

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/>