uk

WEBSITE - <https://simbaha.org.uk/>



HER CENTRE - GREENWICH

- Free support for women and girls experiencing domestic abuse, sexual violence or exploitation
- One-to-one advocacy and practical support
- Legal and housing advice
- Counselling and emotional support
- Weekly drop-in sessions for advice and referrals
- Specialist support for young women, stalking and sexual abuse
- Training, ESOL (English) classes and community outreach
- Support to rebuild confidence and independence

PHONE - 020 3260 7772

EMAIL - info@hercentre.org

WEBSITE - <https://hercentre.org>

