



LOOK OUT FOR YOUNG PEOPLE OVER THE HOLIDAYS

Contact a specialist service if you or someone you know
is at risk of abuse

Call 999 if someone is in immediate danger

KARMA NIRVANA

'Honour'-based abuse and forced
marriage support / advice

National helpline Monday to Friday
9am - 5pm

Tel: 0800 5999 247

NSPCC FGM HELPLINE

Female genital mutilation support /
advice

Tel: 0800 028 3550

Email: fgmhelp@nspcc.org.uk

THE FORCED MARRIAGE UNIT

Forced marriage support / advice

Helpline Monday to Friday 9am - 5pm

Tel: 020 7008 0151

Email: fmufco.gov.uk

CHILDLINE

National helpline 24/7

Tel: 0800 1111

**You can also contact your local
children's social care services if you
are worried about a young person.**

SAMARITANS

24/7 support for young people in crisis

Tel: 116 123

MORE SUPPORT FOR YOUNG PEOPLE

refugeecouncil.org.uk

hubofhope.co.uk

youngminds.org.uk

ARE YOU LISTENING?

FGM NAMES

Khitan

Tahoor

Niaka

Tahara

Sunnah

Circumcision

Halalays

Gudiniin

Ibi

Ugwu

Bondo

These are some of the names for female genital mutilation / cutting

