

Evaluation of Rape Survivors' Experience of the Police & other Criminal Justice Agencies Links to support agencies

NHS

[Help after rape and sexual assault](#)

[Sexual Abuse Referral Centres - Find a SARC](#)

Sexual violence is a crime, no matter who commits it or where it happens. Don't be afraid to get help.

SARCs are specialist medical and forensic services for anyone who has been raped or sexually assaulted. They aim to be one-stop service, providing the following under one roof: medical care and forensic examination following assault/rape and, in some locations, sexual health services. Medical Services are free of charge and provided to women, men, young people and children.

Rape Crisis

Helpline: 0808 802 9999 (12-2:30 and 7-9:30)

rapecrisis.org.uk

National organisation offering support and counselling for those affected by rape and sexual abuse.

See website for local groups or contact directory enquiries.

Victim Support

Supportline: 0333 300 6389

[Rape and sexual assault](#)

Our services are confidential, free and available to anyone who's been raped or sexually assaulted, now or in the past. We can help, regardless of whether you have told the police or anyone else about the attack. Our volunteers can visit you at home (if you want us to, and if doing so will not put you at further risk) or somewhere else if you prefer. If you don't want to see anyone face-to-face, you can also talk to us on the phone, either at one of our local offices or at the national Victim Supportline.



Women Against Rape

womenagainstrape.net

This is the joint website of Women Against Rape and Black Women's Rape Action Project. Both organisations are based on self-help and provide support, legal information and advocacy. We campaign for justice and protection for all women and girls, including asylum seekers, who have suffered sexual, domestic and/or racist violence.

The Survivors Trust

Helpline: 0808 801 0818

thesurvivorstrust.org

[Find support](#)

Rape and sexual abuse can happen to anyone regardless of their age, gender, race, religion, culture or social status. Living with the consequences of rape and sexual abuse can be devastating. We believe that all survivors are entitled to receive the best possible response to their needs whether or not they choose to report.

Women's Aid Federation

National Domestic Violence Helpline (24hrs): 0808 2000 247

womensaid.org.uk

[Sexual violence](#)

Women's Aid is the national domestic violence charity that helps up to 250,000 women and children every year. We work to end violence against women and children, and support over 500 domestic and sexual violence services across the country.



Survivors UK – Male Rape and Sexual Abuse Support

survivorsuk.org

If you have been subjected to male rape or sexual abuse, one of your biggest challenges will be taking the decision to talk to someone. At Survivors UK we know this can seem an enormous and daunting step. Anxiety and fear are among the most common emotions experienced by the abused. But these feelings do become easier and people can, and do, successfully go on to explore their past and its links with today in making sense of recurring problems. We offer emotional support by our Chat Service and SMS and we'll do our best to point you in the right direction.

GALOP

Helpline: 020 76974081

<http://www.galop.org.uk/>

Galop provides a free, confidential and independent service for all LGBT+ people who have experienced sexual assault, violence or abuse, however or whenever it happened.

Rape Crisis

Helpline: 0808 802 9999 (12-2.30 & 7-9.30)

rapecrisis.org.uk

National Organisation offering support and counselling for those affected by rape and sexual abuse.

Many Rape Crisis Centres provide support services for men and boys who have experienced sexual violence, as a child and/or as an adult. Rape Crisis Centres that do not provide services for men or boys will be able to give you information about relevant support organisations. See website for local groups or contact directory enquiries.

Rape, Sexual Abuse & Personal Safety Abroad

Foreign & Commonwealth Office

[Rape & Sexual Assault Abroad Leaflet](#)

[Support for British Nationals Abroad](#)

Rape and sexual assault can happen to women and men of all ages and backgrounds. While most visits abroad are trouble-free, we are becoming more aware of people being sexually assaulted whilst they are overseas. Sexual assault is a very traumatic experience whenever and wherever it happens, but the trauma can be made even more difficult to deal with when it happens abroad. We will be as helpful as we can to anyone who tells us they have had sex against their wishes or been attacked by someone wanting sex.

Rape Crisis Network Europe

www.rcne.com

RCNE is the network of European rape crisis centres. We aim to make sure that anyone who experiences sexual violence can get the help they need. We are active in influencing policy, standards and legislation through European governments and non-governmental organisations (NGOs).

All member centres share a 'survivor-centred' and anti-discriminatory approach.

Personal Safety Advice Abroad

When travelling abroad, most people are keen to relax and unwind. Travellers, tourists and foreign businessmen and women can be prime targets for criminals, however. In order to minimise stress on your holiday or trip, take time to plan your personal safety strategy in advance. From keeping your valuables safe to avoiding violence, a little forethought may save you from becoming a victim of crime.