WOMEN & GIRLS NETWORK

Women and Girls Network

Free Sexual Violence Helpline

RAPE CRISIS

LONDON COUNCILS

Free Sexual Violence Helpline

Have you been affected by sexual violence and want to talk to someone? You are NOT alone. We believe. We listen. We are here for you.

Women and Girls Network has been supporting survivors of sexual violence for over 30 years. Our Helpline offers free and confidential emotional support for anyone in London, who self identifies as a woman (aged 14+), and has been affected by any form of sexual violence at any time in their lives.

You can access the Helpline as a one off, every now and then or on an on-going basis; however you wish. Our specialist team of women will offer you a safe space to explore your feelings in your own way. The Helpline can also offer you information and advice on your options and link you into specialist services such as counselling and practical support.

When you call us, we will:

- Believe you
- Never judge you
- Treat you with respect
- Honour your wishes and never tell you what to do

The Helpline also provides support to friends and family of survivors, as well as other professionals, to help them understand how best to support survivors of sexual violence.

You can access the Helpline anonymously. Helpline calls are free and do not show on your phone bill.
Our team speak several languages and can access phone interpreting. The Helpline is accessible for Deaf or hard of hearing people via Text Relay.

FREE & CONFIDENTIAL LONDON SEXUAL VIOLENCE HELPLINE

0808 801 0770 (Freephone)

Email: advice@wgn.org.uk

Opening times: Mondays - Fridays
10am - 12.30pm, 2.30pm - 4.00pm
Late evenings on Wednesdays 6pm - 9pm

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