

If you or someone you know has been affected by the themes explored in Di and Viv and Rose, or would like further support or information, we've put together a selection of links to different charities and organisations who can help –

## **Crisis provision and support services**

Phone lines and live chats that you can access quickly, if you need someone to talk to:

**The Bridgeway sexual assault referral centre** - 0330 223 0099

**Rape Crisis national support line** - 0808 500 2222

**Cruse Bereavement Support** - 0808 808 1677

**The Proud Trust live chat support for LGBTQ+ young people** -

<https://www.theproudtrust.org/proud-connections/proud-connections-live-chat/>

**Shout – providing free, urgent mental health support** – text 'shout' to 85258

## **To find out more about these organisations**

The Bridgeway sexual assault referral centre

<https://thebridgeway.org.uk/>

The Bridgeway offers free, confidential healthcare and compassionate support to anyone in Cumbria that has experienced sexual assault or rape in their lifetime. The organisation offers support both via their telephone support line, which is open 24 hours a day, every day of the year – **0330 223 0099**, and through in person appointments and/or referrals.

Their services include:

- Immediate over-the-phone rape and sexual assault support and signposting to specialist services
- In-person rape or sexual assault crisis support and healthcare including access to medicine
- Forensic medical examinations
- Holistic examinations and care for non-recent cases
- Collection and storage of forensic samples
- Referrals to specialist counselling and Independent Sexual Violence Advisors (ISVA) support
- Follow-up calls after an appointment

You will be offered these services based on your individual needs and you can choose to use as much or as little of their service as you wish.

## Rape Crisis National Support line

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

**0808 500 2222**

Rape Crisis England & Wales is the feminist charity working to end child sexual abuse, rape, sexual assault, sexual harassment and all other forms of sexual violence.

Did something sexual happen to you without your consent? Or you're not sure? No matter when, where or how it happened, you can go to them. Their website has lots of information and support that can help – and they'll always listen to you and believe you.

## Cruse Bereavement support

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

**0808 808 1677**

Grief can be overwhelming. You don't have to deal with it alone. Cruse offers expert bereavement and grief support in a variety of ways, including their phone helpline, staffed by volunteers who are trained in all types of bereavement and can help you make sense of how you're feeling right now.

## The Proud Trust

<https://www.theproudtrust.org/>

The Proud Trust is the home of LGBTQ+ youth (**L**esbian, **G**ay, **B**isexual, **T**rans, **Q**ueer + other identities such as asexual, intersex, questioning...)

Through their regional youth work and national support services, the Proud Trust empower LGBTQ+ young people and the adults in their lives to create positive change for the future.

Are you LGBTQ+ or questioning your gender or sexuality and looking for someone to talk to? Are you supporting an LGBTQ+ young person and need information, advice or someone to chat to?

The Proud Trust, amongst many other things, provide online support for LGBTQ+ young people and the adults in their lives through their proud Connections live chat - <https://www.theproudtrust.org/proud-connections/proud-connections-live-chat/>

## Stonewall

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

Stonewall is part of a vibrant, growing and global movement advocating for LGBTQ+ rights. Their work has driven positive change in public attitudes and public policy. They deliver campaigns, programmes and policy work that is focussed on achieving deep, sustainable change, through convening, collaboration and conversation.

Globally, we face increasing opposition to the belief that everyone deserves equal rights. It is more important than ever we stand firm and advocate for what we know to be true: Everyone, everywhere, deserves equal rights.

## Shout

<https://giveusashout.org/about-us/about-shout/>

Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope. Anyone of any age, who is a resident in the UK, can text the service to access support.