

Helpful Resources

Survey on LGBT+ People's Experience
of Sexual Violence



www.galop.org.uk

Helpful resources

The Sexual Violence Support team at Galop is committed to the rights and well-being of LGBT+ survivors. If providing responses to the survey has been tough for you, you will find helpful resources in this document.



[Galop](#) is the UK's LGBT+ anti-violence organisation. We have provided specialist support to LGBT+ survivors of sexual violence for over 15 years. Our work is based on empowerment, community and an understanding of trauma and the impact for LGBT+ people.

We are undertaking a three-year research project looking at the impact of sexual violence on LGBT+ people across the country and what needs to change to ensure LGBT+ people get the support they want. We are currently inviting LGBT+ people to fill in a survey to tell us about their experiences and views.

We have given a lot of thought to the questions in the survey but we know that filling it in will not be easy. If you have filled it in, you might have found that it has brought up difficult thoughts and feelings. We want to support you, so we have put together these support resources.

If you would like to contact us, in confidence, for support or to ask a question, please email survey@galop.org.uk.

If you have not filled in the survey and would like to, please use this [link](#).

The survey is open until 30th April 2020.



Helpful Organisations

The following organisations offer independent, confidential specialist support to survivors of sexual violence.

Not all services are available to people of all genders; please see their websites for more information.

- [Galop](#) – the UK's LGBT+ anti-violence organisation
- [Rape Crisis England and Wales](#)
- [Rape Crisis Scotland](#)
- [Glasgow and Clyde rape crisis](#) (info for LGBT+ people)
- [SurvivorsUK](#)
- [Survivors Manchester](#)
- [Birmingham LGBT](#)
- [ISVA support in Northern Ireland](#)

If you are not sure what is available in your area, you can search for local services at:

www.thesurvivorstrust.org/

If you do not have a local service or are not sure if your local service is LGBT+ inclusive or friendly, you can contact Galop and we will try to find out for you.



Young People

If you are an LGBT+ young person and someone is hurting you or you are worried about your relationships, we encourage you to speak up about what is happening.

You should never feel under pressure to do anything sexual – sexual abuse is not OK.

It can be very difficult to tell someone and you may feel threatened or scared to do so, but there are adults who have a duty to help.

These organisations have helplines, web chat and useful information to support young people:

- [Childline](#)
- [Anna Freud](#), for self-help techniques developed by peers
- [The Mix](#)
- [Brook](#) for help and advice around health and wellbeing
- [Galop](#) has a specialist service for young people age 13-25



Self-Help

There is a lot of information online to help you manage the impact of trauma.

This includes help for coping with flashbacks, nightmares and sleep difficulties, anxiety and so on.

Have a look at these websites for useful guides:

- [London Survivors Gateway](#)
- [SARSAS](#) have self-help booklets for different groups
- [Rape Crisis England and Wales](#)
- [Rape Crisis Scotland](#)
- [Survivors UK](#) have a page of resources, a directory of services and support for male and non-binary people who have experienced sexual violence
- [Mind](#) also have information and support to help you understand trauma
- [Peaceful Heart](#), is an app featuring tapping exercises that can help you to regain focus when you are triggered or overwhelmed.



Medical and Emotional Support

There are Sexual Assault Referral Centres (SARC) all across the UK.

These are confidential centres run by the NHS, open 365 days per year, for everyone of any age, gender or sexuality who has experienced sexual violence in the last 12 months.

You can find out details of your local SARC

For [England and Wales](#)

For [Scotland](#)

For [Northern Ireland](#)

If you are in urgent need of support:

Remember you can call Samaritans or Childline:

[Samaritans](#) – Or call 116 123

[Childline](#) – Or call 0800 1111



You can also contact the police on 999 or 101, or your local GP or A&E department or someone you trust.

We encourage anyone who feels they need support to reach out to a service – help is available.

Thank You



Thank you for helping Galop with our research.

It is so important to hear the experiences and views of LGBT+ survivors so that things can get better. LGBT+ people deserve support that respects and validates our sexuality and gender identity, that is inclusive and safe.

What helps us survive is community and friendship. We encourage you to reach out to a trusted person and to take part in positive and creative responses that validate us as human beings.

LGBT+ survivors matter.
You matter.
You are not alone.

If you have a question, comment or need help but do not know where to start, please feel free to contact us in confidence:

survey@galop.org.uk

Thank you,

The Galop Research Team