

National

Support Line

<http://www.supportline.org.uk> | 01708 765200

Provides emotional support to male and female survivors of abuse and associated issues. Also keeps details of counsellors and survivor support groups, helplines, and details of counsellors listed with the National Register of Male Sexual Assault Counsellors throughout the UK

Aurora Health Foundation

www.aurorahealthfoundation.org.uk | 020 8541 1951

A charity offering counselling, support groups, complementary therapies, workshops and support to adult men and women survivors of childhood trauma or abuse and victims of violent crime and to their partners. Most of the practitioners are survivors themselves, or partners of survivors. Fees do apply for these services but can be negotiated. Covers Greater London and Home Counties

Minister and Clergy Sexual Abuse Survivors (MACSAS)

www.macsas.org.uk | 0808 801 0340

Support group for women and men from Christian background who have been sexually abused by ministers or clergy as children or as adults

Victim Support

www.victimsupport.org.uk | 0808 1689 111 (Support Line)

Victim Support can provide non-judgemental face-to-face and telephone support for adults abused in childhood.

The National Association of People Abused in Childhood (NAPAC)

www.napac.org.uk

0808 801 0331 (free from all mobile phones and landlines, calls do not show on your bill. 10am – 9pm Monday – Thursday and 10am – 6pm on Fridays)

NAPAC are a registered charity, providing support and information for people abused in childhood. NAPAC's website contains a lot of useful information and links to support networks, as well as a selection of leaflets which are also available in audio format.

Step Up

www.stepupcharity.org.uk | 020 8517 5888

An Essex-based support service to help the families of children who have been sexually abused.

Please note that although Safety Net makes every attempt to check the accuracy of these links, we do not endorse or recommend any of the organisations listed. Please take care when searching for help and don't give up until you find the support you deserve.

There is nothing so awful that we can't talk about it with someone