

Where can I find more help and support?

Reach out to the organisations and charities listed in this document for any further help or support which you might need.

The organisations and charities listed are all UK-wide helplines or methods of support. Please note, this is not a comprehensive list of all the services which might be available to help you, there could also be local services or charities in your area. Search the Helplines Partnership website to see if you can find a helpline which meets your needs and location: www.helplines.org/helplines

You may also find flyers for support services in public spaces such as libraries, community centres, council offices, medical practices, schools, colleges and universities.

Libraries and community hubs often have computers with free of charge internet access which could support you to find the services you need.

For general support and advice:

CATCH: A group of charities working to end hate crime. CATCH offer advice and help to people targeted with violence, abuse or harassment because of their race, religion, disability, sexuality or gender identity.

— Website: www.catch-hatecrime.org.uk/report-an-incident

Citizens Advice: Offer free confidential advice online, over the phone and in person. Including help with experiences of discrimination, abuse, threats, harassment and hate crime.

— Website: www.citizensadvice.org.uk

Equality Advisory Support Service (EASS): Offer information, advice and support on any kind of discrimination or human rights issue.

— Phone: 0808 800 0082

— Textphone: 0808 800 0084

— Website: www.equalityadvisoryservice.com/app/ask

Samaritans: Offer free support for anyone who's struggling to cope and needs someone to listen without judgement or pressure.

— Phone: 116 123

— Website: www.samaritans.org/how-we-can-help/contact-samaritan

True Vision: A website where anyone can report hate crime, plus an extensive list of organisations offering help.

— Website: www.report-it.org.uk

For specific help and support:

Friends, Families and Travellers: Offer support to individuals and families with the issues that matter most to them, at the same time as working to transform systems and institutions to address the root causes of inequalities faced by Gypsy, Roma and Traveller people.

— Phone: 01273 234 777 (Monday to Friday)

— Website: www.gypsy-traveller.org/get-advice

Galop: Offer support to lesbian, gay, bisexual and trans people who are experiencing hate crime, domestic abuse or sexual violence. Galop are completely independent, community-led, and not connected to the police. Contact can be made anonymously.

- LGBT+ domestic abuse helpline: 0800 999 5428
- LGBT+ hate crime helpline: 020 7704 2040
- Website: www.galop.org.uk/get-help

MAMA: Offer free and confidential support to victims of anti-Muslim hate, discrimination and racism.

- Phone: 0800 456 1226
- Text: 0115 707 00 07
- Website: www.tellmamauk.org

Mencap: Offer free advice and support for people with learning disabilities.

- Phone: 0808 808 1111
- Website: www.mencap.org.uk/advice-and-support/our-services/learningdisability-helpline

LGBT Foundation: Offer support to LGBT people in the UK on a range of different topics, including harassment and hate crime.

- Phone: 0345 3 30 30 30
- Website: www.lgbt.foundation/helpline

SwitchBoard LGBT+ helpline: Offer a confidential helpline, online chat, email service and out-of-hours text helpline for LGBT+ people.

- Phone: 0300 330 0630
- Text: (Text Switchboard to 85258)

— Website: www.switchboard.lgbt

For young people under 25

Childline: Offer one-to-one chat support and a 24-hour helpline for young people.

— Phone: 0800 1111

— Website: www.childline.org.uk

Papyrus: Offer a specialist telephone service called HOPELINEUK which gives support, practical advice and information to young people not coping with life.

— Phone: 0800 068 4141

— Website: www.papyrus-uk.org

NHS Go: A confidential NHS health advice and support service for young people under 25.

— Website: www.nhsgo.uk

Tellmi: A pre-moderated peer support app, where young people can safely and anonymously talk to each other about their worries and problems to access immediate support.

— Website: www.tellmi.help