

### The Rape and Abuse Line (RAL)

A registered charity that offers a freephone, confidential helpline to persons who have survived rape or abuse, however long ago the experiences were.

**Helpline:** 0808 800 0123 answered by women  
0808 800 0122 answered by men

**Office:** 01349 865316

### If you are worried...

#### STOP IT NOW! UK and Ireland

For those unsure or worried about their thoughts or behaviour towards children, or the behaviour of someone you know, adult or child, experienced advisors are available to discuss concerns and can offer confidential advice and guidance on an appropriate course of action.

**Helpline:** 0800 1000 900

**Website:** [www.stopitnow.org.uk](http://www.stopitnow.org.uk)

### NSPCC Child Protection Helpline

Offers advice and support to anyone concerned about the welfare of a child, a confidential and free service open 24 hours.

**Helpline:** 0808 800 5000

**Website:** [www.nspcc.org.uk](http://www.nspcc.org.uk)

### Childline

A free, 24-hour UK helpline for children and young people in trouble or danger.

**Helpline:** 0800 1111

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

### Kidscape

National children's charity focusing on preventative policies with practical, easy-to-use material for children, parents and teachers.

**Website:**

[www.kidscape.org.uk](http://www.kidscape.org.uk)

### NAPAC (National Association of People Abused in Childhood)

**Helpline:** 0800 085 3330

**Website:** [www.napac.org.uk](http://www.napac.org.uk)

### Family Matters

Counselling and support for survivors of abuse – adults and children over eight years

**Helpline:** 01474 537392

**Website:** [www.familymattersuk.org](http://www.familymattersuk.org)

### Survivors UK

Male survivors of abuse

**Helpline:** 08451 221 201 (7pm-9.30pm Mon/Tues/Thur)

**Website:** [www.survivorsuk.org](http://www.survivorsuk.org)

### MOSAC

A voluntary organisation supporting all non-abusing parents and carers whose children have been sexually abused

**National helpline:** 0800 980 1958

**Website:** [www.mosac.org.uk](http://www.mosac.org.uk)