



## Safety and Dignity at Work

**If you have experienced Sexual Harassment or Sexual Violence, here are some organisations that can help**

### **Survivors Gateway - London**

- 0808 801 0860

<https://survivorsgateway.london/>

### **Southall Black Sisters**

For Black and minority women who have survived domestic or sexual violence

- 0208 571 9595

Monday to Friday 9:00am - 5:00pm

<https://southallblacksisters.org.uk/need-help/>

### **Black Women's Rape Action Project**

- 020 7482 2496

<https://www.mentalhealthcamden.co.uk/services/black-womens-rape-action-project>

### **Women & Girls Network**

Also have specialist services for young women 11-25 years old

- 0808 801 0660

<https://www.wgn.org.uk/our-services/advice-and-helplines>

### **Rape Crisis**

Sexual Violence Helpline

- 0808 802 9999

open 12 - 2.30pm and 7 - 9.30pm daily

<https://rapecrisis.org.uk/get-help/want-to-talk/>

## **Galop**

LGBT+ helpline

- 0300 999 5428 or 0800 999 5428

10am - 5pm week days, 5pm - 8pm Monday and Thursday, with a trans\* specific service on Tuesday afternoons

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

## **Rights of Women**

Sexual Harassment in the workplace

- [info@row.org.uk](mailto:info@row.org.uk)

<https://rightsofwomen.org.uk/get-advice/sexual-harassment-at-work-law/>

## **Solace Womens Aid**

For women survivors of domestic and sexual violence in London Area

- 0808 802 5565 (freephone)

<https://www.solacewomensaid.org/>

## **Oxfordshire Sexual Abuse and Rape Crisis Centre**

For women survivors of domestic and sexual violence in Oxford Area

- 0800 783 6294 (freephone)

Monday 6.30pm - 9.00pm Thursday 6:30pm - 8:30pm, Sunday 6:30pm - 8:30pm

<https://www.osarcc.org.uk/>

## **National Association for people abused in Childhood**

For people who experienced abuse in childhood

- 0808 801 0331 (freephone)

Monday to Thursday: 10am - 9pm, Friday: 10am - 6pm

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

## **National Stalking Helpline**

- 0808 802 0300

Weekdays 09:30am - 4:00pm (except Wed 1:00pm - 4:00pm)

<https://www.suzylamplugh.org/Pages/Category/national-stalking-helpline>

**If you have survived a cult experience here are some organisations that can help:**

## **Cult Survivors**

- +44 (0)1433 639032
- [info@encourage-cult-survivors.org](mailto:info@encourage-cult-survivors.org)

<http://www.encourage-cult-survivors.org/>

**To think again**

- 07511784650

<https://www.tothinkagain.co.uk/services>

**Ritual Abuse Information Network and Support - RAINS**

- [rains@rains-home.org](mailto:rains@rains-home.org)

<https://www.thesurvivorstrust.org/faqs/rains-ritual-abuse-information-network-and-support>

**If you or someone you know has experienced being trafficked or been in enforced labour, here are some organisations you can contact**

**Anti-slavery & Anti-trafficking**

- +44 (0)20 7501 8920
- [supporter@antislavery.org](mailto:supporter@antislavery.org)

<https://www.antislavery.org/what-we-do/uk/>

**Human Trafficking Foundation**

- 020 3773 2040
- [info@humantraffickingfoundation.org](mailto:info@humantraffickingfoundation.org)

<https://www.humantraffickingfoundation.org/support-services>