



# timeTo

**support**



# Support

**If you believe you have been affected by harassment which may amount to criminal conduct, such as sexual assault, stalking, indecent exposure or offensive communications, you may want to consider contacting the police.**

**Call 999** if you or someone else is in immediate danger.  
Contact your [local police](#) if it's not an emergency.

You can also find a list of organisations below who may be able to provide you with information and support. If you're unsure who would be the best organisation to speak to, contact the **NABS Advice Line** on **0800 707 6607** who can guide you to the right support.



### **ASK THE POLICE**

Your policing questions answered  
Information on [offensive communications online](#)

### **CITIZENS ADVICE BUREAU**

Citizens Advice provides free, confidential and independent advice to help people overcome their problems  
[Information on Sexual assault](#)

### **NAPAC – The National Association for People Abused in Childhood**

A charity that offers support, advice and guidance to adult survivors of any form of childhood abuse.

### **NATIONAL STALKING HELPLINE**

The National Stalking Helpline is run by Suzy Lamplugh Trust  
[Information on what is stalking](#)

### **NHS CHOICES**

#### **Help after rape and sexual assault**

Help after rape and sexual assault  
"Sexual violence is a crime, no matter who commits it or where it happens. Don't be afraid to get help."

### **RAPE CRISIS ENGLAND AND WALES**

Exists to promote the needs and rights of those females who have experienced sexual violence.  
[Contact details are found here.](#)

### **RASAC**

#### **(Rape and Sexual Abuse Support Centre)**

National helpline for survivors of rape and childhood sexual abuse, their families and friends. Provides emotional and practical support  
[Contact details are found here.](#)

### **SAFELINE**

Safeline is a specialised charity working to prevent sexual abuse and to support those affected in their recovery. This includes working with people who experience mental health issues  
[Contact details are found here.](#)

### **SAMARITANS**

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.  
[Contact details are found here.](#)

### **SEXUAL ABUSE REFERRAL CENTRES (SARC)**

SARCs are specialist medical and forensic services for anyone who has been raped or sexually assaulted whether the survivor/victim chooses to reports the offence to the police or not. They aim to be a one-stop service, providing the following under one roof: medical care and forensic examination following assault/rape and, in some locations, sexual health services. Medical Services are free of charge and provided to women, men, young people and children.

### **SURVIVORS UK**

Male rape and sexual abuse Survivors UK is a UK organisation focused on helping males who have been the victim of rape or sexual abuse. Based in East London, their services include a national helpline, individual counselling, and group counselling sessions.  
[Contact details here.](#)

### **THE SURVIVORS TRUST**

UK network of support organisations for survivors of rape, sexual violence and childhood sexual abuse. Offers extensive information resources plus details of your local specialist support.  
[Contact details here.](#)

### **VICTIMS INFORMATION SERVICE**

Information service for anyone who has been affected by a crime

### **VICTIM SUPPORT**

Services are confidential, free and available to anyone who's been the victim of a criminal offence now or in the past including rape, sexual assault, stalking, indecent exposure and offensive communications  
[Contact details here.](#)



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**timeto.org.uk**



**No one should have to put up with sexual harassment; anytime or anywhere.**

For free, confidential and impartial advice and support, for anyone working in the advertising, marketing and media industry, call the **NABS Advice Line on 0800 707 6607**, 9am-5.30pm on week days.