



LIST OF SUPPORT SERVICES*

**Not all of the organisations on this list have been vetted to see if they are sex worker friendly, so with some, user discretion is advised.

| | |
|---|-----------|
| SUICIDE PREVENTION | 2 |
| MENTAL HEALTH | 2 |
| DOMESTIC VIOLENCE | 3 |
| SEXUAL VIOLENCE | 4 |
| SEX WORK | 5 |
| CHILDREN AND YOUNG PEOPLE AT RISK | 6 |
| LGBTQI+ SUPPORT | 8 |
| RACIALISED COMMUNITIES | 8 |
| HARM REDUCTION | 9 |
| HOMELESSNESS | 9 |
| DISABILITY | 10 |
| ELDER ABUSE | 10 |
| CARERS | 10 |
| MIGRANTS, REFUGGES, AND ASYLUM SEEKERS | 11 |
| GYPSY, ROMA, AND TRAVELLER COMMUNITIES | 11 |
| NATIONAL UGLY MUGS MENTAL HEALTH RESOURCES | 12 |

SUICIDE PREVENTION

SAMARITANS ☎ 1 16 123 (FREEPHONE 24 HOURS)

Email: jo@samaritans.org

A 24-hour helpline for any person in emotional distress. You can visit some Samaritans branches in person. Samaritans also have a Welsh language line on ☎ 0808 164 0123 (7pm–11pm every day).

SHOUT ☎ 85258 (TEXT SHOUT)

www.giveusashout.org

Confidential 24/7 text service offering support if you are in crisis and need immediate help.

CAMPAIGN AGAINST LIVING MISERABLY (CALM) ☎ [0800 58 58 58](tel:0800585858)

(5pm–midnight every day)

For anyone affected by suicide or suicidal thoughts. If you prefer not to speak on the phone, you could try the [CALM webchat service](#).

The Listening Place ☎ [020 3906 7676](tel:02039067676)

<https://listeningplace.org.uk/>

Provides free, regular, face-to-face support so that people can talk openly about their suicidal feelings. confidential and non-judgmental.

STAY ALIVE APP – GRASSROOTS SUICIDE PREVENTION

www.prevent-suicide.org.uk

App with help and resources for people who feel suicidal or are supporting someone else.

SURVIVORS OF BEREAVEMENT BY SUICIDE ☎ 0300 111 5065

www.uk-sobs.org.uk

Emotional and practical support and local groups for anyone bereaved or affected by suicide.

MAYTREE SUICIDE RESPITE CENTRE ☎ 020 7263 7070

www.maytree.org.uk

Offers free respite stays for people in suicidal crisis.

MENTAL HEALTH

MIND SUPPORT LINE ☎ 0300 102 1234

Open 9am to 6pm, Monday to Friday (except bank holidays).

Safe space to talk about mental health. Advisors are trained to listen and help in finding specialist support if needed.

MENTAL HEALTH HELPLINE FOR WALES ☎ 0800 132 737

www.callhelpline.org.uk

Provides information and support for people experiencing a mental Health problem in Wales.

NHS ☎ 111

www.111.nhs.uk

Non-emergency medical help and mental health advice for people in England.

NATIONAL SURVIVOR USER NETWORK (NSUN)

www.nsun.org.uk

Network of people & groups with lived experience of mental ill-health, distress & trauma, working to shift power & resource in mental health.

DOMESTIC VIOLENCE

WOMEN'S AID ☎ 0808 2000 247 (Freephone England National 24hr Helpline)

www.womensaid.org.uk

Provides services for women and children who have been affected by the experience of domestic violence, rape and sexual abuse.

REFUGE ☎ 0808 2000 247 (Freephone England National 24hr Helpline)

www.refuge.org.uk

Refuge is the national charity which provides a wide range of specialist domestic violence services to women and children experiencing domestic violence.

- Scotland 24hr Domestic Violence Helpline ☎0800 0271 234
- Wales 24hr Domestic Violence Helpline ☎0808 8010 800
-

NATIONAL CENTRE FOR DOMESTIC VIOLENCE ☎ 0800 970 2070

www.ncdv.org.uk

The National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service to survivors of domestic violence. 24-hour helpline.

SAFE LIVES ☎ 0117 403 3220

www.safelives.org.uk

SafeLives provides practical help to support professionals and organisations working with domestic abuse victims, with the aim of protecting the highest risk victims and their children – those at risk of murder or serious harm.

THE MEN'S ADVICE LINE ☎ 0808 801 0327 (Monday - Friday 9am-5pm)

www.mensadviceline.org.uk

A confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).

MANKIND INITIATIVE ☎ 01823 334 244 (weekdays 10am to 4pm)

www.mankind.org.uk

Support for male victims of domestic abuse and domestic violence.

VICTIM SUPPORT

www.victimsupport.org.uk

An independent charity that helps people affected by crime or traumatic events get the support they need.

RESPECT ☎ 0808 802 4040

www.respect.uk.net

The Respect phone line is a confidential helpline offering advice, information and support to help you stop being violent and abusive to your partner.

☒ respectphoneline.org.uk

SEXUAL VIOLENCE

RAPE CRISIS ☎ 0808 802 9999

www.rapecrisis.org.uk

Rape Crisis Centres offer a range of services for women and girls who have been raped or experienced another form of sexual violence.

RAPE CRISIS SCOTLAND ☎ 08088 010302

www.rapecrisisscotland.org.uk

Helpline leaflet, information after rape and sexual assault, anger, coping after sexual violence, dissociation, flashbacks, guilt, blame and shame.

NHS - HELP AFTER RAPE AND SEXUAL ASSAULT

www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/

Sexual assault referral centres (SARCs) offer medical, practical and emotional support to anyone who has been raped, sexually assaulted or abused.

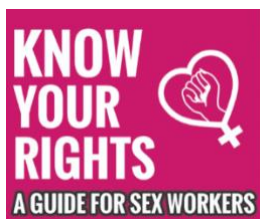
REVENGE PORN HELPLINE ☎ 0345 6000 459

www.revengepornhelpline.org.uk

UK service supporting adults (aged 18+) who are experiencing intimate image abuse, also known as, revenge porn.

10:00 to 16:00 Monday to Friday (excluding bank holidays).

SEX WORK



ENGLISH COLLECTIVE OF PROSTITUTES ☎ 20 7482 2496
www.prostitutescollective.net

CLICK ON THE PICTURE FOR *Know Your Rights - A Guide for Sex Workers*, English Collective of Prostitutes. Available in multiple languages.

SEX WORKERS ADVOCACY AND RESISTANCE MOVEMENT (SWARM)

www.swarmcollective.org

Campaign for the rights and safety of everyone who sells sexual services. Organises skill-shares, such as tax advice, combatting stalking and harassment, supporting victims of domestic abuse without calling the police, and support meet-ups just for sex workers, as well as public events.



SPECTRA – THE ALEX PROJECT

<https://www.askforalex.org.uk/home>

By sex Workers, for sex Workers. Provides a variety of services both in person and online, including online wellbeing sessions, counselling, case-work, drop-in STI screening and supplies, with your first point of contact being those who have lived experience of the industry themselves.

Offers a password-protected resource library with information on: healthcare, safety, online anonymity, travelling as a sex worker, self-care for sex workers, interacting with police, recovery and sex work, domestic violence, and stalking. Please get in touch with lizzi.swerv@gmail.com or a colleague at the Alex Project to receive the password.

THE SCARLETT LETTERS

www.scarlettletters.co.uk

Radical independent bookshop in Bethnal Green, proudly platforming the writing, artwork and crafting talents of marginalised and underrepresented communities. Provides free tea and coffee, reading space, safety supplies, and frequently hosts events.

LONDON SEX WORKER BREAKFAST - Every Wednesday from 11am – 3pm

Email: SWBLondon@protonmail.com

Text: 07518569284

A relaxed social community space with free hot food, safer sex supplies, lingerie swap, menstrual products and more – run by sex workers, for sex workers.

NUMBRELLA LANE – GLASGOW – Every Tuesday 5:30pm – 8:30pm

Email: numbrellalane@nationaluglymugs.org for address

NUMbrella Lane is a safe, collective space located in central Glasgow that seeks to create opportunities to strengthen mental health, wellbeing and community support for sex workers. We promote a friendly environment where all sex workers are welcome.

SAFETY FIRST WALES

www.safetyfirstwales.org

Coalition of sex workers, health professionals, church representatives, anti-racist, anti-poverty, anti-violence, and migrant and trans rights campaigners -- formed to decriminalise sex work in Wales and prioritise sex workers' safety, health, and well-being.

TRANS HOOKERS RESISTENCE NETWORK

Instagram: @thornonline

Social spaces and political organising by and for trans s*x workers. London (UK).

HACKING/HUSTLING

www.hackinghustling.org

Collective of sex workers, survivors, and accomplices working at the intersection of tech and social justice to interrupt violence facilitated by technology.

THE EAST LONDON STRIPPERS COLLECTIVE

www.eastlondonstripperscollective.com

Promote self-organisation among strippers & lap dancers; challenging stigma around sex work, standing up to exploitation & fighting for improved safety & harm-reduction in the wider sex industry.

CHILDREN AND YOUNG PEOPLE AT RISK

NSPCC CHILDLINE 📞 0800 1111

www.childline.org.uk

Free, confidential service for young people up to the age of 19. Get help and advice about a wide range of issues, talk to a counsellor online, send ChildLine an email or post on the message boards.

NSPCC HELPLINE 📞 0808 800 5000

www.nspcc.org.uk/what-you-can-do/report-abuse/

Free helpline service for anyone with concerns about a child's safety and wellbeing, even one in their own home. You can speak to a NSPCC counsellor 24 hours a day, 365 days a year. Advice and support is provided parents and carers and consultations with professionals are offered. We will listen to your concerns, offer advice and support and can take action on your behalf if a child is in danger.

THE MIX 📞 0808 808 4994

www.themix.org.uk

A support service for young people. Provides help for young people with any challenge they are facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Can be contacted via online, social or a free, confidential helpline.

UK SAFER INTERNET CENTRE

www.saferinternet.org.uk

Providing support and services to children and young people, adults facing online harms, and professionals working with children.

LGBTQI+ SUPPORT

SWITCHBOARD ☎ 0300 330 0630

<https://switchboard.lgbt/> Listening services, information and support for lesbian, gay, bisexual and transgender communities.

GALOP ☎ 0800 999 5428

www.galop.org.uk

National Helpline for LGBTQ+ Victims and Survivors of Abuse and Violence
Supporting LGBTQ+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.

STONEWALL HOUSING ☎ 0800 6 404 404 (Monday to Friday 10:00 – 13:00)

www.stonewallhousing.org

Provides specialist housing advice, advocacy and support for LGBTQ+ people who are homeless or at risk of homelessness.

MINDOUT

www.mindout.org.uk

Mental health service run by and for LGBTQI+ people, includes a Webchat service:
Every Monday: 3:00pm – 5:00pm (volunteers are People of Colour)
Every Tuesday: 3:00pm – 5:00pm (volunteers are Trans/Non-binary)
Every Wednesday 3:00pm – 5:00pm (general LGBTQ support)

RACIALISED COMMUNITIES

CIAC Chinese Information and Advice Centre ☎ 0845 313 1868 ex 211

www.ciac.co.uk

Free **information, advice** and **support** to disadvantaged **Chinese** people living in the United Kingdom.

Kiran Project - Asian Women's support ☎ 020 8558 1986

www.kiranproject.org.uk

Providing safe supported housing to South Asian women and children. Our support is provided in a culturally sensitive, non-judgemental manner.

LAWRS (Latin American Women's Rights Service) ☎ 020 7336 0888

www.lawrs.org.uk

We offer free and confidential services for all Latin American women.

Southall Black Sisters ☎ 020 8571 9595 Mon – Fri 10am – 5pm [Closed Weds]

www.southallblacksisters.org.uk

Southall Black Sisters provides holistic advocacy services aimed at helping Black and minoritised women live free from all forms of violence and abuse.

HARM REDUCTION

BRISTOL DRUGS PROJECT ☎ 0117 987 6000 [Monday – Friday, 9:00am – 5:00pm]

www.bdp.org.uk

Supporting the people of Bristol around their drug and alcohol use; Free, Confidential Advice & Support Services, through Helpline and Drop-in.

CHANGE, GROW, LIVE

www.changegrowlive.org

Here for you if you need help with challenges including drugs or alcohol, trouble with housing, domestic abuse, or your mental and physical wellbeing. Services are free and confidential.

RELEASE ☎ 020 7324 2989

www.release.org.uk

Providing legal support, representation and drugs advice to people with a history of drug use or who are impacted by drug laws.

HARM REDUCTION HUB

LOCATION: 61 Mansell Street - between Aldgate/Aldgate East and Tower Hill tube stations.

www.release.org.uk/harm-reduction-hub

Community drop-in centre which provides low threshold harm reduction advice and signposting for any visitor, with the goal of benefitting people who are traditionally underserved due to stigma - such as people who rough sleep, use drugs, or sell sex.

LONDON FRIEND ANTIDOTE ☎ 020 7833 1674 (10am-6pm, Monday to Friday)

www.londonfriend.org.uk/antidote/

LGBTQ+ run and targeted drug and alcohol support service. Non-judgemental free advice and support delivered by highly trained staff and volunteers.

HOMELESSNESS

HOMELESS LINK

www.homeless.org.uk

Organisations working directly with people who become homeless in England.

SHELTER ☎ 0808 800 4444

www.england.shelter.org.uk

www.scotland.shelter.org.uk

Providing legal advice and support services, one-to-one, personalised help with housing issues and homelessness.

DISABILITY

RELAY – APP

www.relayuk.bt.com

Helping people with hearing and speech difficulties communicate with anyone over the phone.

INCLUSION LONDON

www.inclusionlondon.org.uk

We support Deaf and Disabled people's organisations in London and campaign for equality for Deaf and Disabled people.

DISABILITY RIGHTS UK – RESOURCE INDEX

www.disabilityrightsuk.org/resources/resources-index

SCOPE ☎ 0808 800 3333

www.scope.org.uk

Providing information and support services for persons with disabilities and carers.

MENCAP

www.mencap.org.uk

Providing personalised support to people with a learning disability and their families

ELDER ABUSE

HOURGLASS ☎ 808 808 8141

www.wearehourglass.org

Hourglass works to challenge and prevent the abuse of older people, through the provision of services, training.

CARERS

CARERS UK ☎ 0808 808 7777

www.carersuk.org

Advice and support for people caring for someone else.

MIGRANTS, REFUGGES, AND ASYLUM SEEKERS

MIGRANT HELP ☎ 0808 8010 503 [OPEN 24/7]

www.migranthehelpuk.org

Providing independent advice and guidance to assist people seeking asylum in the UK.

PRAXIS ☎ 020 7749 7605

www.praxis.org.uk

We give advice, provide support, and campaign so that migrants and refugees in the UK can live with safety, dignity and respect.

REFUGEE & MIGRANT FORUM OF ESSEX ☎ 02070525212

[Tues and Thurs from 10:00 - 12:00]

RAMFEL is a charity that supports vulnerable migrants to access justice and that provides vital support in moments of individual crisis

GYPSY, ROMA, AND TRAVELLER COMMUNITIES

FRIENDS, FAMILIES AND TRAVELLERS ☎ 01273 234 777

fft@ghypsy-traveller.org

Working to end discrimination against Gypsy Roma and Traveller Communities

<https://www.ghypsy-traveller.org/>



NATIONAL UGLY MUGS MENTAL HEALTH RESOURCES

National Ugly Mugs (NUM) offers a variety of [Mental Health Resources](#). These includes:



[NUM Casework Support:](#)

NUM's casework team can provide you with support following crime and harm. This can include emotional support and validation, Independent Sexual Violence Advisor expertise, referrals for foodbank, fuel and heat banks, love2shop vouchers (generally worth £40 each), NUM therapy packages, content removals, signposting to SW specific and general organisations, PIP/ADP applications and housing issues.

Freephone (sex workers):
0800 464 7669

The casework team are available 10am-4pm, Tuesday to Friday. Any messages or reports received outside of these hours will be responded to as soon as someone is available.



[Pamphlet on Grief and Loss](#)

Created during the Covid-19 pandemic to provide support and understanding for anyone who might be experiencing grief and loss, whether this is caused by death, a relationship breakdown or other life changes or events. The pamphlet addresses both universal and sex worker-specific issues when dealing with loss.



[Suicide Awareness and Prevention Guide](#)

Safety guidance and support for anyone who may be experiencing suicidal thoughts or ideation, as well as provide advice to people who may have a loved one experiencing these. The guide covers ways to cope at times of both acute and long-term suicidal thoughts, some warning signs, how to support someone if they disclose suicidal thoughts to you, and a range of additional resources to support short and long-term mental wellbeing.

There is also a [template safety plan](#) which you can download. If you or someone you know experiences suicidal thoughts, this can be a way of reducing any desires to act on those thoughts and to help create feelings of safety. Fill this in when you are feeling well and keep it for when you are not.



[Hypnotherapy Sessions](#)

Created to provide relaxation and guidance around common mental health stresses. They are each around 25-30 minutes long, and have been designed by a professionally-qualified Hypnotherapist and Psychotherapist.

Each resource is accompanied by a YouTube video to provide more information about how you can use them.



NUM also offers a directory of [Sex Worker Friendly Therapists](#).

The directory provides a list of in-person and online therapists working in a variety of fields and disciplines across the UK, who have signed up to a statement supporting sex worker rights and safety.



NUM also runs a project in support of [Racial Justice for Sex Workers](#).

This includes a service supporting sex workers in reporting harm perpetrated by those in positions of public trust, guided by NUM's national Working Group of Racialised Sex Workers.