

## NSPCC



Information on what abuse is and how to report it

## Barnardos



We help children through the trauma of sexual abuse and exploitation.

## Sexual abuse support

A list of where to get help and real life stories.



## Synergy essex



Synergy Essex is a partnership of rape and sexual abuse centres in Essex. Support, counselling and information.

## The NHS



Help after sexual assault

## Victim Support

Information on sexual harassment, reporting it and getting help.



## National Domestic Abuse Helpline



Find out how to get help if you or someone you know is a victim of domestic abuse.

## Lenin



Advice, information, and support for harassment survivors and for anyone who wants to help.

## Childline



Help and advice on a variety of different area that may concern children and young adults