

If Safer Lives is not suitable for you right now or if you need additional support, other services and resources are available.

<b>Specialist Harmful Sexual Behaviour Helplines and Supports</b>	
<b>Stop it Now! Helpline</b>	Call 0808 1000 900 <a href="https://stopitnow.org.uk">https://stopitnow.org.uk</a>
<b>Shore Space</b> (for younger people). “A safe space for teenagers worried about sexual behaviour”.	<a href="https://shorespace.org.uk">https://shorespace.org.uk</a>

<b>Crisis and Suicide Prevention Help Lines</b>	
<b>Samaritans.</b> “Whatever you're going through, a Samaritan will face it with you. We're here 24 hours/ day, 365 days/ year”.	Call 116 123 <a href="https://www.samaritans.org">https://www.samaritans.org</a>
<b>SHOUT.</b> Shout is powered by the charity Mental Health Innovations, which also powers The Mix, a service providing free, anonymous online advice about the important issues in young people’s lives.	Text helpline 85258 <a href="https://giveusashout.org">https://giveusashout.org</a>
<b>Campaign Against Living Miserably (CALM).</b> CALM also has live chat and WhatsApp messaging facility.	Call 0800 58 58 58 – 5pm to midnight weekdays and 4pm to midnight weekends. <a href="https://www.thecalmzone.net">https://www.thecalmzone.net</a>
<b>SOS Silence of Suicide.</b> “We are a suicide prevention and emotional wellbeing helpline. If you feel unable to talk about how you are feeling with your friends, family or your doctor, we are here to talk, listen and support you.”	Call 0808 115 1505 - 8am to midnight. <a href="https://sossilenceofsuicide.org">https://sossilenceofsuicide.org</a>
<b>MIND.</b> National mental health charity offering advice and support for people in mental health crisis.	<a href="https://www.mind.org.uk/need-urgent-help/">https://www.mind.org.uk/need-urgent-help/</a>

<b>Help For Younger People</b>	
<b>Papyrus</b> (for people under 35 and those concerned about them) “Our suicide prevention helpline, HOPELINE247, is staffed by trained suicide prevention advisers, HOPELINE247 is a free and confidential call, text and email service, which is available 24 hours a day.	Call 0800 068 41 41 <a href="https://www.papyrus-uk.org">https://www.papyrus-uk.org</a>
<b>Young Minds.</b> “You are not alone. However, you’re feeling right now, things can get better. And we’re here to help.” Also has a parent’s section.	<a href="https://www.youngminds.org.uk">https://www.youngminds.org.uk</a>

<p><b>Childline (under 19s).</b> “Having suicidal thoughts and feelings can be really scary. You might feel alone and like you don’t know how to keep going. All of us at Childline are here to help you find ways to cope.”</p>	<p><a href="https://www.childline.org.uk/info-advice/your-feelings/mental-health/coping-suicidal-feelings/">https://www.childline.org.uk/info-advice/your-feelings/mental-health/coping-suicidal-feelings/</a></p>
<p><b>KOOTH.</b> 1:1 online support through a teenage friendly app. “Our team of mental health professionals are here to support you. You can talk to us about whatever’s on your mind.</p>	<p><a href="https://www.kooth.com/one-to-one-support">https://www.kooth.com/one-to-one-support</a></p>

<p><b>NHS Supported Services</b></p>	
<p><b>Your GP</b> should be supportive and can be the gateway to other health and well-being supports. If you are in crisis, not eating or sleeping, then explain this and that you need an urgent appointment.</p>	<p>You will find contact info for your local GP online.</p>
<p><b>Liaison and Diversion</b> services are NHS funded teams working from police stations to support people who have vulnerabilities, including risk of suicide. They can be a bridge into other local services. Ask your officer in charge of your investigation for details.</p>	<p>Search “liaison and diversion” along with your county into a search engine.</p>

<p><b>Behaviour Interventions</b></p>	
<p><b>Stop it Now! Website (hosted by Lucy Faithfull Foundation).</b> Free online self-guided modules to help address online offending against children and young people. LFF also offer fee paying interventions similar to Safer Lives, but usually within groups, rather than 1:1 support.</p>	<p><a href="https://stopitnow.org.uk/gethelp">https://stopitnow.org.uk/gethelp</a></p>
<p><b>Pivotal Recovery Programme.</b> This thorough professionally directed online course produced by sexual addiction expert Paula Hall includes daily podcasts and exercises. Suitable for pornography addiction recovery.</p>	<p><a href="https://www.pivotalrecovery.org">https://www.pivotalrecovery.org</a></p>

<p><b>Peer Support &amp; Accountability</b></p>	
<p><b>Sex Addicts Anonymous (SAA).</b> Offers support and accountability for maintaining zero tolerance to harmful sexual behaviours, within a twelve-step programme approach.</p>	<p>Google for local services.</p>

<b>Specialist Family Support</b>	
<b>Talking Forward.</b> Peer support for families impacted by “the knock”.	<a href="https://www.talkingforward.co.uk">https://www.talkingforward.co.uk</a>
<b>Acts Fast.</b> Supporting families impacted by child sexual abuse, sexual assault and indecent images of children.	<a href="https://www.actsfast.org.uk">https://www.actsfast.org.uk</a>

<b>Understanding the implications of conviction and gaining a criminal record</b>	
<b>Unlock</b> - “Building a fairer future for people with criminal records.” A great resource for understanding the rules and implications of conviction on employment, child contact & safeguarding, foreign travel etc.	<a href="https://unlock.org.uk">https://unlock.org.uk</a>
<b>NACRO.</b> “We see your future, whatever the past”.	<a href="https://www.nacro.org.uk">https://www.nacro.org.uk</a>

<b>Veterans’ Charities and Supports</b>	
<b>Royal British Legion</b>	<a href="https://www.britishlegion.org.uk">https://www.britishlegion.org.uk</a>
<b>Help for Heroes</b>	<a href="https://www.helpforheroes.org.uk/about-us/">https://www.helpforheroes.org.uk/about-us/</a>
<b>SSAFA</b>	<a href="https://www.ssafa.org.uk/get-help">https://www.ssafa.org.uk/get-help</a>
<b>Combat Stress</b>	<a href="https://combatstress.org.uk">https://combatstress.org.uk</a>

<b>Books</b>	
<b>Your Brain on Porn, by Gary Wilson.</b> The definitive book about how and why sexual compulsion has increased with the rise of the internet. There is also a great website that goes alongside the book.	Book available online. <a href="https://www.yourbrainonporn.com">https://www.yourbrainonporn.com</a> has lots of research and videos etc.
<b>Sex Addiction, by Paula Hall.</b> Very useful for couples facing the consequences of addictive or compulsive sexual behaviours. Paula also has very useful books aimed solely at people with sexual compulsions and the people working with them.	Can be found online.
<b>The Chimp Paradox, by Steve Peters.</b> Gives a model for understanding how the mind works and how it can be better managed. Can be applied to some offending behaviours as well as behaviours that contribute to offending.	Can be found in bookstores and online.

**Counselling & Therapy.** Counselling can be helpful, but make sure any therapist is registered with BACP.