Feeling Trapped During Lockdown?

Being forced into marriage?
Worried about female genital mutilation (FGM)?
Being told you’re bringing shame?

Call us, we’re here to help:
NSPCC FGM Helpline: 0800 028 3550
24-hour free advice, information and support on female genital mutilation.
fgmhelp@nspcc.org.uk

Karma Nirvana: 0800 5999 247 (Mon – Fri 9am – 5pm)
Support for victims of honour-based abuse and forced marriage.
info@karmanirvana.org.uk

Forced Marriage Unit (FMU): 020 7008 0151
If you or someone you know is being forced into marriage.
fmu@fco.gov.uk

The Reading Rose Centre, Reading, for FGM survivors: info@acre-reading.org
Oxford Rose Clinic for FGM Survivors: 07767 671 406
MASH / Bracknell Forest Children’s Services: 01344 352005
(Emergency Duty Team: 01344 786 543)
Berkshire Women’s Aid: 0118 950 4003

Call 999 if you or someone you know is in immediate danger of FGM or forced marriage.