

RESOURCES

CLICK IN THE BOX TO PROCEED

@sayitloudspace

ARE YOU IN CRISIS AND IN NEED OF
IMMEDIATE SUPPORT?

YES

NO

WHAT DO YOU NEED HELP WITH AT THE
MOMENT?

I WANT SUPPORT
SPECIFICALLY
RELATED TO AN
EXPERIENCE OF
SEXUAL VIOLENCE

I WANT SUPPORT
REGARDING MY
MENTAL HEALTH

I WANT TO KNOW
MORE ABOUT SAY IT
LOUD SERVICES

IF YOU ARE IN CRISIS...

FIRST OF ALL, KNOW THAT YOU ARE NOT ALONE. THERE IS SUPPORT AVAILABLE FOR YOU, PEOPLE THAT YOU CAN REACH OUT TO YOU IF YOU ARE GOING THROUGH A PARTICULARLY ROUGH PATCH. CLICK BELOW TO ACCESS THESE WEBSITES AND GET SUPPORT OR REMEMBER THAT YOU CAN CALL 999.

CALL 999 OR 111

SAMARITANS

SHOUT

NATIONAL SUICIDE
PREVENTION
HELPLINE UK

THESE ARE OPEN 24/7, 365 DAYS A YEAR. WHILST SHOUT IS A MESSAGE SERVICE (COMPLELTLY FREE), THE SAMARITANS AND THE NATIONAL SUICIDE PREVENTION HELPLINE UK OFFER A CALL SERVICE FOR THOSE WHO ARE STRUGGLING.

THE SURVIVORS TRUST

RAPE CRISIS

LIVE FEAR FREE HELPLINE

WOMEN'S AID

VICTIM SUPPORT

GALOP

SURVIVORS UK

SAFELINE

RAINN

ALL THESE CHARITIES AND HELPLINES ARE ABLE TO PROVIDE SUPPORT TO SURVIVORS. BEAR IN MIND THAT GALOP IS SPECIFICALLY DIRECTED TO PEOPLE WHO IDENTIFY AS LGBTQ+, WHILST THE SURVIVORS UK IS DESIGNED SPECIFICALLY FOR PEOPLE THAT IDENTIFY AS MALE. SAFELINE HAS SEVERAL HELPLINES, INCLUDING ONE FOR MALE SURVIVORS AS WELL. WOMEN'S AID PROVIDES SUPPORT FOR GIRLS AND WOMAN.

MIND

RETHINK

NIGHTLINE

CALM

SWITCHBOARD

SANE

ALL THESE CHARITIES AND HELPLINES ARE ABLE TO PROVIDE SUPPORT TO PEOPLE STRUGGLING WITH THEIR MENTAL HEALTH. NIGHTLINE IS A SUPPORT LINE SPECIFICALLY FOR STUDENTS, WHILST CALM DIRECTS ITS SERVICES FOR PEOPLE WHO IDENTIFY AS MALE. SWITCHBOARD PROVIDES SUPPORT SPECIFICALLY FOR THE LGBTQ+ COMMUNITY.

ABOUT SAY IT LOUD SERVICE'S

VISIT OUR WEBSITE

SAY IT LOUD IS A UK BASED SUPPORT HELPLINE AND CAMPAIGN GROUP FOR INDIVIDUAL WHO HAVE EXPERIENCED SEXUAL VIOLENCE. WE ARE NOT A CRISIS TEAM. OUR HELPLINE IS OPEN FROM 5PM- 8PM, MONDAY TO FRIDAY AND FROM 9AM-11AM BI-WEEKLY ON SUNDAYS. ALL OF OUR SUPPORT MENTORS WERE PROVIDED APPROPRIATE TRAINING TO RECEIVE AND DEAL WITH DISCLOSURES OF SEXUAL VIOLENCE. OUR HELPLINE IS FOR INDIVIDUALS AGED 16 AND OVER AND IT IS COMPLETELY CONFIDENTIAL UNLESS YOU STATE WANTING TO HARM YOURSELF OR OTHER. IN THAT CASE, WE WOULD HAVE TO BREACH CONFIDENTIALITY IN ORDER TO ENSURE THAT YOU AND OTHERS ARE SAFE. YOU CAN FIND MORE ABOUT US ON OUR WEBSITE LINKED IN THE BOX ABOVE.