ADVICE AND SUPPORT

Rights of Women
Employment legal advice to women experiencing sexual harassment at work
Helpline: 020 7490 0152
www.rightsofwomen.org.uk

ACAS
Advice on workplace issues
Helpline: 0300 123 1100
ACAS Welsh language - llinellgymorthacas@acas.org.uk
www.acas.org.uk

Equality Advice and Support Service
Advice and assistance on issues relating to equality and human rights
Helpline: 0808 800 0082
http://www.equalityadvisoryservice.com/

Rape crisis
Support and counselling for women and men who have been affected by rape and sexual abuse
Helpline: For information about support services in your area call 0808 802 9999 (Run by South London Rape crisis) (12-2.30pm and 7-9.30pm every day)
https://rapecrisis.org.uk/

Survivors UK
Support for men who have been sexually abused at any point in their lives
Online Helpline: https://www.survivorsuk.org/ways-we-can-help/online-helpline/

Switchboard LGBT+ Helpline
Information, support and referral service for lesbians, gay men and bi-sexual and trans people and anyone considering issues around their sexuality and/or gender identity
Helpline: 0300 330 0630
https://switchboard.lgbt/

Revenge Porn Helpline
Advice and support for adults who have had intimate photos or videos circulated on or off-line.
Helpline: 03456 000 459
https://revengepornhelpline.org.uk/

Samaritans
A safe place to talk 24 hours a day, whoever you are and whatever you are going through
Helpline:116 123
Email: jo@Samaritans.org
Samaritans Welsh Language Line: 0808 164 0123
https://www.samaritans.org/