



External Resources – Harassment and Sexual Misconduct Support

Police – Reporting a crime

Link - [Contact us | Police.uk](#)

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

Avon and Somerset Police

Link - [Report online bullying and threatening messages | Avon and Somerset Police](#)

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

NHS – provides details for rape and sexual assault referral centres in local area

Link - [Help after rape and sexual assault - NHS](#)

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

Sexual Assault Referral Centres (SARCs)

The Bridge – [The Bridge - Help after rape and sexual assault](#)

Type – <https://www.thebridgecanhelp.org.uk>

SARSAS - [SARSAS home](#)

Type – <https://www.sarsas.org.uk>

Safe Link - [Privacy Warning - Safe Link](#)

Type – <https://safelinksupport.co.uk/privacy-warning/?incognito=true>

Other support services available

Suzy Lamplugh Trust – stalking helpline

Link - [National Stalking Helpline | Suzy Lamplugh Trust](#)

Type – <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

Link - [SurvivorsUK | We challenge the silence to support sexually abused men](#)

Type – <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

Link - [Home - Victim Support](#)

Type – <https://www.victimsupport.org.uk>



Galop - supports LGBT+ people who have experienced abuse and violence

Link - [Galop - the LGBT+ anti-abuse charity](#)

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

Revenge Porn Helpline – report and support for victims of revenge pornography

Link – [Revenge Porn Helpline - 0345 6000 459 | Revenge Porn Helpline](#)

Type - <https://revengepornhelpline.org.uk/>

National Bullying Helpline – cyberbullying and online harassment advice

Link - [Cyberbullying | Bullying online advice](#)

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

Support Line – confidential helpline offering emotional support for any issue

Link - [SupportLine - Confidential Emotional Support for Children, Young Adults and Adults](#)

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

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

Link - [Refuge, the largest UK domestic abuse organisation for women](#)

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

True Vision – Stop Hate Crime

Link - [Bullying and Harassment - True Vision](#)

Type – https://www.report-it.org.uk/bullying_and_harassment

Reporting online harassment, cyberbullying, inappropriate behaviour

Instagram – how to report inappropriate behaviour

Link - [Report abusive, inappropriate or offensive content on Instagram | Instagram Help Centre](#)

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

TikTok - how to report inappropriate behaviour

Link - [TikTok Support](#)

Type – https://www.tiktok.com/support/faq_detail?category=web_privacy_user_safety

Ditch The Label – reporting online harmful social media content

Link - [Ditch the Label | Report Now](#)



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

Reporting incidents involving children

NSPCC – National Society for the Prevention of Cruelty to Children

Link - [Reporting online safety concerns | NSPCC](#)

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

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