**SURVIVOR SUPPORT**

If you have been affected by abuse either directly or indirectly it is important that you access help and support.

Safe Spaces – 0808 1629 111

**The Truth Project –**

[I will be heard | Truth Project](https://www.truthproject.org.uk/i-will-be-heard)

**Authorised Listener – How to access this?**

Please speak to the safeguarding team to access this service.

National helplines – (NSPCC, Women’s Aid, Equation, Nottinghamshire (City and County) Sexual Violence Support Services, MACSAS)

NSPCC – 0808 800 5000 [NSPCC | The UK children’s charity | NSPCC](https://www.nspcc.org.uk/)

Women’s Aid – [Domestic Abuse Directory – Womens Aid](https://www.womensaid.org.uk/domestic-abuse-directory/)

Equation – [Equation | Domestic Violence Nottinghamshire](https://equation.org.uk/)

NSVSS – [Nottinghamshire Sexual Violence Support Services | Notts SVS Services](https://nottssvss.org.uk/)

MACSAS – [MACSAS Minister & Clergy Sexual Abuse Survivors](http://www.macsas.org.uk/)