Feeling Trapped?

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

Hampshire Multi-Agency Safeguarding Hub (MASH) 0300 555 1384

Stop Domestic Abuse advice helpline 0330 016 5112

Victim Care Service 0808 178 1641

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

Oxford Rose Clinic for FGM Survivors: 07767 671 406

KARMA NIRVANA
Supporting victims of honour-based abuse and forced marriage