



# Modern Slavery

**Directory of Support Services for Victims**

**London Borough of Bexley**



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# Reporting Services

## Emergency services

- If someone is in immediate danger, always call 999.

## First Responders

Those who can make a referral to the [National Referral Mechanism \(NRM\)](#). A child does not need to consent for a referral to be made, an adult does. However, if an adult does not consent, a Duty to Notify must be made using the same form.

- [Police](#): If you suspect a victim of modern slavery, report it to 101.
- [Adult Social Care](#): To report modern slavery concerns about an adult with safeguarding concerns, contact Bexley Council on 0208 3037 777 (Monday to Friday, 8am to 5pm) and ask for 'screeners' or email [screeners@bexley.gov.uk](mailto:screeners@bexley.gov.uk).
- [Children's Social Care](#): Call the Multi-Agency Safeguarding Hub (MASH) on 020 3045 5440 and speak to a social worker (Monday to Friday 9am to 5pm). If it's out of hours, call 020 8303 7777 or 020 8303 7171, or visit the Civic Offices, 2 Watling Street, Bexleyheath DA6 7AT.
- [London Borough of Bexley](#): To report modern slavery, call Bexley Council on 0208 3037 777 (Monday to Friday, 8am to 5pm) and ask for 'Community Safety Services' or email [communitysafety@bexley.gov.uk](mailto:communitysafety@bexley.gov.uk).
- [Barnado's Independent Child Trafficking Guardian Service \(ICTG\)](#): An *additional* referral mechanism to the NRM for children. Call 0800 0434 303 for advice. Complete an online referral form [here](#).
- [The Salvation Army](#): Prime contractor for managing support for adult victims of modern slavery in England and Wales who consent to entering the National Referral Mechanism. Can also provide emergency accommodation to victims of modern slavery who are destitute. Confidential referral line: 0300 303 8151 (Open 24/7).
- [Migrant Help](#): First Responder organisation for the NRM. Provides support, advice and accommodation services for migrants and victims of modern slavery. Call the Free asylum helpline on 0808 8010 503 or email [info@migranthelpuk.org](mailto:info@migranthelpuk.org).
- [NSPCC Child Trafficking Advice centre](#): First Responder organisation for referring children to the NRM. Call 0808 800 5000 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk).
- [Kalayaan](#): First Responders organisation for the NRM for migrant domestic workers but also supports those not wishing to enter. Call 020 7243 2942 or email [avril@kalayaan.org.uk](mailto:avril@kalayaan.org.uk)

# Safeguarding and Support Services

## Accommodation

- [Hope at Home](#): Train and support individuals to host low-needs adult survivors of human trafficking for up to a year post-NRM as move-on accommodation. Based across London and can take referrals from all Boroughs. Call 07877 447 341 or email [helen@hopeathome.org.uk](mailto:helen@hopeathome.org.uk).
- [Love146 UK](#): Short term accommodation for child victims of modern slavery or unaccompanied children. Available pre- and post-NRM contract and to persons with no recourse to public funds. Call 08456 802 146 or email [info@love146.org.uk](mailto:info@love146.org.uk).
- [Daria House \(nia\)](#): A refuge in central London for women who have been sexually exploited, with a particular focus on supporting women who have been exploited through their involvement in prostitution. Call 07884 886901.
- [Emma Project \(nia\)](#): Specialist refuge in central London for women who have experienced domestic and sexual violence and who also use substances problematically. Call 07590 712872.
- [Ella's Home](#): Accommodation for female victims of modern slavery with recourse to public funds; and floating support for women with or without recourse. Those not entering the NRM welcome. Make a referral to [referrals@ellas.org.uk](mailto:referrals@ellas.org.uk).
- [Olallo House](#): 32 bed short-term accommodation for homeless migrants of all genders in central London. Provides hot meals; job search and 1-2-1 keyworker support. Those with no recourse to public funds (NRPF) and those not entering the NRM are welcome. Call 020 7380 6020/07725927908 or email [MiguelNeves@sjog.org.uk](mailto:MiguelNeves@sjog.org.uk).
- [Refuge](#): Temporary accommodation for women escaping abuse. Call their helpline on 0800 112 4052.
- [St Mungo's](#): Homeless charity providing No Second Night Out Services and tailored support. Call 020 3856 6000 or email [info@mungos.org](mailto:info@mungos.org).
- [Hotel 1824](#): a pan-London project providing youth-specific emergency accommodation. This 40-bed service provides single, en-suite rooms for 18-24-year-olds who are currently or at imminent risk of sleeping rough.

## Advice

- [Modern Slavery Helpline](#): for help and advice about modern slavery, call 0800 121 700. This line is available 24/7.
- [Victim Support](#): Provides support for victims of all types of crime, including modern slavery. They have dedicated service for children. You can contact their Supportline on 0808 1689 11, fill our their [online form](#), or [start a live chat](#).
- [The Aire Centre](#): Assists EU nationals who are victims of trafficking by providing legal advice and provides indirect assistance to representatives of victims of trafficking from elsewhere. Call 020 7831 4276.
- [ATLEU](#): Provides free advice on immigration, compensation and housing for support providers working with victim/survivors of modern slavery. Call 020 7700 7311 or email [referrals@atleu.org.uk](mailto:referrals@atleu.org.uk).

- [The British Red Cross \(BRC\)](#): The BRC has a dedicated Anti-Trafficking Officer who provides complex casework to survivors of trafficking. Those who have had contact with the asylum process can additionally access casework and destitution support through Refugee Services. Call 020 7704 5686 or email [LondonRU@redcross.org.uk](mailto:LondonRU@redcross.org.uk).
- [East European Resource Centre](#): Information, advice and advocacy for Eastern European migrants in need of help navigating British systems. Call 0800 121 4226 or email [slavery@eerc.org.uk](mailto:slavery@eerc.org.uk).
- [Helen Bamber Foundation](#): Holistic care and support for victims of modern slavery, including support from legal staff and trained therapists. Call 020 3058 2020 or make an online referral [here](#), or email [reception@helenbamber.org](mailto:reception@helenbamber.org).
- [Shpresa](#): Programmes and support for the Albanian speaking community. Call 020 7511 1586 or email [shpresaprogramme@yahoo.co.uk](mailto:shpresaprogramme@yahoo.co.uk).
- [SPACE](#): Consultancy and expert witness services for British victims of criminal exploitation, including county lines. Provides free advice for families directly affected by county lines exploitation. Email [emai@bespaceaware.co.uk](mailto:emai@bespaceaware.co.uk).

## Awareness

- [Human Trafficking Foundation](#): Not a frontline service. Shapes policy and is a collective voice for Non-Governmental Organisations (NGOs). Useful resources on their website. For more information, call 020 3773 2040 or email [info@humantraffickingfoundation.org](mailto:info@humantraffickingfoundation.org).
- [STOP THE TRAFFICK](#): Not a frontline service. Delivers awareness training and intelligence-led campaigns aimed at preventing human trafficking. Call 020 7921 4258 or email [info@stopthetraffik.org](mailto:info@stopthetraffik.org) for more information.
- [Just Enough Group](#): Organisation teaching school children about modern slavery through lesson plans, workshops and the Blah! App. Call 0300 999 1807.

## Children

- If you have any concerns about a child, please contact [Children's Services](#) in the first instance. Call Children's Services at the Multi-Agency Safeguarding Hub (MASH) on 020 3045 5440 and speak to a social worker. Alternatively, call the London Borough of Bexley Monday to Friday 9am to 5pm on 020 8303 7777, or visit the Civic Offices, 2 Watling Street, Bexleyheath DA6 7AT.
- [Barnado's Independent Child Trafficking Guardian Service \(ICTG\)](#): Offer direct support work to young people without parents or guardians in the UK, and advice and support to professionals or guardians acting for young people with existing support. Available pre-, during and post-NRM. Call 0800 0434 303, email [countertrafficking@barnados.org.uk](mailto:countertrafficking@barnados.org.uk), or complete an online referral form [here](#).
- MOPAC [Rescue and Response](#): the Rescue & Response project provides advice and support to professionals and young people involved or associated with County Lines in London. People aged up to 25 can be referred to access support from St Giles Trust, Abianda and Safer London by Children's Services or Metropolitan police via this [link](#). Call 020 8937 5765.



- [NSPCC Child Trafficking Advice centre](#): Advice and support for professionals worried that a young person may be a victim of trafficking. Call 0808 800 5000 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk).
- [Youth Unity](#): provide 1:1 support for vulnerable young people involved in, or at risk of, criminal exploitation, gangs, and serious violence. Please contact [community.safety@bexley.gov.uk](mailto:community.safety@bexley.gov.uk) to make a referral.
- [ECPAT UK](#): Organises support groups for young people who have been trafficked, in addition to publishing research and reports and lobbying for better provision for children. Call 020 7607 2136 or email [info@ecpat.org.uk](mailto:info@ecpat.org.uk).
- [Migrant and Refugee Children's Legal Unit](#): Specialist legal representation for migrant and refugee children on asylum and immigration matters. Email [miclu@islingtonlaw.org.uk](mailto:miclu@islingtonlaw.org.uk). If urgent, call 020 7288 7630.
- [Safer London](#): Support for young Londoners, their families, peers, and communities affected by violence and exploitation. Email [referralandassessmentteam@saferlondon.org.uk](mailto:referralandassessmentteam@saferlondon.org.uk).
- [Child and Adolescent Mental Health Services \(CAMHS\)](#): Child and young person mental health services. Call 0203 260 5200.
- [Targeted Youth Service](#): Bexley TYS provides advice and guidance at the earliest opportunity to our vulnerable young people who face, or are at risk of exploitation, family violence, parental mental ill health, substance misuse, being excluded from school or at risk of school exclusion, involvement in crime or anti-social behaviour. Call 020 8303 7777 and ask for 'Targeted Youth Services.'
- [The Children's Society](#): Runs various services for children who are being exploited and provides useful resources for practitioners, especially around Child Criminal Exploitation.
- [Abianda](#): Supports young women affected by gangs and county line activity to discover their own resilience and develop the power to change their situation. Call 020 7686 0520 or email [hello@abianda.com](mailto:hello@abianda.com).
- [London Gangs Exit \(LGE\)](#): A programme commissioned by MOPAC that helps young Londoners exploited by gangs. Call 07734 022 426 or email [LGE@catch-222.org.uk](mailto:LGE@catch-222.org.uk).
- [Charlton Athletic Community Trust \(CACT\)](#): Weekend/overnight residential opportunities and community based 1:1 support for young people at the risk of criminal activity, gang related, sexual exploitation, knife crime and recidivism. Call 020 8850 2866 or email [info@cact.org.uk](mailto:info@cact.org.uk).
- [Victim Support Young Person's Advocate](#): Works with children and young people from the moment they experience or witness a crime, until the time when they and their worker feel they no longer need our support. They focus on reducing risk while increasing protective factors and resilience levels. Call 0808 1689 111 or request support online [here](#).
- [Act for Change](#): Mental Health Charity improving the lives of children, youth and their families, who have experiences of trauma, abuse and deprivation. Offer trauma-informed counselling. Call 07793 656 225, email [lea@actforchange.org.uk](mailto:lea@actforchange.org.uk) or chat online [here](#).

- [Childline](#): Offering telephone and online advice and support re bullying and abuse, identity, relationships, and safety. Call 0800 1111.
- [Child Exploitation and Online Protection Command \(CEOP\)](#): For concerns about online sexual abuse or possible grooming, make a report online [here](#).

## For Parents and Carers

- [NSPCC](#): Provide guides on how to support children at-risk or being exploited [here](#). Also have an advice line for adults concerned about a child on 0808 800 5000.
- [Barnados](#): Provide a parenting support service to provide support for families who have a child or children who are at significant risk of exploitation; either criminal, sexual or both. Call 0129 361 0691 or email [referral.byyou@barnados.org.uk](mailto:referral.byyou@barnados.org.uk).
- [The Children's Society](#): Guide [here](#) for parents and carer worries about their child being criminally exploited.
- [Catch 22](#): Offers [services](#) for parents with missing children or where there is suspected child exploitation. Information handout with tips for parents available [here](#).
- [Parents Against Child Exploitation \(PACE\)](#): Provide support parents and carers whose children are being exploited by offenders outside of the family. Has a parent forum, newsletter, befriending scheme, training and webinars. Parents can make a referral or enquiry [here](#).
- [Parent Zone](#): provides support to parents on how to keep children safe in the online world. Had community platforms, advice, and guides.
- [Bexley Moorings Parent's Network](#): parent network in Bexley.

## Interpreters

- [Hestia Modern Slavery Response Team](#): interpretation services for adult survivors within NRM contract or after. Based across London and takes referrals from all Boroughs. Email [ModernSlavery.Response@hestia.org](mailto:ModernSlavery.Response@hestia.org).
- [Hibiscus Initiatives](#): Offer interpretation services for foreign national adult women. Call 020 7697 4120 or email [referrals@hibiscus.org.uk](mailto:referrals@hibiscus.org.uk).
- [Kalayaan](#): interpretation services for migrant domestic workers. Call 0207 243 2942 or email [info@kalayaan.org.uk](mailto:info@kalayaan.org.uk).
- [Unseen Modern Slavery Helpline](#): offers translation services 24/7 on their helpline on 08000 121 700 or you can email [info@mshelpline@unseenuk.org](mailto:info@mshelpline@unseenuk.org).

## Legal Advice and Support

- [ATLEU](#): Legal representation for victims of modern slavery. Can support appeals for negative National Referral Mechanism (NRM) decisions. Provides free advice on immigration, compensation and housing for support providers working with victim/survivors of modern slavery. Call 020 7700 7311 or email [referrals@atleu.org.uk](mailto:referrals@atleu.org.uk).
- [Advocate](#): A charity that finds free legal assistance from volunteer barristers for persons unable to afford a lawyer and not eligible for legal aid. Specific eligibility [criteria](#) must be satisfied – case-by-case basis. Complete application form online [here](#).

- [Support Through Court](#): A support service for people representing themselves in the legal process in London courts. [They can provide someone](#) to talk to and attend court with victims, explain the court process, help clients to fill in paperwork, etc. Note they cannot act as representative or give legal advice. Call 0300 081 0006.
- [Citizens Advice Bexley](#): Provides free, independent, confidential, and impartial advice to everyone about their rights and responsibilities regarding legal and other issues. They can be called on 01322 517 150 or via an [online form](#).
- [Just for Kids Law](#): support children and young people with a unique direct casework model that helps them to overcome all the problems they face, including advocacy. Call 0203 174 2279 or email [info@justforkidslaw.org](mailto:info@justforkidslaw.org) or make a referral online [here](#). Out-of-hours call 07886 755 321.

## Mental Health and Wellbeing

- [Mind in Bexley](#): If you are experiencing mental distress, Mind in Bexley can help with services such as advocacy, befriending, information, psychological support services and counselling. Call them on 0208 3035 816 or visit their [get help page](#).
- [Shout](#): For a free, confidential, 24/7 text support service if you feel in crisis, text 'SHOUT' to 85258.
- [Kooth](#): An online platform for young persons' mental health and wellbeing to speak with professional counsellors and communities about common issues.
- [Quell](#): An online platform for adults' mental health and wellbeing to speak with professional counsellors and communities about common issues.
- [Bexley Moorings](#): a registered charity working in London Borough of Bexley to provide effective support for vulnerable young people aged 8-17; who are experiencing a crisis or ongoing problems, which can include material or emotional deprivation, physical, emotional or sexual abuse, social isolation, bullying, or the effects of dysfunctional family life. They may have a caring role within the family to a parent or sibling with disability or life illness.
- [Oxleas](#): Adult mental health services. Call 020 366 89490.
- [Keeping Well SEL](#): The Improving Access to Psychological Therapies (IAPT) is a free, accessible, confidential therapy service available to everyone and hosted by the NHS. You can contact the IAPT yourself by calling 020 3228 3563, emailing [slm-tr.keepingwell.sel@nhs.net](mailto:slm-tr.keepingwell.sel@nhs.net) or speaking online [here](#), you can ask your GP to refer you, or you can make a self-referral [here](#).
- [Community Connect](#): Community Connect is a new service supporting local people to improve their health and wellbeing by connecting them with activities, support and services in the community. Call 01322 524 682 or email [communityconnect@bvsc.co.uk](mailto:communityconnect@bvsc.co.uk).

## Post-National Referral Mechanism (NRM) Support

Post conclusive grounds decision (CGD) –

- [Hestia](#): In addition to being an NRM sub-contractor for The Salvation Army, Hestia runs The Phoenix Project, a post-NRM programme supporting survivors with a positive



Conclusive Grounds decision (with or without leave to remain). Case workers support survivors to integrate within their local community and increase their independence.

Contact [phoenixproject@hestia.org](mailto:phoenixproject@hestia.org).

- [The Salvation Army](#): Runs a drop-in service in Westminster for adult survivors in London with a positive Conclusive Grounds decision (with or without leave to remain). Survivors are paired with a highly trained volunteer and are invited to meals and trips to help move towards recovery and independence. For referral information call 0207 629 5242 (option 2) or email [abigail.lennox@salvationarmy.org.uk](mailto:abigail.lennox@salvationarmy.org.uk).
- [Sophie Hayes Foundation](#): Post-NRM support and skills workshops for survivors of modern slavery. There is a contact via form on their website [here](#).

## Adult Social Services

- For safeguarding concerns and support relating to adults, contact Bexley Council on 0208 3037 777 (Monday to Friday, 8am to 5pm) and ask for 'screeners' or email [screeners@bexley.gov.uk](mailto:screeners@bexley.gov.uk).

## Substance Misuse

- [The Pier Road Project](#): Provides specialist community alcohol and drug support for adults living in Bexley. Call 01322 357 940 or email [slm-tr.PierRoadProject@nhs.net](mailto:slm-tr.PierRoadProject@nhs.net).
- CAMHS Substance Misuse: CAMHS are the provider of SMU interventions for children in Bexley. Call 0203 260 5200 or email [exl-tr.bexleycamhsreferrals@nhs.net](mailto:exl-tr.bexleycamhsreferrals@nhs.net).
- [Emma Project \(nia\)](#): Specialist refuge and outreach support for women who have experienced domestic and sexual violence and who also use substances problematically. Call 07590 712872.
- [Turning Point](#): Provides mental health support and services for people wishing to address their alcohol or drug use. Call 020 7841 7600 or email [info@turning-point.co.uk](mailto:info@turning-point.co.uk).
- [Talk to Frank \(FRANK\)](#): UK National drugs helpline, offering free confidential drugs information and advice. Call 0300 123 6600, text a question + 'FRANK' to 82111, or email [frank@talktofrank.com](mailto:frank@talktofrank.com). There is also an online chat function [here](#) between 2-6pm.

## Immigration & Asylum (Voluntary Return or Settlement)

- [A21](#): Repatriation to EU countries and airport assistance to all survivors of modern slavery or trafficking. Call 02077 366 994 or email [info@a21.org](mailto:info@a21.org).
- [Southall Black Sisters](#): Support for migrant victims of gender-related abuse with no recourse to public funds, especially those with no route to settlement, including up to 12-weeks accommodation, sustenance, lawyers, and IDVAs. Make a referral via the helpline on 020 8751 9595 or make an application via Route 1 [here](#).

# Exploitation-Specific Support Services

## Criminal Exploitation

- [Catch 22](#): provide emotional and practical support in the home and community for victims of crime along with crime prevention advice. Thameside service for violence reduction. Deliver a range of victim services including restorative justice, domestic abuse, substance misuse and gangs.
- [Belong](#): offer one-to-one mentoring services for young people leaving custody and transitioning back into the community or on licence in the community. One-hour weekly mentoring sessions run for 3-6 months. Accessible remotely or in-person. Contact Deborah Solomons at [debi.s@belonglondon.com](mailto:debi.s@belonglondon.com) or on 0751 922 4964.

## Domestic Servitude

- [Kalayaan](#): Providing individual advice and support for people on overseas domestic workers visas. First Responder organisation for the NRM but also supports those not wishing to enter. Call 020 7243 2942 or email [avril@kalayaan.org.uk](mailto:avril@kalayaan.org.uk).
- [Voice of Domestic Workers](#): Provides educational and community activities for domestic workers - including English language lessons and employment advice. Email [info@thevoiceofdomesticworkers.com](mailto:info@thevoiceofdomesticworkers.com).

## Forced Labour

- [Gangmasters and Labour Abuse Authority](#): Investigates all aspects of labour exploitation and conducts operations using their enforcement powers. Call their confidential reporting hotline 0800 432 0804 (open during office hours) or email [intelligence@gla.gov.uk](mailto:intelligence@gla.gov.uk).
- [Focus on Labour Exploitation \(FLEX\)](#): Provides bespoke training to community-based, frontline organisations working with at-risk workers, in particular migrant communities, women and those working in precarious sectors. Call 020 3 752 5516 or email [info@labourexploitation.org](mailto:info@labourexploitation.org).

## Honour-Based, Forced or Sham Marriage, FGM

- [Government Forced Marriage Unit \(FMU\)](#): The FMU operates a public helpline to provide advice and support to victims and potential victims of forced marriage, and professionals dealing with cases. Can give safety advice, provide assistance when an unwanted spouse is due to move to the UK ('reluctant sponsor' cases) and where possible, assistance in repatriation of victims held against their will overseas. Call 020 7008 0151.
- [Karma Nirvana](#): For support with honour-based abuse and forced marriage, call their helpline on 0800 5999 247.
- [Solace Women's Aid](#): Solace Women's Aid support people of all genders experiencing Domestic Abuse. For more information about these services and referrals, we can be contacted on [bexley.community@solacewomensaid.org](mailto:bexley.community@solacewomensaid.org) or call the duty number 02031984 659.

- [Asian Women's Resource Centre](#): Provides free and confidential, multilingual, harmful practices specialist helpline, such as forced marriage, sexual abuse, honour-based violence, faith-based violence, and FGM. Call 0808 169 4455 Mon – Fri, 10am-5pm.
- [Refuge](#): can help Middle Eastern, Eastern European, Vietnamese, and Chinese victims of forced or sham marriage to access support that is tailored to their specific needs and experiences. Call 0774 111 9930 or email [modernslavery@refuge.org.uk](mailto:modernslavery@refuge.org.uk).
- [CouRAGEus](#): Women and girls aged 11+ counselling and therapeutic support services around Ascent, Rape, Harmful Practices, e.g., FGM and forced marriage, Moving Forward, Body Therapy, as well as specialised culture support. See [here](#).
- [Forward](#): For support for a victim or potential victim of female genital mutilation (FGM). If you need support and want to talk to someone, call 020 8960 4000. Can self-refer or be referred by an organisation or your GP by completing our [referral form](#) and email it to [support@forwarduk.org.uk](mailto:support@forwarduk.org.uk).
- [IKWRO](#): Advocacy, refuge and counselling services for women in Bexley who have experience honour-based abuse. Professionals can make a referral [online here](#), or email [advice@ikwro.org.uk](mailto:advice@ikwro.org.uk) for advice, or [counselling@ikwro.org.uk](mailto:counselling@ikwro.org.uk) for counselling.

## Sexual Exploitation

- [National Ugly Mugs](#): Provides warnings to people in the sex industry about dangerous individuals. You can also report an incident online [here](#).
- [Safer London Child Sexual Abuse Emotional Support Service](#): Provides early emotional support to children (0-25) who have disclosed sexual abuse and consents to referral, and their families. Accepts referrals from Community Paediatricians, other Health, Social Care and the Police only through this secure [online link](#).
- [Rahab](#): Support for women affected by prostitution and sexual exploitation. Provides an Independent Sexual Violence Advisor (ISVA) service, outreach, 1:1 case work support and accommodation for women (Micaela's Home). Also provides advice and training to professionals on how to best support women in their care. Call 020 7370 3901 or email [contact@rahabuk.com](mailto:contact@rahabuk.com).
- [Solace Women's Aid](#): Provide a weekly One Stop Shop for free and confidential advice, held every Wednesday 12.30pm – 3pm in Bexleyheath Central Library. Additionally, Solace offers group work for women that have experienced abuse. Solace also run an alleged perpetrators course for people wanting to change their abusive behaviour. For more information about these services and Referrals, we can be contacted on [bexley.community@solacewomensaid.org](mailto:bexley.community@solacewomensaid.org) or call the duty number 02031984 659. Or call their Advice line on 0808 802 5565, Rape Crisis line on 0808 801 0305, or email [advice@solacewomensaid.org](mailto:advice@solacewomensaid.org).
- [Women & Girls Network](#): Provides services including free counselling and advice, to women & girls who have experienced, or are at risk of violence including sexual exploitation and forced marriage. Call their Advice Line on 0808 801 0660, their London Survivors Gateway line on 0808 801 0860, or their Sexual Violence helpline on 0808 801 0770, email [info@wgn.org.uk](mailto:info@wgn.org.uk), or chat online [here](#).

- [CouRAGEus](#): Women and girls aged 11+ counselling and therapeutic support services around Ascent, Rape, Harmful Practices, e.g., FGM and forced marriage, Moving Forward, Body Therapy, as well as specialised culture support. See [here](#).
- [Street Talk](#): Free psychotherapy offered to vulnerable women including survivors of trafficking and modern slavery, particularly sexual exploitation. Call 07913 817 046 or email [info@street-talk.org.uk](mailto:info@street-talk.org.uk).
- [FORWARD](#): Provides advice, one-to-one support and signposting to other services for women and girls affected by any form of violence, including female genital mutilation (FGM), other harmful practices, domestic and sexual violence. Has services for African women and girls in London but also have partners across the UK. Call 020 8960 4000, email [support@forwarduk.org.uk](mailto:support@forwarduk.org.uk), ask your GP to refer you or self-refer with the form [here](#).
- [ThinkUKnow](#): Organisation offering [support and advice](#) to young people on sex, relationships and the internet and how to respond or identify abusive relationships. [Signposts](#) where to report problems and how to help others.