



We listen, we believe, we never judge.

“Let’s Talk About it ”

Free & confidential support for survivors of sexual violence and abuse.

0808 801 0305



rape crisis

solacewomensaid.org

Free & confidential support for survivors of sexual violence and abuse.

The North London Rape Crisis Helpline is a free, anonymous service available to women and girls aged 13+ who have experienced any form of sexual violence at any time in their lives.

We offer a safe and non-judgemental space for women, whether they are already receiving support, awaiting counselling, or speaking out for the first time.

We also provide support and advice for the friends and family of survivors, as well as professionals working alongside them.



Call Freephone 0808 801 0305

Mon 10am - 2pm
Tues 10am - 1pm & 6pm - 8pm
Weds 1pm - 5pm
Thurs 1pm - 5pm
Fri 10am - 2pm



0808 801 0305



rapecrisis@
solacewomensaid.org



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**If you are in immediate danger
call the police on 999**

solace