

London Wide Services for Sexual Abuse

KEY	
Male only	
Female only	
Adults only	
Specialist focus	

Service	Website / contact details	Information	Age-range / who for / accessibility
Brook	Sexual Health & Wellbeing - Brook – Healthy lives for young people	Provide free and confidential sexual Health support and advice for young people under the age of 25. The website provides information on how and where to access Brook sexual health centres locally.	Children, young people and young adults up to age 25
Galop	Support services - Galop the LGBT+ anti-abuse charity - Galop LGBT+ domestic abuse helpline 0800 9995428 Mon to Fri 10am – 5pm. Weds and Thurs 10am – 8:00pm Webchat available Weds and Thurs 5pm – 8pm	Accept self-referrals or professional referrals for advocacy support. The advocacy service specialises in supporting LGBT+ victims and survivors of domestic abuse, hate crime, sexual violence, and other forms of abuse including honour-based violence, forced marriage, and so-called conversion therapies. Support offered via the helplines and webchat and available for family and friends. Online resources available	LGBTQ+ people Family/friends of survivors Professionals
Into The Light	Into The Light: counselling, support for adult survivors of sexual sbuse <i>Email: info@intothelight.org.uk</i>	Provide counselling support, advice, information & resources to people of all genders who have been sexually abused. Offer support and counselling & training to those who are involved with and support people who have experienced sexual abuse e.g. partners, counsellors, carers.	18+ Parents/carers
London Survivors Gateway	Help After Rape and Sexual Abuse in London London Survivors Gateway Freephone 0808 801 0860 Telephone opening hours are Monday 9am-5pm, Tuesday 9am-7pm,	The London Survivors Gateway is a route into support services for anyone over the age of 13 living in London who has experienced sexual violence at any time in their life. The service is for all survivors, regardless of their gender, sexuality, disability, language, ethnicity or immigration status.	Anyone impacted by sexual violence aged 13+

	Wednesday 9.30am-3.30pm, Thursday 9am-7pm and Friday 9am-3pm. (Not accepting any new referrals currently but can contact helpline for support and advice)		
Migdal Emunah	Migdal Emunah – Independent sexual abuse advice & education Phone: 020 3773 9998 Email: info@migdalemunah.org.uk	Provide a support service for Jewish victims of sexual abuse and their families A variety of practical and emotional support for victims and those affected by the trauma of sexual abuse. Access to a trained Independent Sexual Violence Advisor (ISVA), trained counsellors, couples therapy, family therapists and children’s therapist (play/art therapy available) . They also provide access to rabbinical advice, legal advice and psychologists.	<i>Men, women and children who are Jewish</i>
We Stand (formerly Mosac)	Our services – We Stand Helpline – 0800 980 1958 (Lines are currently open daily from 10am to 2pm (Monday, Thursday and Friday) and 10am to 6pm (Tuesday and Wednesday).	We Stand helps all non-abusing parents and carers whose children have been sexually abused. There is a free helpline, counselling, advocacy and group work. They also offer play therapy to children and young people whose parents are accessing individual counselling by We Stand.	Parents/carers Play therapy for aged 4-16 (if parent is accessing counselling through We Stand)
Napac (national association for people abused in childhood)	NAPAC – Supporting Recovery From Childhood Abuse: NAPAC – Supporting Recovery From Childhood Abuse Support Line 0808 8010331 Opening Hours: Mon-Thurs 10am-9pm / Friday 10am-6pm Email: support@napac.org.uk	Offers support to adult survivors of all types of child abuse including, physical, sexual, emotional abuse and neglect. <ul style="list-style-type: none"> • Free support line • Online resources and self-help guides available • Printable information booklets available 	Adult survivors
Nia (East London Rape Crisis)	Home - NIA Ending Violence Against Women and Girls niaendingviolence.org.uk 0800 160 1036 rapecrisis@niaendingviolence.org.uk Opening hours: Mon/Tues/Fri/Sat mornings 10:00 am – 12:00 pm Mon/Wed/Thurs/Fri afternoons 2.30 pm – 4.30 pm	Support for women and girl survivors of sexual abuse and violence via helpline, online chat Can offer 1-1 Counselling, Pre-trial therapy, Groupwork and play therapy Advocacy – ISVAs Online resources and self-help guides available	Women and Girls aged 11+

	Tues/Wed/Thurs evenings 6:00 pm – 8:00 pm		
Sunrise Hub North East London Child Sexual Abuse Hub	NEL CSA Hub Social Care Liaison Officer: Naz Taner; n.taner@nhs.net	For children in Barking & Dagenham, City & Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest - the Sunrise Hub provides a holistic, child-centred and integrated approach to supporting the recovery of children and their families when there have been concerns about sexual abuse. Emotional wellbeing support is provided by Barnardo's TIGER practitioners. CSA medicals are offered by a specialist health team at the Royal London Hospital, Whitechapel.	Aged 0-18 for CSA Medicals. Aged 4-18 for TIGER Parent/carers Can offer consultations to professionals
Rape Crisis	Get help Rape Crisis England & Wales Helpline - 0808 802 9999 – 24/7 every day of the year Webchat via website Mon-Thurs 1pm – 5pm and 6pm – 9pm Fri – 1pm – 5pm	Support for those affected by sexual abuse and sexual violence or those who are not sure what happened via helpline and webchat. Online resources available on website. (Specific 1-1 support for NE London boroughs provided by Nia – see Nia for further info)	16+ Friends and family of survivors Professionals
Respond	Supporting the lives of people with learning disabilities and autism / Respond For ISVA enquiries - 0207 380 8257 or 07821 578 190 For general enquiries - admin@respond.org.uk	Offer a range of services to enable children and young people with learning disabilities, autism or both to cope with trauma and develop healthy relationships. Services Include: Individual and group therapy; Therapeutic support to parents and carer; Sex and relationships programmes for individuals and group; Reflective practice for staff; Consultancy; Training. ISVA support Circles of Support & Accountability (COSA)- supports young people and adults with learning disabilities, autism or both, who sexually offend or display harmful sexual behaviour to live a safe and purposeful life without risk to others.	<i>Children & Young People 13-25</i> <i>Parents/ carers</i>
Survivors UK	SurvivorsUK We challenge the silence to support sexually abused men	Offer support to any man, boy or non-binary person who has ever experiences unwanted sexual activity (including words, images or touch).	Men, boys or non-binary people 13+

	<p>Online helpline link via website available or chat via SMS text on 0203 322 1860 - Mon-Sun 12pm-8pm</p> <p>For enquiries re ISVA and Group work contact 0203 598 3898 / help@survivorsuk.org during office hours – Mon-Fri, 9am – 5pm isva@survivorsuk.org</p>	<p>Via Helpline or Webchat</p> <p>Can provide ISVAS, Groupwork and individual counselling – available via self-referral.</p> <p>The service is virtual/remote only – no Face-to-face work is offered.</p> <p>Online self-help support/advice available</p>	
The Survivors Trust	<p>Find Specialist Support in your Area The Survivors Trust</p> <p>Helpline – 0808 801 0818 (Open 7 days a week – check website for operating times)</p> <p>Live chat service - Live Chat Service The Survivors Trust</p>	<p>Support for women, men and children who have survived sexual violence.</p>	16+
The Havens (Sexual Assault Referral Centres - SARC)	<p><i>Phone: Urgent: 020 3299 6900 (24/7)</i></p> <p><i>Non-Urgent: 020 3299 1599 (9am – 5pm)</i></p> <p><i>Website: The Havens</i></p> <p><i>Leaflet:</i> https://www.thehavens.org.uk/media/176018-Sexual-Assault-leaflet_DM-edit.pdf</p>	<p>The Havens are specialist centres in London for people who have been raped or sexually assaulted. They have specially trained, experienced professionals who offer medical help and advice, counselling, and practical and emotional support. They offer help for those who have been raped or sexually assaulted in past 12 months.</p> <p>Available 24/7 for an initial assessment.</p> <p>Aim to see within 90 minutes if urgent for e.g., if forensic medical examination is required.</p> <p>Follow up care including counselling, tests and treatments</p>	<p>Children and adult survivors</p> <p>Can advise professionals regarding forensic window for medical examinations.</p>
TIGER (Barnardos)	<p>TIGER Services Barnardo's (barnardos.org.uk)</p> <p><i>Phone: 07519294000</i></p> <p><i>Email: tigerservices@barnardos.org.uk</i></p>	<p>Early emotional support for children and young people, aged 4-18 (and their families), who have disclosed sexual abuse.</p> <p>It is expected that children, young people, and their families will be supported for 6-10 weeks, and bespoke package will be offered for each child</p>	<p>4-18</p> <p>Parent/carers</p> <p>Can offer consultation work to professionals already working directly with children</p>

Victim Focus	Victim Focus Free Course Caring For Yourself After Sexual Violence	Free online self-help course for survivors of sexual violence Research/training for professionals on the website	Survivors Professionals
Women and Girls Network – Ascent Advice Line	Ascent Advice Line Women and Girls Network (wgn.org.uk) Freephone 0808 801 0660 or email on advice@wgn.org.uk Open Monday to Friday 10am to 4pm and from 6pm-9pm on Wednesdays.	Immediate, free, and confidential information, advice, advocacy and support for women and girls (14 years+) affected by any form of gendered violence and abuse. The Advice Line is also open to professionals who need support on cases related to gendered violence.	Women and girls aged 14+ Professionals
Women and Girls Network – Sexual Violence Helpline	Sexual Violence Helpline Women and Girls Network (wgn.org.uk) Freephone 0808 801 0770 Open Monday to Friday 10am-12.30pm and 2.30pm-4pm, also Wednesday evenings from 6pm-9pm.	Free and confidential emotional support for anyone in London, who self identifies as a woman (aged 14 years+), and who has been affected by any form of sexual violence at any time in their lives.	14+ Family/friends of survivors Professionals Phone interpreting available Accessible to deaf or hard hearing people via text relay
Women and Girls Network – Web chat service	Web Chat Women and Girls Network (wgn.org.uk) Accessed via the website by clicking the “chat” button. Available Monday – Thursday 10am – 4pm	The one-to-one Live Chat provides specialist advice, information and support for anyone in London who self-identifies as a woman and has been affected by domestic and/or sexual violence.	Anyone who self identifies as a woman/girl. Family/friends of survivors Professionals