



## 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

### THE FORCED MARRIAGE UNIT

Forced marriage support / advice

Helpline Monday to Friday 9am - 5pm

Tel: 020 7008 0151

Email: [fmu@fco.gov.uk](mailto:fmu@fco.gov.uk)

### NSPCC FGM HELPLINE

Female genital mutilation support /  
advice

Tel: 0800 028 3550

Email: [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.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](http://refugeecouncil.org.uk)

[hubofhope.co.uk](http://hubofhope.co.uk)

[youngminds.org.uk](http://youngminds.org.uk)

# ARE YOU LISTENING?

## FGM NAMES

**Khitan**

**Tahoor**

**Niaka**

**Tahara**

**Circumcision**

**Sunnah**

**Halalays**

**Gudiniin**

**Ibi**

**Ugwu**

**Bondo**

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

