

# 24/7 support

**Need to talk? Struggling to sleep?  
Not yourself after crime?**

Victim Support is an independent charity dedicated to supporting people affected by crime and traumatic events in England and Wales.

Our specialist teams support people to cope until they feel they are back on track with their lives.

You don't have to report a crime to get our help.

## **If you want to talk**

For support over the phone call our Supportline any time on **08 08 16 89 111**

## **If you want to chat online**

To use our live chat service visit **[victimsupport.org.uk/live-chat](https://victimsupport.org.uk/live-chat)**

## **If you want to support yourself**

Access *My Support Space* – an interactive platform containing self-support guides **[mysupportspace.org.uk/moj](https://mysupportspace.org.uk/moj)**

**All these services are free,  
confidential and available 24/7.**



**[victimsupport.org.uk](https://victimsupport.org.uk)**