

Welfare Information

1. Help for you

If you are being investigated, the next days are likely to be very tough. You may feel scared, ashamed, alone or trapped, or a sense of shock. These feelings can lead to people feeling desperate or having thoughts about harming themselves.

There is support to help you deal with today and tomorrow and there is also support to help make decisions in the weeks ahead. We include below details of third party organisations who are not affiliated with or instructed by the police, but can offer specialist support and advice services which you may find helpful.

Your welfare is very important to us, so if you find yourself struggling to cope, please consider one of these options:

- If you were seen by **Liaison and Diversion (L&D)** during your police contact then speak to your L&D Practitioner. If you were not, then you can request a meeting to get their help. L&D are an NHS-funded service for people in contact with the criminal justice system. L&D can offer you a full assessment of your situation, including your health and social care needs and they can help you to access support and treatments, if required.
- contact **your GP for an emergency appointment**
- you can always **call 999 for an ambulance** if you need immediate help

2. Specialist support and advice services

- **Stop It Now! national helpline – confidential specialist support**
 - Our experienced advisors work with thousands of people arrested each year for illegal online behaviour
 - We support those arrested as well as their family members
 - We can help you understand what's happening, what is likely to happen next, and help you start to work out some changes you want to make

You can talk to our experienced advisors on our confidential helpline, or if you're not ready to speak to someone yet you can use our live chat or send a secure message.

We can help you through the problems you're facing right now and support you over the coming months as a police investigation goes on. Our advisors won't judge, and along with our online self-help they can support you to understand and change any illegal online behaviour. You can remain anonymous and this service is free.

Further support through individual or group work programmes can be discussed.

Call **0808 1000 900** or visit stopitnow.org.uk/helpline

- **Safer Lives - Independent and specialist support**
 - Safer Lives is an independent agency led by former probation officers.
 - Specialist support for anyone under investigation for sexual offences, and their families.
 - Consultation within 7 days of you contacting us. Face-to-face in Leeds or via video call.

Our structured and personalised **Safer Lives Programme** helps you to understand and address your actions and provides information about the justice system.

"When I was arrested my world fell apart. I was terrified and knew nothing about what would happen. Safer Lives have helped me understand and navigate this incredibly difficult time. Their knowledge, compassion and experience has helped me rebuild my life and understand my behaviour" Client, Lancashire.

OFFICIAL

For an initial conversation: Call **0800 043 5987**. Text **07476 683012**. For an information sheet on our services and fees email info@saferlives.com. Visit www.saferlives.com for more information.

- STOP SO

STOP SO is a national team of therapists specifically trained to deal with the issues around this type of offending. We offer one to one therapy for anyone who is in your situation – facing police investigation. By contacting us online, or by phone we can, within a few days, assign a therapist for you to begin one to one face to face sessions or through virtual and secure means. Each therapist has their own practice and style.

Our aim is that therapy will help you develop an understanding of your current situation with all its ramifications, your behaviours that have led to this, and crucially to develop a way in which to manage your urges and impulses. We believe you can change by learning to manage triggers that resulted in this offending behaviour.

Please contact us at: info@stopso.org.uk or call **07473 299883**

The STOP SO organisation also offers an on-line support group for partners and family members: www.stopso.org.uk

- The Aurora Project

The Aurora Project is a charity which provides free group and 1:1 support, therapy & signposting service for adults who want to understand and manage the sexual thoughts they are having. We aim to provide therapy which will allow individuals the opportunity to understand their sexual thoughts and behaviours in a non-judgemental and supportive environment. The Aurora Project assists individuals in understanding their own patterns of behaviour, to find healthy ways to manage difficult thoughts and emotions, and to live a positive life for the future. We work with clients who are motivated towards change and who feel able to make use of group or individual therapy. The service runs from the Corbett Centre in the centre of Nottingham but is currently being delivered online: www.saferlivingfoundation.org

Call **0115 848 4707** (leave a voicemail) or email: slfprevention@ntu.ac.uk

3. Other helplines

- 1. Samaritans** (If you need someone to talk to, they listen. They won't judge or tell you what to do) Call 116123 for free (24 hours a day) or email jo@samaritians.org (reply within 24 hours)
- 2. SANEline** (If you're experiencing a mental health problem and need support) Ring 0300 305 7000 (4.30pm to 10.30pm every day)
- 3. Mind** (you can ask about mental health problems, where to get help and treatment options) Ring 0300 123 3390 (9am to 6pm Mon to Fri) or email info@mind.org.uk

4. Checklist of useful local contacts:

Your GP name and contact information:

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Local Liaison and Diversion service:

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Local mental health crisis services:

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