

Centre for Socio-Legal Studies

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Social Sciences and Humanities Interdivisional Research Ethics Committee Ref: 1847247



Care in the Courtroom Case Study on Specialist Sexual Violence Support Courts Further information: London (Snaresbrook)

We created this handout in case you'd like more details about specialist support available in your area. If you are in ever in danger or need urgent medical help, call 999. If you're experiencing distress or mental health problems, you can also talk to your GP or find one here at <https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>.

National helplines that focus on rape or sexual assault



Rape and Sexual Abuse Support 0808 500 2222

Free online chat: <https://247sexualabusesupport.org.uk/>



Survivors Trust Free, confidential helpline for survivors aged 16+.

Call 0808 801 0818 or text: 07860 022 956 open 7 days a week:

Mon – Thurs: 10am-12.30pm, 1.30pm-3pm, & 6pm-8pm;

Friday: 10am – 12.30pm & 1.30pm – 3pm;

Saturday: 10am – 12.30pm; Sunday: 6pm – 8pm; Bank holidays: 10am – 12.30pm.

Local helplines and services that focus on rape or sexual assault



The Havens Sexual Assault Referral Centre

Free, confidential healthcare, compassionate support and ISVA service for people who've experienced sexual assault or rape in the past 12 months.

Call 020 3299 1599 anytime, 24/7

Email kch-tr.Havensinfo@nhs.net or see <https://thehavens.org.uk/>



The Nia project (East London Rape Crisis Centre)

Specialist help 0800 160 1036, Mon & Fri 10am to 2pm, Tues 10am to 1pm and 6pm to 8pm, Wed & Thurs 1pm to 5pm.

Call 02076831270 **Mon – Fri 9.30am-5pm**

Email rapecrisis@niaendingviolence.org.uk

or see www.niaendingviolence.org.uk



solace

Solace Women's Aid (North London Rape Crisis Centre)

Helpline 0808 801 0305, **Mon & Fri 10am-2pm, Tue 10am-1pm and 6pm-8pm, Wed & Thur 1pm-5pm**

Call 0808 802 5565, **Mon – Fri 9.30am-5pm**

Email rapecrisis@solacewomensaid.org or see www.solacewomensaid.org



Aanchal Women's Aid

Helpline, advocacy and immigration support, offering free and confidential advice. Can help in several languages including English, Hindi, Punjabi, Urdu Gujarati, Tamil, Bengal and Eastern European languages.

Helpline 0800 0124 924, **Mon – Fri 9am-10pm** Visit <https://aanchal.org.uk/>

National and local services that focus on mental health and wellbeing



dial 111 (freephone) and select mental health option

National helpline, open 24/7 for urgent help for mental health.



Samaritans

Offering a safe space to talk any time you like, in your own way – about whatever's getting to you.

Call 116 123 open 24/7

They'll also arrange a call back the next day to check how you are doing.



Talking Therapies

NHS Talking Therapies

Free mental health treatment and services for anyone going through a hard time or struggling. Available to people living in the London and beyond.

Go online to find out which service is local to you. You can self-refer online or ask your GP to refer you.

Visit <https://www.nhs.uk/nhs-services/mental-health-services/>



WISH

User-led women's mental health charity, offering free, gender-specific and trauma-informed counselling and advocacy support.

Call 02089803618, Mon – Fri 9.30am-5pm

Email info@womenatwish.org.uk

Visit <https://www.womenatwish.org.uk/>



Waythrough

Free, confidential support for mental health, domestic violence, alcohol, drugs, housing and related areas in friendly, local places.

Call 01325 731 160, Mon – Fri 9.30am-5pm

Email info@waythrough.org.uk

Visit <https://www.waythrough.org.uk/find-support-near-me/>



Thrive LDN

Mental health resources for Londoners.

Call 07880 068221, Mon – Fri 9.30am-5pm (leave a message and contact number to be contacted back in case of no reply)

Email info@thrivedn.co.uk

Visit <https://thrivedn.co.uk/about/who-we-are/>