

A woman with dark, curly hair is shown in profile, looking upwards and to the left while holding a black mobile phone to her ear. She is wearing a grey knit cardigan over a pink top. The background is a plain, light grey wall.

We listen, we believe, we never judge.

# “Let’s Talk About it”

Free & confidential support for  
survivors of sexual violence and abuse.

0808 801 0305

**solace**

rape crisis

[solacewomensaid.org](https://solacewomensaid.org)

# Free & confidential support for survivors of sexual violence and abuse.

The North London Rape Crisis Helpline is a free, anonymous service available to women and girls aged 13+ who have experienced any form of sexual violence at any time in their lives.

We offer a safe and non-judgemental space for women, whether they are already receiving support, awaiting counselling, or speaking out for the first time.

We also provide support and advice for the friends and family of survivors, as well as professionals working alongside them.



Call Freephone 0808 801 0305

Mon	10am - 2pm
Tues	10am - 2pm & 6pm - 8pm
Wed	1pm - 5pm
Thurs	1pm - 5pm
Fri	10am - 2pm



0808 801 0305



rapecrisis@  
solacewomensaid.org



solacewomensaid.org

## Let's talk about it.

If you are in immediate danger  
call the police on 999

Solace Women's Aid is a charity registered in England & Wales.  
Charity Number 1082450. Company Number 03376716

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