



## Support & Resources for Victims and Survivors 2023/4

### College

**Porters Lodge** - available 24 hrs.

**College Nurse or Counsellor** - this will vary by college but you should be able to access information via your tutor, Welfare Officers or on the college website.

**Tutors & Senior Tutors** - tutors are there to act as a source of support for students and you should not hesitate to email them. Most college's will also have a tutor 'on call' at all moments in case of an emergency.

### University

Harassment and Violence Support Service - provides trauma-aware emotional & practical support for students subjected to any form of sexual harassment, violence or intimate partner abuse at any point: during University or previously. Self-referral. Online: [HVSS](#)

Cambridge University Counselling Service (UCS) - access to the University Sexual Assault & Harassment Adviser and general mental health support. Website: <https://www.counselling.cam.ac.uk/contact-us>

Student Advice Service - can advise students on the options available to them and provide support in their decision making. Open Monday - Friday, 9am - 5pm.  
Phone: 01223 746999, Online: [Cambridge SU Student Advice Service](#)  
Email: [advice@cambridgesu.co.uk](mailto:advice@cambridgesu.co.uk)

Nightline - a nighttime support service for students during term-time via live chat, email, phone or Skype. Phone: 01223 0744444, Email: [email@cambridge.nightline.ac.uk](mailto:email@cambridge.nightline.ac.uk)  
Online Services: <https://cambridge.nightline.ac.uk>

### Cambridge-based

Cambridge and Peterborough Rape Crisis Partnership CAPRCP (previously CRCC - Cambridge Rape Crisis Centre) provides a helpline, Counselling Service and Independent Sexual violence advocacy (ISVA) for women, girls and AFAB non-binary individuals. Helpline (Open Wednesday 7-9.30pm and Sunday 10am, -12.30pm) : 01223 245 888, Online: <https://caprcp.org.uk/>  
National 24/7 hotline: 0808 500 2222

For male survivors CAPRCP recommends [Survivors UK](#), [Safeline](#) and [Male Survivor Consortium](#).

Cambridge Women's Aid - Supporting women affected by domestic abuse. Online: <https://cambridgewa.org.uk/>

### **National Organisations**

**Mankind** - national organisation providing support to self-identifying male survivors who have been subjected to intimate partner violence, including a confidential hotline..

Online: <https://mankind.org.uk/>

**Survivors UK** - 'We challenge the silence to support sexually abused men' - national organisation providing support to men and boys. Online: [Survivors UK](#)

**Galop** - an LGBT+ anti-violence charity providing support services for hate crime, domestic abuse, conversion therapy and/or sexual violence victims/survivors. Services can be accessed via telephone, email, text and Whatsapp. Helpline (Mon- Thurs 10-8.30pm. Fri - 10-4.30pm): 0800 999 5428. Online chatbot: available 24/7. Support forums and Support services available on their website. Email: [help@galop.org.uk](mailto:help@galop.org.uk)  
Website: <http://www.galop.org.uk/>.

**Paladin** - National stalking advocacy service - supporting anyone who has been subjected to harassment and stalking. Website: <https://www.paladinservice.co.uk/>

**Revenge Porn Helpline** - supporting adults (aged 18+) who are or have experienced intimate image abuse. Helpline: 0345 6000 459.

Email: [help@revengepornhelpline.org.uk](mailto:help@revengepornhelpline.org.uk)

**Lesbian and Gay Switchboard** - an LGBT+ helpline offering a safe space to discuss any issues impacting LGBT+ individuals, including but not limited to support for victims of sexual assault & harassment. They offer a phone service (open 10am - 10pm everyday) and live chat service. Phone Number: 0800 0119 100. Chat: Available from 14:00. Email: [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt). (5-day max response time). Website: <https://switchboard.lgbt/>

**Bi Survivors Network** - a specific mutual-support network for bisexual survivors that is open to people of all gender identities. A space to find solidarity and support amongst individuals with common experiences of sexual violence. Fortnightly moderated group support chats.

Email: [bisurvivorsnetwork@gmail.com](mailto:bisurvivorsnetwork@gmail.com) , Website <http://bisurvivorsnetwork.org/about-us/>

**Disabled Survivors Unite** - Currently unable to offer a hotline however provides a directory of alternative support services. Website:

<https://disabledsurvivorsunite.org.uk/index.php/support-services/>