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

Oxford Rose Clinic for FGM Survivors: 07767 671 406
Multi-Agency Safeguarding Hub: 0345 050 7666
Oxfordshire Domestic Abuse Services 0800 731 0055

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