

0808 801 0770



Women and Girls Networks FREE Sexual Violence Helpline provides emotional and practical support and advice to women and girls who have experienced recent or historic sexual violence including:

- Rape
- Childhood sexual abuse
- Sexual assault
- Sexual harassment
- Sexual bullying
- Sexual exploitation
- Trafficking
- Pornography and prostitution
- Gang related sexual violence
- Same sex assault

Our specialist team of women will offer you a confidential space to explore the impact of your experiences and access emotional and practical support.

We can also link you to other services such as specialist counselling, advocacy, medical services, the police and specialist solicitors.

Our service can also provide support to partners, friends and relatives on how best to support someone they know.

We also offer expert advice to professionals to enhance awareness of the needs and issues for survivors and ensure best practice.

If English is not your chosen language, we can provide access to an interpreter.

Free and Confidential Helpline for Women & Girls in London

0808 801 0770 (FREEPHONE)

Opening times:

Monday + Friday

10am -12pm and 2.30pm -4.30pm

Tuesday + Wednesday + Thursday

10am -1pm and 6.30pm -9pm