



External Resources – Harassment and Sexual Misconduct Support

Police – Reporting a crime

Information on how to contact the police to report a crime:

<https://www.police.uk/pu/contact-the-police/report-a-crime-incident/>

Avon and Somerset Police

Report online bullying and threatening messages to the Avon and Somerset Police:

<https://www.avonandsomerset.police.uk/report/online-bullying-threatening-messages/>

NHS

For help and further information after rape and sexual assault:

<https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

Sexual Assault Referral Centres (SARCs)

The Bridge – For help after rape and sexual assault: <https://www.thebridgecanhelp.org.uk>

SARSAS – For support after rape, sexual assault or abuse: <https://www.sarsas.org.uk>

Safe Link – For help and advice after rape, sexual assault or abuse: <https://safelinksupport.co.uk>

Other support services available

Suzy Lamplugh Trust – stalking helpline: <https://www.suzylamplugh.org/pages/category/national-stalking-helpline>

Survivors UK – counselling and practical help/ support for male and non-binary survivors of sexual violence: <https://www.survivorsuk.org>

Victim Support – independent charity dedicated to supporting victims of crime and traumatic incidents providing specialist help to support people to cope and move on:
<https://www.victimsupport.org.uk>

Galop – supports LGBT+ people who have experienced abuse and violence:
<https://www.supportline.org.uk>

Revenge Porn Helpline – report and support for victims of revenge pornography:
<https://revengepornhelpline.org.uk/>



National Bullying Helpline – cyberbullying and online harassment advice:

<https://www.nationalbullyinghelpline.co.uk/cyberbullying.html>

Support Line – confidential helpline offering emotional support for any issue:

<https://www.supportline.org.uk>

Refuge – support for women and children who have experienced domestic abuse:

<https://www.refuge.org.uk>

True Vision – Stop Hate Crime: https://www.report-it.org.uk/bullying_and_harassment

Reporting online harassment, cyberbullying, inappropriate behaviour

Instagram – how to report inappropriate behaviour:

https://help.instagram.com/489507671074566?helpref=about_content

TikTok – how to report inappropriate behaviour: <https://support.tiktok.com/en/safety-hc/report-a-problem/report-cyberbullying>

Ditch The Label – reporting online harmful social media content:

<https://www.ditchthelabel.org/report/>

Reporting incidents involving children

NSPCC – National Society for the Prevention of Cruelty to Children:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-reporting/>