

Please find a list of external services that provide help and support. This list includes organisations that specialise in supporting men and LGBT+ people who have been subjected to sexual violence and domestic abuse.

Sexual Violence and Abuse

The [Rape and Sexual Violence Project \(RSVP\)](#) offer a wide range of services to people who have been subjected to sexual violence and abuse. Their services include counselling and offers support through an Independent Sexual Violence Advisor (ISVA), who offer practical and emotional support, ensuring that your views, opinions, wishes and feelings are respected, and listened to by all agencies and people involved.

[GINA](#) provide immediate, paid for counselling services, with counsellors who are specialists in the field of sexual violence & abuse. You can access their counselling services at the time when you request support, to quickly meet your needs, offered in a way that suits you. There is no waiting list. [GINA Support Hubs](#) are designed as online platforms tailored to offer you bespoke support, information & resources based on your needs. There is a dedicated support hub for students!

[The Survivor's Trust](#) is the largest umbrella agency for the specialist rape and sexual abuse services in the UK.

[Victim Focus - Free self-development course](#) on caring for yourself after sexual violence.

Crime and Traumatic Events

[Victim Support](#) is an independent charity that help people affected by crime and traumatic events. They are not part of the police or any other criminal justice agency. You can contact them on 0808 168 9111.

Specific Support Services for Women

[National Women's Aid](#) (Domestic abuse) provide information and support and also refuge support for people fleeing domestic abuse.

[Black Country Women's Aid](#) & [Birmingham Women's Aid](#) – support individuals subjected to domestic abuse and exploitation to escape violence, cope with trauma and rebuild their lives.

Specific Support Services for LGBTQIA+ people

Birmingham LGBT offers a range of services focused on improving the health and wellbeing of individuals, including sexual health support, LGBT Independent Sexual Violence Advisor (ISVA) and wellbeing support services.

GALOP supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.

Specific Support Services for Men

Dedicated support for men can be provided by SurvivorsUK who offer a range of support services, including counselling, therapy appointments and online chat. The organisation was established as a service for male survivors, however they are an inclusive service and welcome anyone who identifies as male, trans, non-binary, has identified as male in the past, or anyone who feels that we are the right fit for them.

Safeline has a national male helpline and online support for men affected by rape or sexual abuse.

Health & Wellbeing

Kooth is an online wellbeing community providing free, safe, anonymous support for young people to receive counselling, advice and online support.

The Waiting Room is a directory of health and wellbeing services across Birmingham and Solihull.

**List of resources taken from the collated list by the University of Birmingham's Report and Support Service*