Oxfordshire and National Services Supporting Young Survivors

Please note these services have no direct links with Survivor Space and are only potential resources that you could choose to access. Survivor Space holds no responsibility for judging the standards or quality of these services.

If you would like to contribute, have your charity or organisation included, or suggest a relevant resource, please contact us at admin@survivorspace.org.uk.

March 2026 edition. Please check our website for the most up-to-date information.

Contents

OXFORDSHIRE AND NATIONAL SERVICES SUPPORTING SURVIVORS.....1

OXFORDSHIRE COUNSELLING SERVICES.....3

- NHS Services.....**Error! Bookmark not defined.**
- Free Services.....**Error! Bookmark not defined.**
- Low-Cost Services.....**Error! Bookmark not defined.**
- Private Practitioners.....**Error! Bookmark not defined.**
- Services for University Students.....**Error! Bookmark not defined.**
- Services for Young People (Under 18).....3

SEXUAL VIOLENCE HELPLINES AND SERVICES.....4

- Support for Grooming.....5
- Pornography and Nonconsensual Sharing of Imagery (Revenge Pornography).....5

DOMESTIC ABUSE SERVICES.....6

STALKING AND HARASSMENT SERVICES 8

MENTAL HEALTH SERVICES 8

SELF-HARM 11

ALCOHOL, DRUGS AND SUBSTANCE ABUSE 12

CHILDREN & YOUNG PEOPLE 12

OLDER SURVIVORS ..... **ERROR! BOOKMARK NOT DEFINED.**

DISABLED SURVIVORS 15

- Autism Services 15
- Disability Rights ..... **Error! Bookmark not defined.**
- Learning Disabilities 15
- Visual Impairment ..... **Error! Bookmark not defined.**

STUDENTS ..... **ERROR! BOOKMARK NOT DEFINED.**

LGBTQ+ SURVIVORS 16

MALE SURVIVORS ..... **ERROR! BOOKMARK NOT DEFINED.**

PARENTS OF SURVIVORS ..... **ERROR! BOOKMARK NOT DEFINED.**

- Resource Guides ..... **Error! Bookmark not defined.**

CARERS OF SURVIVORS ..... **ERROR! BOOKMARK NOT DEFINED.**

SAFEGUARDING ..... **ERROR! BOOKMARK NOT DEFINED.**

OTHER 17

- Creative Responses 20
- Housing ..... **Error! Bookmark not defined.**

Oxfordshire Counselling Services

Services for Young People (Under 18)

Riverside Counselling Service

Riverside Counselling Service is a charity that provides affordable counselling and psychotherapy to adults and young people from the age of 12 who live in Henley-on-Thames, Wallingford, Berinsfield, Didcot and the surrounding areas.

- Telephone: 07879 381334
- Email: riversidecounsellingservice@gmail.com
- Website: www.riversidecounsellingservice.co.uk

Nai's House

A youth and wellbeing service that offers a new way to access and receive mental health support. Low-cost counselling service for young people.

- Telephone: 01869 242578
- Email: hello@naishouse.org.uk
- Website: www.naishouse.org.uk

Refugee Resource Counselling

Offers a free, confidential counselling service for refugees, asylum seekers and vulnerable migrants over the age of 12 in Oxfordshire. Children under 12 can be seen with a parent or other family member. Counselling takes place in Oxford; interpreters are available in several languages.

- Telephone: 01865 403280
- Email: info@refugeeresource.org
- Website: www.refugeeresource.org.uk/counselling-and-psychotherapy

Chipping Norton Counselling

Works with adults and young people. Offers low-cost counselling from £30 per session – you are asked to pay what you can reasonably afford.

- Telephone: 07827 692249
- Email: info@chippingnortoncounselling.co.uk
- Website: www.chippingnortoncounselling.co.uk

Sexual Violence Helplines and Services

Rape Crisis England & Wales

- National 24/7 Helpline: 0808 500 2222
- Webchat: rapecrisis.org.uk/get-help/

Survivor's Trust

- Helpline: 0808 801 0818
- LiveChat: The Survivors Trust Helpline (See website for the opening hours)
- Website: thesurvivorstrust.org

Trust House

- Helpline: 0118 958 4033 (See website for opening hours)
- Email: support@trusthouse.org.uk
- Website: www.trusthouse.org.uk

Cambridge Rape Crisis

- Helpline: 01223 245 888
- Email: support@cambridgerapecrisis.org.uk
- Webchat: cambridgerapecrisis.org.uk/live-chat
- Website: cambridgerapecrisis.org.uk

Helping Survivors

National organisation dedicated to helping survivors of sexual assault and abuse by providing resources, understanding rights and options and help survivors heal. Includes workplace assault, rideshare assault, doctor abuse and child abuse.

- Contact: helpingsurvivors.org/contact
- Get legal help: helpingsurvivors.org/get-legal-help
- Website: helpingsurvivors.org

Help After Rape and Sexual Assault

- www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault

Centre for Action on Rape and Abuse (CARA)

Advocacy and Support for survivors of sexual abuse

- Website: www.caraessex.org.uk
- Legal Support Handbook for Adult Survivors of Sexual Violence: www.caraessex.org.uk/downloads/4729_from-report-to-court-2018.pdf

Stop It Now!

Anonymous helpline, email and chat services are here for anyone with concerns about child sexual abuse and how to prevent it. We can help you if you are worried about your own thoughts, feelings or behaviour, or with any concerns about another adult or young person.

- Website: Stop It Now - Preventing child sexual abuse

Shore

A safe space for teenagers worried about sexual behaviour.

- Website: www.shorespace.org.uk

Support for Grooming

Survivor's Trust

Grooming: Common Feelings & Effects That Survivors Experience

- www.survivorsuk.org/resource_articles/grooming

Victims Support

Recognising grooming and support

- www.victimsupport.org.uk/you-co/types-crime/sex-crimes/grooming

Pornography and Nonconsensual Sharing of Imagery (Revenge Pornography)

Revenge Porn Helpline

Uk Service supporting adults (18+) who are experience intimate image abuse, also known as revenge pornography. Free confidential advice and FAQs, information and news.

- Helpline: 0345 6000 459
- Email: help@revengepornhelpline.org.uk
- Website: revengepornhelpline.org.uk

Fight the New Drug

Awareness raising on the harmful effects of porn and exploitation

- Website: www.fightthenewdrug.org/videos

Expose the Harm

A space for people to share their experience, safely and anonymously, of how pornography has harmed them in some way.

- Website: exposetheharm.com

Domestic Abuse Services

National UK Domestic Abuse Helpline

- Freephone, 24/7 Helpline: 0808 2000 247

Refuge

- Telephone: 020 7395 7700
- Webchat: www.nationaldahelpline.org.uk/chat-to-us-online
- Website: refuge.org.uk

A2 Dominion

Open Monday – Friday, 10am – 7pm

- Oxfordshire Domestic Abuse Helpline: 0800 731 0055
- Email: adas@a2dominion.co.uk
- Website: a2dominion.co.uk/services/domestic-abuse-support-services

Flag DV

Free legal domestic violence advice

- Phone: 01635 015854 (Mon/Wed/Fri 10am – 1pm)
- Email: enquiries@flagdv.org.uk
- Website: www.flagdv.org.uk

Oxfordshire Domestic Abuse helpline

10am - 7pm, Monday to Friday

- Helpline: 0800 731 0055

Her Safe Network

Charity providing refuge, support & free services for abuse victims

- Telephone:
    - Call: 02045763308

    - WhatsApp: +44 07955 893321
- Email: hello@hersafenetwork.org
- Referral For: hersafenetwork.org/referral-form
- Website: hersafenetwork.org

Women's Aid

Provides information, support and temporary refuge accommodation. They provide a confidential, and non-judgemental service to women, young people and children who have experienced domestic abuse.

- Live chat: chat.womensaid.org.uk
- Email:
    - Information and Support: helpline@womensaid.org.uk
    - General Enquiries: info@womensaid.org.uk
- Website: www.womensaid.org.uk

Reducing the Risk

Dedicated to the safety of adults and children at risk of domestic abuse and to the empowerment of the professionals and volunteers who support them. Find national and local services on the website.

- Website: reducingtherisk.org.uk

DV Assist

Specialising exclusively in arranging Non-Molestation Orders, Prohibited Steps Orders & Occupation Orders

- Telephone: 03000 04 03 75
- Email: Support@dvassist.org.uk
- Make a Referral: www.dvassist.org.uk/make-a-refferal
- Website: www.dvassist.org.uk

Safe Lives

Work with organisations across the *UK* to transform the response to domestic abuse, at a local, national and societal level.

- Get Help and Support: safelives.org.uk/about-domestic-abuse/get-help-support
- Email: info@safelives.org.uk
- Website: safelives.org.uk

Stalking and Harassment Services

National Stalking Helpline

Monday to Friday, 9:30am to 4pm (except Wednesday 9:30am to 8pm)

- Helpline: 0808 802 0300

Paladin NSAS

Trauma-informed service established in 2013, to assist high risk victims of stalking

- Telephone: 02038664107
- Email: info@paladinservice.co.uk
- Website: www.paladinservice.co.uk/
- Referral Form: forms.office.com/pages/responsepage.aspx?id=2X7scYW-QE-wRnMQpv3mbNcBUuwe1NZEhInYaIA1pdRUNjVYMlJCOEJYUFhKNkxTWVhDU09MTUJMNy4u&route=shorturl

Suzy Lamplugh Trust

Support for victims of stalking. Excellent 'Help and Advice' section with information relating to personal safety and bogus callers, dealing with aggression, festival safety, online dating and safety, safety in the home, whilst running and much more. It also includes links to downloadable leaflets.

- Telephone: 020 7091 0014
- Email: info@suzylamplugh.org
- Enquiry Form: www.suzylamplugh.org/forms/national-stalking-helpline-enquiry-form
- Website: www.suzylamplugh.org/

Mental Health Services

GP

You can talk to your GP if you would like help with your mental health. Your GP can offer advice, refer you to some mental health services and help introduce you to the right mental health service for your needs. Your GP can also prescribe medication, if this is appropriate and right for you.

Single Point of Access (SPA)

Provides healthcare professionals with an alternative referral route for patients needing community health services in Oxfordshire

- Telephone: 01865 903 750
- Email: spa.communityreferrals@oxfordhealth.nhs.uk

NHS Talking Services

NHS talking therapies services are for people in England aged 18 or over. You can speak to your GP about talking therapies or get in touch with the talking therapies service directly without going to your GP.

- Website: www.nhs.uk/nhs-services/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression

Oxfordshire Mind

You can have an options call with them and they can signpost you to local support

- Options Form: www.oxfordshiremind.org.uk/help/options-session-form

Safe Haven (over 18s only)

Mental health support in Oxfordshire, if you are feel overwhelmed, lost or hopeless, struggling with thoughts of self-harm or of ending your life.

- Phone: 01865 903 037
- Email: osh@oxfordshiremind.org.uk
- Website: www.oxfordshiremind.org.uk/support-for-you/safe-haven

Samaritans

Open: 11.30am – 9.30 pm, 7 days a week

- Freephone 24/7 Helpline: 116 123
- Email: jo@samaritans.org
- Website: www.samaritans.org

Shout

- 24/7 Text Service: Text “SHOUT” to 85258
- Website: giveusashout.org

Oxfordshire Talking Therapies

- Telephone: 01865 901 222
- Online Referral: www.oxfordhealth.nhs.uk/oxon-talking-therapies

Campaign Against Living Miserably (CALM)

Provides listening services, information and support for anyone who needs to talk, including a web chat.

- Helpline: 0800 58 58 58
- Website: https://www.thecalmzone.net/

Community Advice and Listening Line (C.A.L.L.)

Provides information and support for people experiencing mental health problems in Wales

- Helpline: 0800 132 737
- Text: 81066 (text HELP plus your message)
- Website: https://callhelpline.org.uk/

Hub of Hope

UK-wide mental health service database. Lets you search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support.

- Website: https://hubofhope.co.uk/

National Suicide Prevention Helpline UK

Helpline offering a supportive listening service to anyone with thoughts of suicide. Open from 6pm to midnight every day.

- Helpline: 0800 689 5652
    - If you are unable to connect to the main number above you can call 0800 689 0880
- Website: https://www.spuk.org.uk/

Papyrus HOPELINEUK

Confidential support for under-35s at risk of suicide and others who are concerned about them. Open 24 hours, 7 days a week.

- Helpline: 0800 068 41 41
- Text: 07860039967
- Email: pat@papyrus-uk.org
- Website: https://www.papyrus-uk.org/

The Mix

Support and advice for under 25s, including a helpline, crisis messenger service and webchat.

- Helpline: 0808 808 4994
- Text: 85258 (crisis messenger service, text THEMIX)
- Website: https://www.themix.org.uk/

Rethink Mental Illness

Provides support and information for anyone affected by mental health problems, including local support groups.

- Helpline: 0808 801 0525
- Website: https://rethink.org/

NHS 111 (England)

Non-emergency medical help and advice for people in England

- Telephone: 111
- Text: 18001 111
- BSL Service: signvideo.co.uk/nhs111/
- Website: 111.nhs.uk/
- Mental health support for people of all ages: 111.nhs.uk/triage/check-yourmental-health-symptoms
- Information about health problems and treatments, including details of local NHS services in England: www.nhs.uk/
- Call 999 or 112 for emergencies

Suicide prevention App

- stayalive.prevent-suicide.org.uk

Yoppie

Information on menstrual cycles and mental health

- Resources: yoppie.com/menstrual-cycles-mental-health

Self-Harm

Life SIGNS

Online, user-led charitable organisation, founded in 2002 to create understanding about self-injury and provide information and support to people of all ages affected by self-injury across the UK.

- Email: hello@lifesigns.org.uk
- Website: www.lifesigns.org.uk

Self-Injury Support

Support and resources for anyone who uses self-injury. Helpline (freephone is open Monday and Thursdays 7pm

- Helpline: 0808 800 8088 (Freephone, Monday and Thursdays 7pm – 10pm)
- Text: 07537 432 444 (Monday and Thursdays 7pm – 10pm and Fridays (5pm – 8pm)
- Email: tessmail@selfinjurysupport.org.uk (Replies within a week)
- Website: www.selfinjurysupport.org.uk

Calm Harm App

Calm Harm is a free app for teenagers that helps you manage or resist the urge to self-harm.

- Download here: https://calmharm.stem4.org.uk/

Alcohol, Drugs and Substance Abuse

Turning Point

Person-cantered care approach to support individuals with complex needs, which include drug and alcohol-related issues, mental health, learning and employment-related issues.

- Contact Page: www.turning-point.co.uk/contact-us
- Website: www.turning-point.co.uk

Children & Young People

Single Point of Access (SPA)

Provides healthcare professionals with an alternative referral route for patients needing community health services in Oxfordshire

- Telephone: 01865 903800
- Email: cyp0-19@oxfordhealth.nhs.uk

ChatHealth

Safe and easy for you to speak to a qualified health professional for support or emergency contraception. School nurses aim to respond within 24 hours 9am-5pm Monday to Friday except bank holidays.

- Text 'ChatHealth': 07312 263084
- LiveChat: chathealth.nhs.uk/start-a-chat/h/OxonTeens
- Website: chathealth.nhs.uk/

Kooth

Online mental health community with practical tools that young people (11 to 25 years old) can use to access mental health support online, including free anonymous online counselling.

- Webchat: https://www.kooth.com/one-to-one-support
- Website: www.kooth.com

Papyrus

Suicide prevention for young people under 35

- Hopeline 24/7: 0800 068 4141
- Website and Live Chat: https://www.papyrus-uk.org/

Abingdon Bridge

Counselling for survivors living in South Oxfordshire & Vale of White Horse

- Telephone: 01235 522375 (Weekdays 10am to 6pm)
- Email: info@theabingdonbridge.org.uk
- Referral Form: www.theabingdonbridge.org.uk/referral-form
- Website: www.theabingdonbridge.org.uk/

CAHMS Horizon

The sexual violence team within CAHMS

- Telephone referrals: 01865 902515
- Referral: www.oxfordhealth.nhs.uk/camhs/support/referral/

SAFE!

Support service for any crime

- Telephone referrals: 0800 133 7938
- Website: www.safeproject.org.uk/how-we-work.php

Childline

- 24/7 Helpline: 0800 1111 (won't show on phone bill history)
- Online chat with counsellor: www.childline.org.uk/get-support/1-2-1-counsellor-chat

NSPCC (National Society for the Prevention of Cruelty to Children)

- 24/7 Helpline: 0808 800 5000
- Email: help@NSPCC.org.uk

National Association for People Abused in Childhood (NAPAC)

Resources and free national support service

- Helpline: 800 085 3330
- Email:
  - Support: support@napac.org.uk
  - General enquiries: info@napac.org.uk
- Contact Form: napac.org.uk/contact
- Website: www.napac.org.uk

Calm Zone

Activities and coping mechanisms

- Toolbox: www.childline.org.uk/toolbox/calm-zone

Bounce Back 4 Kids

Support programme developed by PACT that uses therapeutic techniques to support children who have been affected by or witnessed domestic abuse.

- Telephone: 0300 456 4800
- Contact Form: www.pactcharity.org/contact-us
- Website: www.pactcharity.org/bb4k

OXME

Information and support regarding emergency contraception in Oxfordshire

- Website: oxme.info/health/emergency-contraception

Oxfordshire C-Card

Scheme for young people between 13-24 years to access FREE Condoms and Lube packets to improve sexual health

- Website: www.oxfordshireccard.org.uk

Brook

Sexual health and wellbeing support

- Find a Sexual Health service near you: www.brook.org.uk/find-a-service
- Website: www.brook.org.uk

Respect

For young people who are abusive in their family or relationships

- Email: info@respect.org.uk
- Website: www.respect.org.uk/pages/44-work-with-young-people-s-violence-and-abuse

Disabled Survivors

Autism Services

Autism Family Support Oxfordshire

Autism Family Support Oxfordshire is a charity that provides support to children and young people aged 0-25 years old, with a diagnosis of an Autism Spectrum Condition (ASC), and their families; who live within Oxfordshire or access services in Oxfordshire such as schools or a GP

- Telephone: 01235 754700
- Email: info@afso.org.uk
- Website: www.asfo.org.uk

Learning Disabilities

LDOX Oxfordshire's Learning Disabilities Online Community

Forum: Information, advice or advocacy

- Email: hello@ldox.org
- Contact Form: www.ldox.org/contact
- Website: www.ldox.org
- Address: Online, Oxfordshire

LDOX directory for additional disability services in Oxfordshire: www.ldox.org/directory

Mencap

Mencap supports local people with learning disabilities and their families with information, advice and practical services

- Telephone for all UK services: 020 7454 0454
- Email: administrator@oxfordmencap.org.uk
- Website: www.mencap.org.uk
- Address: Oxfordshire

My Life My Choice

LGBT group for adults with learning disabilities

- Telephone: 01865 204214
- Email: yazz@mylifemychoice.org.uk
- Website: mylifemychoice.org.uk
- Address: The Community Works, 21 Park End St, Oxford, OX1 1HU Telephone: 01865204214

Style Acre

Person-centred support ranges from 24-hour care for those with complex learning, health and /or physical disabilities to a few hours support per week for those who live more independently.

- Telephone: 01491 838760
- Email: info@styleacre.org.uk
- Website: styleacre.org.uk
- Address: Evenlode House, Howbery Park, Benson Lane, Wallingford, Oxfordshire, South, OX10 8BA

Yellow Submarine

Variety of services to those with mild to moderate needs including social clubs, activity days, residential holidays and a traineeship

- Telephone: 01865 236119
- Email: hello@yellowsubmarine.org.uk
- Website: www.yellowsubmarine.org.uk
- Addresses:
    - Yellow Submarine, Oxford Hub, Office & Cafe, 12 Park End Street, Oxford, Oxfordshire, City, OX1 1HH
    - Yellow Submarine, Witney Cafe, 1st Floor, Windrush Leisure Centre, Witney, Oxfordshire, West, OX28 4YA

LGBTQ+ Survivors

National LGBT+ Domestic Abuse Helpline

- Helpline: 0800 999 5428

LGBT+ Hate Crime Helpline

- Helpline: 020 7704 2040

National Conversion Therapy Helpline

- Helpline: 0800 130 2040

Galop

Free, confidential and independent services who have experiences sexual violence

- Helpline: 0800 999 5428
- Email: help@galop.org.uk
- Webchat: galop.org.uk/get-help/helplines
- Resources and support for Chemsex: /galop.org.uk/chemsex

Switchboard

- Helpline: 0800 0119 100
- Email: hello@switchboard.lgbt
- Webchat: switchboard.lgbt/get-support

AKT

Young LGBT+ People Support Services and Safe Housing

- Telephone: 020 7831 6562
- Email: contact@akt.org.uk
- Self-referral: www.tfaforms.com/4680950?_gl=1*drvwwp*_ga*MTk0NjQzMzc4NS4xNjc1MzU3MjE3*_ga_47JL5CF6Z4*MTY4NDk0MjgwNy4xMDYuMS4xNjg0OTQ0ODA4LjAuMC4w
- Website: www.akt.org.uk/mission-vision

Survivor's trust

- Guide for LGBT+ Survivors: thesurvivorstrust.org/guides-for-lgbt-survivors/

Other

Survivor Purdah Directory

A resource designed to support survivors, particularly those from seldom-reached communities. It provides a curated list of services and resources that are vital for individuals facing domestic abuse, sexual violence and other related challenges. It includes access to legal aid, helplines, counselling services, along with reports and educational materials.

- Available to download from the Survivor Space Website

Solace Thames Valley Sexual Assault Referral Centre

2 SARCS located in Bicester and Slough

- 24/7 Telephone: 0330 223 0099
- Website: www.solacesarc.org.uk

Oxfordshire Sexual Health Service

- Website: www.sexualhealthoxfordshire.nhs.uk

Victims First Hub

For counselling, phone support, face to face support through Criminal Justice System (CJS)

- Telephone: 0300 1234 148
- Online Referral: www.victims-first.org.uk/get-support-now

Victim Support

Supports all victims of crime

- Support line: 08 08 16 89 111
- Text Relay: use the Relay UK app or contact in BSL
- Live Chat: /www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat
- Contact Form: www.victimsupport.org.uk
- Website: www.victimsupport.org.uk

Rights of Women

A women's voluntary sector organisation which provides free legal advice and information to women affected by sexual violence.

- Advice lines: www.rightsofwomen.org.uk/get-advice/call-our-advice-lines
- Website: www.rightsofwomen.org.uk

Her Ride

Private hire taxicab company dedicated to taking the people of Oxford and the surrounding Oxfordshire area to their destination of choice with the option to request a female driver.

- Book here: www.herride.co.uk/contact
- Website: www.herride.co.uk

Helplines Partnership

Membership body for helplines in the UK. Includes a searchable directory of services.

- www.helplines.org

Beat Eating Disorders

- Helpline: 0808 801 0677
- Webchat: www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/one-to-one-web-chat
- Website contains downloadable resources: www.beateatingdisorders.org.uk

Centre for Women's Justice

Legal help for women and girls

- Website: www.centreforwomensjustice.org.uk

Citizens Advice

Help with benefits, work, money, housing etc.

- Website: www.citizensadvice.org.uk

Ugly Mugs

Support sex workers. Also has a link to report sex crimes which are then held in a database – anyone can use this link.

- nationaluglymugs.org

Victim and Witness Information – Know Your Rights

Your rights as a victim of crime

- victimandwitnessinformation.org.uk/your-rights/as-a-victim

Asylum Welcome

Support for asylum seekers, refugees & vulnerable migrants in Oxfordshire

- Website: www.asylum-welcome.org

POhWER

General advocacy service for those with a disability, illness, social exclusion or other challenges

- Website: www.pohwer.net

Relay UK

Provides a talk/type relay service for anyone who has difficulty hearing or being understood when speaking over the phone. The cost of making phone calls through this service depends on your telephone service provider.

- www.relayuk.bt.com

HollieGuard – Personal Safety App

Help protect yourself, a friend or a family member with Hollie Guard. Every 5 seconds the platform will update your precise location based on your speed and movement activity to identify where you are once an alert has been raised. HollieGuard is a personal alarm, deterrent, evidence catcher and more.

- hollieguard.com

Creative Responses

Clear Lines

Includes a free Creative Writing Guide for Survivors where you can use creative writing exercises to explore lived experiences.

- Creative Writing Guide: https://clearlines.org.uk/wp-content/uploads/2021/05/Clear-Lines-Creative-Writing-Guide-for-Survivors.pdf
- Website: clearlines.org.uk

Menstral Health

EcoDreams

EcoDreams offer a free comprehensive educational course to elevate your understanding of menstrual health

- Course: https://ecodreams.co.uk/menstrual-health-course/
- Website: https://ecodreams.co.uk/

RedSchool

RedSchool offers free resources, courses and a podcast on menstrual health awareness

- Website: https://www.redschool.net/

If at immediate risk, call 999

March 2026 edition. Please check our website for the most up-to-date information.