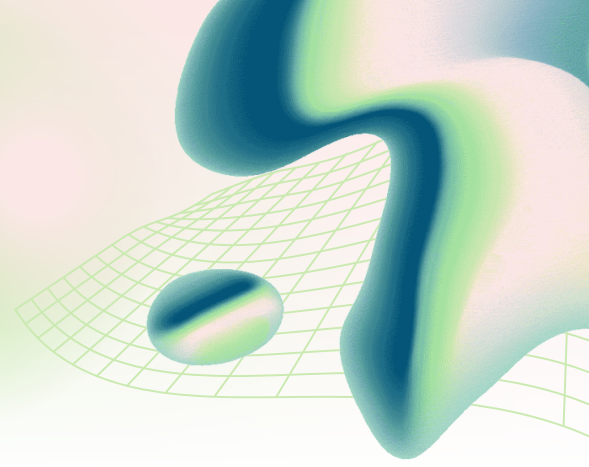


# TRUTH THROUGH TRAUMA

A Resource Guide for UK Support and Safeguarding



## Truth Through Trauma

### UK Support & Safeguarding Resource Sheet

#### Support for Domestic Abuse, Exploitation & Young People

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If you are in immediate danger:

- **Call 999:** If you cannot speak, dial 999, then press 55 when prompted.
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### Domestic Abuse Support

- **National Domestic Abuse Helpline**
    - **0808 2000 247** (24/7)
    - Confidential support for women experiencing domestic abuse.
  - **Women's Aid**
    - **womensaid.org.uk**
    - Information, live chat, and refuge support services.
  - **Men's Advice Line**
    - **0808 801 0327**
    - Support for men experiencing domestic abuse.
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### Support for Young People

- **Childline**
    - **0800 1111** (Free, 24/7)
    - **childline.org.uk**
    - Confidential support for anyone under 19.
  - **NSPCC Helpline**
    - **0808 800 5000**
    - For adults concerned about a child's safety.
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## Exploitation Support (Criminal & Sexual)

- **NSPCC**
    - [nspcc.org.uk](https://www.nspcc.org.uk)
    - Guidance and reporting concerns around child exploitation.
  - **Crimestoppers**
    - **0800 555 111**
    - Report exploitation or criminal activity anonymously.
  - **The Children's Society**
    - [childrenssociety.org.uk](https://www.childrenssociety.org.uk)
    - Support around child exploitation and safeguarding.
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## Sexual Abuse & Rape Support

- **Rape Crisis England & Wales**
    - **0808 500 2222 (24/7)**
    - [rapecrisis.org.uk](https://www.rapecrisis.org.uk)
    - Confidential emotional support and information.
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## Modern Slavery & Exploitation

- **Modern Slavery Helpline**
    - **0800 0121 700**
    - [modernslaveryhelpline.org](https://www.modernslaveryhelpline.org)
    - Report concerns or get advice about exploitation.
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## Mental Health Support

- **Samaritans**
    - **116 123 (24/7)**
    - Someone to talk to when you're struggling.
  - **Shout**
    - Text **SHOUT** to 85258
    - Free, confidential text support.
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## Key Message

**You are not alone.**

Support is available.

What you are experiencing matters, and help exists.

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## For Professionals

If you are concerned about a child or vulnerable person:

- Contact your local safeguarding team
  - Follow your organisation's safeguarding procedures
  - Do not delay in reporting concerns
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## **Truth Through Trauma**

Supporting understanding through lived experience and trauma-informed practice.

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This resource is for awareness and signposting purposes.

Please verify services locally where required.