



Local and national services to support victims of child sexual abuse, their families and perpetrators

Organisation	Who is it for?	What support do they offer?	Contact / Referrals
The Havens	People in London who have been raped or sexually assaulted.	Initial assessments, forensic medical examinations, follow-up care including counselling, tests and treatments.	Referrals from professionals T: 020 3299 6900 Referrals for under 13's must come from police or social care.
West London Rape Crisis Centre	Women and girls who have experienced recent and historic sexual violence.	Specialist counselling Independent Sexual Violence Advocate - support through all stages of the criminal justice process.	Professional and self-referrals via London Survivor's Gateway T: 0808 801 0860 / Looking for support after sexual violence? (survivorsgateway.london)
Tiger Light NWL (Barnardos)	For children & young people up to the age of 18 (or 25 with SEN) and their families.	10 – 16 week 1-1 bespoke interventions 1-2 sessions with parents CYP support groups (virtual) Parent support groups (virtual) Consultations to professionals Awareness raising sessions for professionals	Referrals from Social Workers, Early help workers, Police, CAMHS, GP's T: 07519294000 / Make a referral tigerservices@barnardos.org.uk
The Lucy Faithful Foundation Stop It Now!	Perpetrators, people concerned about their sexual thoughts about children and young people, families of perpetrators, young people with concerning online behaviours.	Risk assessments and intervention	Helpline T: 0808 1000 900 Messaging service
National Association for People Abused in Childhood	Adult survivors of childhood abuse	Helpline for 30 minutes of supportive listening and signposting.	T: 0808 801 0331 support@napac.org.uk
Hounslow Youth Counselling Service	Young people age 11-25	Counselling	Self-referral only T: 020 8568 1818 ask@hycscounselling.co.uk
Hounslow One-Stop Shop	Anyone experiencing abuse, including sexual abuse	Free, weekly drop-in service for anyone experiencing abuse, including sexual abuse.	Hounslow One Stop Shop (Wed 10am-12pm) Holy Trinity Church, High Street, Hounslow, TW3 1ES T: 07810 031780



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Phoenix Counselling and Psychotherapy Service	Children and families	Individual Counselling Play Therapy Co-joint Child and Parent Play Therapy Sessions Family Counselling Counselling for Parents	T: 0208 890 3133 Contact – Phoenix Counselling
NSPCC	Children and young people Anyone who is concerned about a child	The specialist team will listen, advise and take any action needed (including referrals to social care).	Helpline for advice and to report abuse T: 0808 800 5000 https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/
Survivors UK	Boys and non-binary people affected by sexual violence Families Professionals	Online helpline Independent Sexual Violence Advisor (ISVA) Groupwork Counselling	Chat online SurvivorsUK Get Help 13-18 Chat via text: 020 3322 1860
We Stand (formerly MOSAC)	Non-abusing parents and carers Children and young people	National helpline Counselling for young people, non-abusing parents and carers Legal services, advice and support Parent training workshops Parent child relational play Creative arts therapy	T: 0800 980 1958 support@westand.org.uk
Childline	Children and young people	Information, advice and counselling	Get Support Childline
The Lighthouse	Children and young people North London who have experienced sexual abuse	A centre with services needed to respond to sexual abuse including medical, advocacy, social care, police, and therapeutic support	Self-referral T: 0808 169 8112 Professional referral T: 0203 049 0010 / Lighthouse Referral Form