

# Services Supporting Families of Child Sexual Abuse Material (CSAM) Offending

2023/24

National Strategic Group for Indirect Victims of  
Indecent Images of Children Investigations



## About this document

This document provides a list of services which offer support to the family members and friends of those who have been arrested for online sexual offending. This list is composed of those services currently available at the time of publication (October 2023) – the list will be extended as new services develop.

Some family members may wish to know what services are available for the person who has offended online. As such, a further list of services for those who have offended online is also included.

**Please note that the inclusion of services in the lists does not represent endorsement, or otherwise, on the part of the National Strategic Group for Indirect Victims of Indecent Images of Children Investigations.**

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# An overview of services for friends and family

## The Lucy Faithfull Foundation and Stop It Now UK and Ireland

**The Lucy Faithfull Foundation's mission is to prevent child sexual abuse.**

We support individuals and families who have been affected by sexual abuse and we work closely with frontline workers and professionals to ensure children are as safe as they can be.


We run the anonymous Stop It Now UK and Ireland helpline which is a confidential place to get support about any child sexual abuse issues.

We can help you if you're worried about the behaviour of another adult or young person. And we take calls from those who are worried about themselves. We can support callers whether or not the police are involved.

 **Coverage:** Whole of UK

 **Website:** [www.lucyfaithfull.org.uk](http://www.lucyfaithfull.org.uk)

 **Website:** [www.stopitnow.org.uk](http://www.stopitnow.org.uk)

 **Helpline:** 0808 1000 900 (UK)  
0131 556 3535 (Scotland)  
+44 1372 847 161 (Republic of Ireland and international)

 **Email or live chat:**  
[www.stopitnow.org.uk/helpline](http://www.stopitnow.org.uk/helpline)


 **Online support for families & friends:**  
<https://www.stopitnow.org.uk/findhelp>

 **Family and Friends Forum:**  
<https://get-help.stopitnow.org.uk>

## Safer Lives

**At Safer Lives we work confidentially with people who are under investigation for online and other sexual offences - to reduce their sexual risk, prevent their potential suicide, and support their family networks. We commit to seeing people within seven days of their request for support.**

As former probation officers we understand the criminal justice system and maintain the highest judgement free, ethical and practice standards when supporting clients and their families. All our work is on a one-to-one basis, in person or over video call.


 **Coverage:** Online services (video calls) UK wide. In person services at our Leeds and West Midlands offices.

 **Website:** [www.saferlives.com](http://www.saferlives.com)

 **Telephone:** 0800 0435987

 **Text/WhatsApp:** 07476 683012

 **Email:** [info@saferlives.com](mailto:info@saferlives.com)

 **Address:** Leeds and Birmingham

 **Contacts:** Jenny Greensmith, Director and Andy Green, Director. Lucy Hooper, Communications Manager

## Talking Forward

**Talking Forward is a peer support group for anyone whose adult family member is being/has been investigated for an online sexual offence.**






Talking forward provides free face to face and online peer support groups (daytime and evening) for partners, ex-partners, parents and adult siblings of people under investigation, convicted and/or sentenced for online sexual offences. The aim is to provide emotional and practical support from the day of the warrant right through the criminal justice journey and beyond. Support is free and is not time limited.

-  **Coverage:** UK wide
-  **Website:** [www.talkingforward.co.uk](http://www.talkingforward.co.uk)
-  **Email:** [info@talkingforward.co.uk](mailto:info@talkingforward.co.uk)
-  **Address:** Face-to-Face groups in Leeds, online groups UK wide.

## Circles South East

**The Circles South East Hub is a collection of services designed to prevent sexual harm, and to reduce its impact.**






All our work is underpinned by the principle that resilient, confident people with positive relationships are unlikely to perpetrate sexual harm, can help protect vulnerable others from sexual harm, or are in a better position to recover from its after-effects.

-  **Coverage:** Online services nationally  
In person services in South East only
-  **Website:** [www.circlessoutheast.org.uk](http://www.circlessoutheast.org.uk)
-  **Telephone:** 01235 816050
-  **Email:** [hub@circlessoutheast.org.uk](mailto:hub@circlessoutheast.org.uk)  
[info@circlessoutheast.org.uk](mailto:info@circlessoutheast.org.uk)
-  **Address:** N/A

## Circles South West

**Circles South West's vision is 'No More Victims' of sexual abuse.**

We work directly with individuals who have sexually harmed and provide some complementary support services for non-abusive partners, ex-partners and adult family members so that they can help protect others from sexual harm.

-  **Coverage:** South West of England
-  **Website:** [www.circles-southwest.org.uk](http://www.circles-southwest.org.uk)
-  **Telephone:** 07717 442413
-  **Email:** [info@circlessw.org.uk](mailto:info@circlessw.org.uk)
-  **Address:** N/A

## Children Heard and Seen


**Children Heard and Seen support children and families impacted by parental imprisonment.**

We take a person-centered approach, tailoring our support to the needs of each family. We support families for as long as they need us, including support upon release of the imprisoned parent. We provide support to families in their own communities where possible, and are not tied to or funded by any prison related service.

-  **Coverage:** Online support nationally. In person support in Thames Valley region
-  **Website:** [www.childrenheardandseen.co.uk](http://www.childrenheardandseen.co.uk)
-  **Telephone:** 07557 339258
-  **Email:** [info@childrenheardandseen.co.uk](mailto:info@childrenheardandseen.co.uk)
-  **Address:** Hill End Outdoor Education Centre, Eynsham Road, Oxford, OX2 9NJ

## ACTS FAST

ACTS FAST provides support for non-abusive parents/ carers and adult family members of children who have suffered child sexual abuse or sexual assault and adult family members and partners of individuals who have accessed Indecent Images of Children (IIOC).

 **Coverage:** Online services for anyone in the UK. In person services in Dorset only

 **Website:** [www.actsfast.org.uk](http://www.actsfast.org.uk)

 **Telephone:** 01202797217

 **Email:** [info@actsfast.org.uk](mailto:info@actsfast.org.uk)

 **Address:** N/A

## Restitute

**Restitute supports 3rd party victims of crime – the parents, carers, partners, siblings and loved ones of people who have survived sexual abuse, sexual violence or other serious violence.**

We also support partners of those who have committed online sexual offences when they have made a decision to leave the relationship.

 **Coverage:** Nationwide

 **Website:** [www.restitute.org](http://www.restitute.org)

 **Telephone:** N/A

 **Email:** [ceo@restitute.org](mailto:ceo@restitute.org)

 **Address:** N/A

## Nepacs

**Nepacs provides support to prisoners and their families or significant others in the North East of England (as well as individuals impacted by the care system).**

For those impacted by the criminal justice system, Nepacs offers a wide range of support services from the point of arrest, at court, during a custodial sentence and on release.

 **Coverage:** Northeast England

 **Website:** [www.nepacs.co.uk](http://www.nepacs.co.uk)

 **Telephone:** 0800 012 1539

 **Email:** [support@nepacs.co.uk](mailto:support@nepacs.co.uk)

 **Address:** 20 Old Elvet, Durham  
DH1 3HW



# A detailed look at each service

## The Lucy Faithfull Foundation and Stop It Now UK and Ireland

**The Lucy Faithfull Foundation’s mission is to prevent child sexual abuse.**

Our anonymous and free Stop It Now UK and Ireland helpline is a confidential place to get support about any child sexual abuse issues.

We support partners, family and friends of people involved in online child sexual abuse. We also support people involved in the abuse to help them stop.

We can support you whether or not the police are involved.



|   |   |                              |
|---|---|------------------------------|
| <b>Services offered</b>                               | Anonymous helpline, live chat and secure email<br>Inform group work programme<br>Friends and Family Forum<br>Online self help   | Free<br>Free<br>Free<br>Free |
| <b>Eligibility</b>                                    | Anyone can use our helpline and our advisors can discuss access to follow-on services.  |                              |
| <b>Coverage</b>                                       | Whole of the UK   |                              |
| <b>Anonymous helpline, live chat and secure email</b> | <p>Our <b>helpline</b> can support anyone with a concern about child sexual abuse and its prevention. We encourage you to trust your gut and call, live chat or email us, whatever your worry. Our experienced advisors don't judge.</p> <p>You can <b>call the helpline for free from the UK, in English or Welsh, on 0808 1000 900</b>. If you're not ready to speak to someone yet you can use our live chat or send us a secure email.</p> <p>If you are in Ireland, you can call the helpline on +44 1372 847 161 (charges subject to your service provider).</p> <p>We can also arrange for an interpreter to join the call to translate over 200 languages. Our standard confidentiality policy applies and you will not have to provide any identifying information. All LanguageLine interpreters have undergone advanced security checks and are bound by a strict code of ethics, covering impartiality and non-disclosure.</p> <p>The helpline also supports anyone struggling with their own thoughts, feelings and behaviours towards children and anyone worried about a child or young person's sexual behaviour, including if they've got into trouble online.</p> | Free                         |

## The Lucy Faithfull Foundation and Stop It Now UK and Ireland (continued)

|   |   |             |
|---|---|-------------|
| <p><b>Inform group work programme</b></p> | <p>Our Inform programme is for partners, relatives and friends of anyone who has been arrested, cautioned or convicted for internet offences involving sexual images of children or sexual communication with children.</p> <p>We understand the devastating impact that sexual offending can have on families. Inform provides a safe, supportive and non-judgmental space. Here, participants can share and explore the emotional and practical impact, alongside those who are dealing with similar traumatic issues.</p> <p>Our programmes are run by specialist and experienced staff, and each group is made up of people affected by online sexual offending. The programme gives factual information about all aspects of online sexual offending, so that participants have more understanding of their loved one's offending and greater awareness of what to expect at different stages of the criminal justice process.</p> <p>Each programme runs for 5 sessions lasting up to two and a half hours each, with between 4 and 6 participants in a group. It is also possible for us to deliver a programme on a one-to-one basis, or make adjustments to suit a person's individual needs.</p> <p>Call our helpline to find out more or visit:<br/> <a href="https://www.stopitnow.org.uk/findhelp">https://www.stopitnow.org.uk/findhelp</a></p> | <p>Free</p> |
| <p><b>Online self-help</b></p>            | <p>Our website has information and advice about what happens when a loved one is arrested for online child sexual abuse offences. It can help you navigate the criminal justice system and focus on your own well-being.</p> <p>Find out more: <a href="https://www.stopitnow.org.uk/findhelp">https://www.stopitnow.org.uk/findhelp</a></p>  | <p>Free</p> |
| <p><b>Family and Friends Forum</b></p>    | <p>Our forum is a space for family members and friends of people who have been viewing sexual images of children or sexually communicating with a child online.</p> <p>Here you can seek support from others in similar situations, by anonymously sharing experiences, thoughts and knowledge.</p> <p>It can help you prepare for the next stage in the process and better understand the impact on you and your family. We recommend speaking to one of our helpline advisors before visiting the forum, as some content may be upsetting.</p> <p>Find out more:<br/> <a href="https://get-help.stopitnow.org.uk/family-and-friends/family-and-friends-forum">https://get-help.stopitnow.org.uk/family-and-friends/family-and-friends-forum</a></p>   | <p>Free</p> |
| <p><b>Resources</b></p>                   | <p><a href="https://www.stopitnow.org.uk/resources">https://www.stopitnow.org.uk/resources</a><br/> <a href="https://www.theupstreamproject.org.uk">https://www.theupstreamproject.org.uk</a></p>   | <p>Free</p> |
| <p><b>Contact details</b></p>             | <p><b>Website:</b> <a href="http://www.stopitnow.org.uk">www.stopitnow.org.uk</a><br/> <b>Telephone:</b> 0808 1000 900 (UK)<br/> 0131 556 3535 (Scotland)<br/> +44 1372 847 161 (Republic of Ireland and international)<br/> <b>Email or live chat:</b> <a href="http://www.stopitnow.org.uk/helpline">www.stopitnow.org.uk/helpline</a></p>  |             |



## Safer Lives

At Safer Lives we work confidentially with people who are under investigation for online and other sexual offences - to reduce their sexual risk, prevent their potential suicide, and support their family networks. We commit to seeing people within seven days of their request for support.

As former probation officers we understand the criminal justice system and maintain the highest judgement free, ethical and practice standards when supporting clients and their families. All our work is on a one-to-one basis, in person or over video call.



|   |   |   |
|---|---|---|
| <b>Services offered</b>                       | Initial support call  | Free  |
|   | Safer Lives programme (23+)<br>Transitions programme (16+)<br>Professionals' programme for those working with a regulated body e.g. police officers, medics, teachers.  | Sliding scale of fees for all services.                 |
|   | Family and partner consultations<br>INSIGHT - Protective parenting programme (1-1)  | Funded by Children's Services, the client or Legal Aid. |
|   | Continued support via phone, email, text.   | Free  |
| <b>Eligibility</b>                            | All individuals over 16   |   |
| <b>Coverage</b>                               | Online services (video calls) UK wide.<br>In person services at our Leeds and West Midlands offices.  |   |
| <b>Initial consultation</b>                   | We offer an initial one-to-one consultation within seven days of someone contacting us. At these one-hour sessions our experienced practitioners aim to help stabilise the client's immediate well-being, offer initial advice, answer questions about the justice system, discuss other sources of support and explain how the Safer Lives Programme could help them address their behaviours.                                       | £60.00  |
| <b>INSIGHT protective parenting programme</b> | A 1-1 programme to run over 6-8 sessions (depending on need).<br>This psycho-educational programme addresses the impact on a partner, emotionally and practically, of the investigation/conviction.<br>Sessions explore several factors including the impact of arrest related trauma, consequences of criminal justice service involvement, motivations to offend, warning signs, and how to keep the family safe from further harm. | Sliding scale fees apply                                |

|  |   |        |
|--|---|--------|
| <b>Family and partner consultation</b>             | We offer family members and (ex) partners one-to-one consultations. During these sessions we offer advice, guidance and support as well as discussing others services suitable to the individual's needs.   | £60.00 |
| <b>Continued support via phone, email and text</b> | All our clients can contact us via phone, WhatsApp or text for continued support.   | Free   |
| <b>Resources</b>                                   | Numerous resources at <a href="http://www.saferlives.com">www.saferlives.com</a>  | Free   |
| <b>Contact details</b>                             | <p><b>Website:</b> <a href="http://www.saferlives.com">www.saferlives.com</a><br/> <b>Telephone:</b> 0800 0435987<br/> <b>Text/WhatsApp:</b> 07476 683012<br/> <b>Email:</b> <a href="mailto:info@saferlives.com">info@saferlives.com</a><br/> <b>Address:</b> Leeds and Birmingham<br/> <b>Contacts:</b> Jenny Greensmith, Director and Andy Green, Director. Lucy Hooper, Communications Manager.</p> |        |

## Talking Forward

Talking Forward provides peer support for anyone whose adult family member has been investigated for an online sexual offence.

The aim of the service is to provide emotional and practical support to people who are indirect victims of these offence types.



|                                  |  |              |
|----------------------------------|--|--------------|
| <b>Services offered</b>          | Initial support call<br>Peer group sessions (virtual or in person)   | Free<br>Free |
| <b>Eligibility</b>               | Anyone over 18 affected by an arrest for online sexual offences  | Free         |
| <b>Coverage</b>                  | UK wide  | Free         |
| <b>Initial telephone support</b> | We offer an initial call from one of our facilitators before signposting to the Teams or face to face peer groups we run.  | Free         |
| <b>Peer Group sessions</b>       | Virtual (Teams):<br>First Wednesday of the month 6.30 – 8.30 p.m.<br>Third Friday of the month 11 a.m. – 1 p.m.<br>In person (Leeds City Centre)<br>First Friday of the month 11 a.m. – 1 p.m.   | Free         |
| <b>Workshops</b>                 | We host regular online workshops with criminal defence solicitors, family lawyers, psychologists and independent social workers for you to ask the questions most concerning you right now.  | Free         |
| <b>Resources</b>                 | <a href="https://www.talkingforward.co.uk/resources">https://www.talkingforward.co.uk/resources</a>  | Free         |
| <b>Contact details</b>           | <b>Website:</b> <a href="http://www.talkingforward.co.uk">www.talkingforward.co.uk</a><br><b>Email:</b> <a href="mailto:info@talkingforward.co.uk">info@talkingforward.co.uk</a><br><b>Address:</b> Face-to-Face groups in Leeds, online groups UK wide. |              |

## Circles South East

The Circles South East Hub is a collection of services designed to prevent sexual harm, and to reduce its impact. All our work is underpinned by the principle that resilient, confident people with positive relationships are unlikely to perpetrate sexual harm, can help protect vulnerable others from sexual harm, or are in a better position to recover from its after-effects.



|                              |   |                 |
|------------------------------|---|-----------------|
| <b>Services offered</b>      | Counselling service   | Free            |
|                              | Restoring The Balance   | Free            |
|                              | Breaking the Cycle  | Free            |
| <b>Eligibility</b>           | Adults over 18 years  |                 |
| <b>Coverage</b>              | Online services nationally.<br>In person services in South east of England.   |                 |
| <b>Counselling Service</b>   | Up to 30 sessions for those impacted by sexual harm in any way. The sessions can be on a weekly or fortnightly basis and are mainly delivered online, however in-person sessions can be arranged in some circumstances.   | Free            |
| <b>Restoring the Balance</b> | This is a structured modular programme designed to enhance relationships within the families and support networks of people who have sexually harmed. Family breakdown and trauma are often cited as causal factors in sexual offending, whereas robust and trusting relationships with appropriate support networks have been proved to help prevent future abusive episodes. Professional assessments to assist Parole decisions, licence supervision and Child Protection processes can be provided. | Costs may apply |
| <b>Breaking the Cycle</b>    | Structured educative work for potentially protective carers of children where there are convictions or allegations of sexual harm in a family. The aims of Breaking The Cycle are to inform, empower and support participants. A 'Response to Intervention' report is provided which can assist in safeguarding decision making by statutory agencies.  | Costs may apply |
| <b>Resources</b>             | Coming soon   |                 |
| <b>Contact details</b>       | <b>Website:</b> <a href="http://www.circlessoutheast.org.uk">www.circlessoutheast.org.uk</a><br><b>Telephone:</b> 01235 816050<br><b>Email:</b> <a href="mailto:hub@circlessoutheast.org.uk">hub@circlessoutheast.org.uk</a><br><a href="mailto:info@circlessoutheast.org.uk">info@circlessoutheast.org.uk</a><br><b>Address:</b> N/A   |                 |

## Circles South West

Circles South West's vision is 'No More Victims' of sexual abuse. We work directly with individuals who have sexually harmed and provide some complementary support services for non-abusive partners, ex-partners and adult family members so that they can help protect others from sexual harm.



|                           |  |  |
|---------------------------|--|--|
| <b>Services offered</b>   | Breaking the Cycle<br><br>Inform programme   | Paid for or funded<br><br>Paid for or funded |
| <b>Eligibility</b>        | Adults over 18 years (with flexibility to support younger parents)   |  |
| <b>Coverage</b>           | South West of England  |  |
| <b>Breaking the Cycle</b> | Structured educative work for potentially protective carers of children where there are convictions or allegations of sexual harm in a family. The aims of Breaking The Cycle are to inform, empower and support participants. A 'Response to Intervention' report is provided. Circles Sout West is a Circles South East Approved Provider of Breaking the Cycle.   | Costs may apply                              |
| <b>Inform Programme</b>   | The Inform programme is a 5 session course for partners, relatives and friends of anyone who has been viewing online sexual images of people under 18. It offers a safe space in which people who are struggling with the emotional and practical impact of internet offending can bring their questions and anxieties and begin to explore them in a supportive environment. Circles South West is a Lucy Faithfull Foundation Approved Provider of the Inform programme. | Costs may apply                              |
| <b>Resources</b>          | Via Circles South East (Breaking the Cycle) and The Lucy Faithfull Foundation (Inform).  |  |
| <b>Contact details</b>    | <b>Website:</b> <a href="http://www.circles-southwest.org.uk">www.circles-southwest.org.uk</a><br><b>Telephone:</b> 07717 442413<br><b>Email:</b> <a href="mailto:info@circlessw.org.uk">info@circlessw.org.uk</a><br><b>Address:</b> N/A  |  |

## Children Heard and Seen

Children Heard and Seen support children and families impacted by parental imprisonment. We take a person-centered approach, tailoring our support to the needs of each family. We support families for as long as they need us, including support upon release of the imprisoned parent. We provide support to families in their own communities where possible, and are not tied to or funded by any prison related service.



|  |  |             |
|--|--|-------------|
| <b>Services offered</b>                              | <p>One to one support for children (in person in Thames Valley region, virtual in other parts of England and Wales)</p> <p>Support for parents and carers</p> <p>Peer group activity groups for children</p> <p>Volunteer mentoring</p> <p>Online support and activities</p> <p>Summer Residential</p>   | <p>Free</p> |
| <b>Eligibility</b>                                   | <p>For children, parents and carers where a parent is in prison.</p>   |             |
| <b>Coverage</b>                                      | <p>Online support nationally.</p> <p>In person support in Thames Valley region.</p>  |             |
| <b>One to one support for children</b>               | <p>We provide targeted support for children and young people to explore and understand their emotions surrounding their family member in prison. This can be delivered in person to families in the Thames Valley region and online via Zoom to families in other parts of England and Wales.</p> <p>Examples of our 1:1 support include: therapeutic support through Drawing &amp; Talking; exploring creativity and emotions through our Music Project; photo-book/memory box making; letter-writing support using our own designed templates.</p>   | <p>Free</p> |
| <b>Support for parents and carers</b>                | <p>We support parents around all aspects of parental imprisonment, including how to tell children they have a parent in prison, issues around contact and visits and support around release as this is often the most stressful time for families. Our support is for the non-offending parent, whether or not they are still in a relationship with the parent in prison.</p> <p>Parents have the opportunity to meet others in a similar situation and form peer-support groups, aided by our trained staff. We currently run a weekly peer support group led by two of the carers we support.</p> | <p>Free</p> |
| <b>Peer support and activity groups for children</b> | <p>We provide peer support work and group work for children with a parent in prison. These sessions combat feelings of shame by showing children that they are not alone. By speaking with other young people, children are able to share coping strategies and manage complex emotions surrounding their parent's imprisonment. This improves the emotional wellbeing of children who attend, allowing them to maximise their own potential in other areas. Sessions can be delivered online or in person.</p>  | <p>Free</p> |

|                                      |  |      |
|--------------------------------------|--|------|
| <b>Volunteer mentoring</b>           | <p>To help children process emotions with a neutral person outside of the family. Through our volunteer mentorship scheme, responsible adults are matched with children based on common interests, age, and the individual needs of the child. A mentor helps to ensure that a child has the opportunity to try new things, access resources and develop life skills, whilst also acting as a positive role model.</p> <p>Our mentors provide support for a child over a period of six to twelve months.</p> | Free |
| <b>Online support and activities</b> | For children   | Free |
| <b>Activity days</b>                 | Including our annual Summer Residential.   | Free |
| <b>Resources</b>                     | We have created our own workbook, made in consultation with young people, which covers each stage of the sentence from arrest to release. We also have letter templates, designed to make contact with the parent in prison easier. <a href="https://childrenheardandseen.co.uk/resources/">https://childrenheardandseen.co.uk/resources/</a>  |      |
| <b>Contact details</b>               | <p><b>Website:</b> <a href="http://www.childrenheardandseen.co.uk">www.childrenheardandseen.co.uk</a><br/> <b>Telephone:</b> 07557 339258<br/> <b>Email:</b> <a href="mailto:info@childrenheardandseen.co.uk">info@childrenheardandseen.co.uk</a><br/> <b>Address:</b> Hill End Outdoor Education Centre, Eynsham Road, Oxford, OX2 9NJ</p>  |      |



## ACTS FAST

ACTS FAST provides support for non-abusive parents/carers and adult family members of children who have suffered child sexual abuse or sexual assault and adult family members and partners of individuals who have accessed Indecent Images of Children (IIOC).



|                                      |   |                                |
|--------------------------------------|---|--------------------------------|
| <p><b>Services offered</b></p>       | <p>We only work with adults, 18 years and above.</p> <p>We currently have three support services available for clients, both online and in person:</p> <ul style="list-style-type: none"> <li>- Trauma Support Service</li> <li>- Counselling Service</li> <li>- Brighter Futures Peer Led Support Groups</li> </ul> <p>Our services provide a phased approach to recovery. Each service involves psychoeducation and integrates different techniques and ways of working. Our aim is that the client moves through each service consecutively.</p> | <p>Free, donations welcome</p> |
| <p><b>Eligibility</b></p>            | <p>Adults over 18 years</p>   |                                |
| <p><b>Coverage</b></p>               | <p>Online services for anyone in the UK.</p> <p>In person services in Dorset only.</p>  |                                |
| <p><b>Trauma Support Service</b></p> | <p>A 10 week, 1 to 1, trauma informed service providing stabilisation, psychoeducation and support. The goal of this support is to help the client create stability in the here and now, understand the impact of trauma through psychoeducation and develop healthy coping strategies.</p> <p>Online or in person.</p>   | <p>Free</p>                    |
| <p><b>Counselling Service</b></p>    | <p>A 24 week, 1 to 1, person centered, trauma informed service offered to clients after they have completed our Trauma Support Service Programme.</p> <p>Online or in person.</p>   | <p>Free</p>                    |

|   |  |             |
|---|--|-------------|
| <p><b>Brighter Futures Peer Led Support Group</b></p> | <p>A 12 week, peer led group that runs either face to face or online. The group is facilitated by an experienced counsellor who specialises in trauma. The group has a maximum of 8 members and each session lasts up to 90 minutes. Group members will have completed both our Trauma Support Programme and Counselling Programme.</p> <p>The main goal of Brighter Futures is to reduce isolation, promote wellbeing and help develop integration, meaning and post traumatic growth. This is achieved through the sharing of experience, feelings and coping strategies that have supported them through their journey and discussions of the future.</p> <p>Online or in person.</p> | <p>Free</p> |
| <p><b>Resources</b></p>                               | <p>Will be available soon</p>  |             |
| <p><b>Contact details</b></p>                         | <p><b>Website:</b> <a href="http://www.actsfast.org.uk">www.actsfast.org.uk</a><br/> <b>Telephone:</b> 01202797217<br/> <b>Email:</b> <a href="mailto:info@actsfast.org.uk">info@actsfast.org.uk</a><br/> <b>Address:</b> N/A</p>  |             |

## Restitute

If you are caring or supporting someone who has been a victim of a violent or sexual crime, then Restitute is here to provide support and information for you.



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|--------------------------------|--|-------------|
| <p><b>Services offered</b></p> | <p>Restitute provides emotional, practical and therapeutic support including:</p> <ul style="list-style-type: none"> <li>• A dedicated support worker for every family.</li> <li>• A service that is independent of any existing services offered to survivors and that is confidential and a safe space for carers and parents.</li> <li>• Person-centred and trauma informed – a solution-focused organisation using practical support, advocacy, and action-planning to support the needs of people caring in traumatic circumstances.</li> <li>• A problem-solving ‘doing’ organisation that avoids signposting because we know carers are too busy and don't prioritise their own needs.</li> <li>• Focused on recovery, recognising the needs of all those living with, or caring for, someone who has survived trauma.</li> </ul> | <p>Free</p> |
| <p><b>Eligibility</b></p>      | <p>For parents / partners who have made the decision to leave an abusive partner.</p>  |             |
| <p><b>Coverage</b></p>         | <p>Nationwide</p>  |             |
| <p><b>Resources</b></p>        | <p>The website has practical advice and information for self-support. A high intensity service is available for those wanting more personal support and guidance.</p>  |             |
| <p><b>Contact details</b></p>  | <p><b>Website:</b> <a href="http://www.restitute.org">www.restitute.org</a><br/> <b>Email:</b> <a href="mailto:support@restitute.org">support@restitute.org</a></p>  |             |

## Nepacs

Nepacs provides support to prisoners and their families or significant others in the North East of England (as well as individuals impacted by the care system).

For those impacted by the criminal justice system, Nepacs offers a wide range of support services from the point of arrest, at court, during a custodial sentence and on release.

Nepacs has a wide range of volunteering opportunities across all projects.










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| <b>Services offered</b>  | <ul style="list-style-type: none"> <li>• Nepacs helpline providing support to anyone impacted by the criminal justice system in the north east</li> <li>• Support at Northeast Crown Courts for defendants and their families/significant others.</li> <li>• Support for visitors to Northeast prisons and specialist family support.</li> <li>• Support for children and young people with a parent or loved one in prison.</li> <li>• Pre-release programmes for prisoners and their families, and support on the day of release.</li> </ul> | Free |
| <b>Eligibility</b>   | Anyone impacted by the criminal justice system in the Northeast of England.  |      |
| <b>Coverage</b>  | Northeast England.   |      |
| <b>Nepacs Helpline</b>   | For anyone impacted by the criminal justice system living in the Northeast.  |      |
| <b>Support at Northeast Crown Courts for defendants and their families/significant others.</b> | For defendant's families attending north east Crown Courts. Access by calling the Nepacs support at courts listening service (details on the website) or by speaking to a volunteer at court.  |      |
| <b>Support for visitors to Northeast prisons and specialist family support.</b>                | For anyone with a loved one in a Northeast prison. Access by contacting the prison visitors centre or family support.  |      |
| <b>Support for children and young people with a parent or loved one in prison.</b>             | Support for children and young people with a parent/loved one in prison in the Northeast – access by email youth@nepacs.co.uk.   |      |

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|---|--|--|
| <p><b>Pre-release programmes for prisoners and their families, and support on the day of release.</b></p> | <p>Available for prisoners and families/significant others in Northeast prisons. Access by contact with family support worker or departure lounge (depending on site).</p>   |  |
| <p><b>Contact details</b></p>   | <p><b>Website:</b> <a href="http://www.nepacs.co.uk">www.nepacs.co.uk</a><br/> <b>Telephone:</b> 0800 012 1539<br/> <b>Email:</b> <a href="mailto:support@nepacs.co.uk">support@nepacs.co.uk</a><br/> <b>Address:</b> 20 Old Elvet, Durham DH1 3HW</p> |  |


# Services for people who have offended

Please note that the inclusion of the below services in the list does not represent endorsement, or otherwise, on the part of the National Strategic Group for Indirect Victims of Indecent Images of Children Investigations.


| The Safer Living Foundation |   |  |
|-----------------------------|---|--|
| <b>Services offered</b>     | <p>The Aurora Project</p> <p>Group and 1:1 support, therapy &amp; signposting service for individuals who want to understand and manage the sexual thoughts they are having.</p> <p>The service provides informal support to partners of those receiving interventions.</p>   | <p>Free</p> <p>Online and in person</p> <p>Not time-limited</p>                      |
| <b>Contact Details</b>      | <p> <b>Coverage:</b> Whole of UK</p> <p> <b>Website:</b> <a href="http://www.saferlivingfoundation.org">www.saferlivingfoundation.org</a></p> <p> <b>Telephone:</b> 01949 80 3259</p> <p> <b>Email:</b> <a href="mailto:slfhmpwhatton@justice.gov.uk">slfhmpwhatton@justice.gov.uk</a></p> <p> <b>Address:</b> The Visits Centre, New Lane, Whatton, Nottingham NG13 9FQ</p> |  |

| The Lucy Faithfull Foundation and Stop It Now UK and Ireland |  |   |
|--|--|---|
| <b>Services</b>  | <p>Anonymous helpline, live chat and secure email</p> <p>Face to face support</p> <p>Inform plus group work programme</p> <p>Online self help</p>  | <p>Free</p> <p>Paid for</p> <p>Paid for</p> <p>Free</p>   |
| <b>Contact Details</b>                                       | <p> <b>Coverage:</b> Whole of UK</p> <p> <b>Website:</b> <a href="http://www.stopitnow.org.uk">www.stopitnow.org.uk</a></p> <p> <b>Helpline:</b> 0808 1000 900</p> <p> <b>Email:</b> <a href="mailto:help@stopitnow.org.uk">help@stopitnow.org.uk</a></p> <p> <b>Website:</b> <a href="http://www.stopitnow.org.uk/scotland/">www.stopitnow.org.uk/scotland/</a></p> <p> <b>Telephone:</b> 0131 556 3535</p> <p> <b>Email:</b> <a href="mailto:scotland@stopitnow.org.uk">scotland@stopitnow.org.uk</a></p> |  <p>From </p> |

## Safer Lives







|                         |   |   |
|-------------------------|---|---|
| <b>Services offered</b> | <p>Initial support call</p> <p>Safer Lives programme (23+)</p> <p>Transitions programme (16+)</p> <p>Professionals' programme for those working with a regulated body e.g. police officers, medics, teachers</p> <p>Continued aftercare appointments</p>  | <p>Free</p> <p>Services are paid for by Legal Aid Agency, social care or privately by client or our 'pay it forward' scheme.</p> <p>Sliding fee scale applies</p> |
| <b>Contact Details</b>  | <p>📍 <b>Coverage:</b> Online services (video calls) UK wide. In person services at our Leeds and West Midlands offices.</p> <p>🌐 <b>Website:</b> <a href="http://www.saferlives.com">www.saferlives.com</a></p> <p>☎️ <b>Telephone:</b> 0800 0435987</p> <p>☎️ <b>Telephone:</b> 07476 683012</p> <p>✉️ <b>Email:</b> <a href="mailto:info@saferlives.com">info@saferlives.com</a> <a href="mailto:jenny@saferlives.com">jenny@saferlives.com</a></p> <p>🏠 <b>Address:</b> 4 Oxford Place. Leeds. LS1 3AX</p>  |   |

## Circles South East







|                         |  |   |
|-------------------------|--|---|
| <b>Services offered</b> | <p>Circles of Support and Accountability for adults convicted of sexual offences. 12-18 months intensive volunteer support and holding to account facilitating safe integration into local community</p>   | <p>Referral from Police or Probation</p>  |
| <b>Services offered</b> | <p>Circles of Support and Accountability for young people (10 years plus) convicted of sexual offences and/or present with Harmful Sexual Behaviour. 12-18 months intensive volunteer support and holding to account, encouraging safe community involvement.</p>  | <p>Referral from Social Services, YOT, Probation, Police</p> <p>Costs may apply</p> |
| <b>Contact Details</b>  | <p>📍 <b>Coverage:</b> Online services nationally. In person services in South East only</p> <p>🌐 <b>Website:</b> <a href="http://www.circlessoutheast.org.uk">www.circlessoutheast.org.uk</a></p> <p>☎️ <b>Telephone:</b> 01235 816050</p> <p>✉️ <b>Email:</b> <a href="mailto:info@circlessoutheast.org.uk">info@circlessoutheast.org.uk</a></p> <p>🏠 <b>Address:</b> N/A</p>  |   |




## Circles South West

|                  |  |  |
|------------------|--|--|
| Services offered | Circles of Support and Accountability for adults convicted of sexual offences. 12-18 months intensive volunteer support and holding to account facilitating safe integration into local community  | Referral from Police or Probation  |
|                  | Circles of Support and Accountability for young people (10 years plus) convicted of sexual offences and/or present with Harmful Sexual Behaviour. 12-18 months intensive volunteer support and holding to account, encouraging safe community involvement  | Referral from Social Services, YOT, Probation, Police                                |
|                  | Inform Plus 10 session Groupwork Programme (Licenced by Lucy Faithfull Foundation) for adults arrested, cautioned, convicted of online sexual offences   | In person  |
|                  | Inform Young People (Licenced by the Lucy Faithfull Foundation) 1-2-1 10 hour intervention sessions for young people (13 plus) in trouble with the police or school for concerning online sexual behaviour.  | Referral from police, school, social services. probation                             |
| Contact Details  | <p> <b>Coverage:</b> South West of England</p> <p> <b>Website:</b> <a href="http://www.circles-southwest.org.uk">www.circles-southwest.org.uk</a></p> <p> <b>Telephone:</b> 07717 442413</p> <p> <b>Email:</b> <a href="mailto:info@circlessw.org.uk">info@circlessw.org.uk</a></p> <p> <b>Address:</b> N/A</p> |  |


## Circles North

|                  |   |   |
|------------------|---|---|
| Services offered | Circles North (delivered by Nepacs) provides services in the North-east (Northumberland, Tyne and Wear and County Durham), the North-west (Cumbria, Lancashire, Merseyside and Cheshire), Yorkshire (North Yorkshire, York and West Yorkshire).   | Free  |
|                  | Circles is a community rehabilitation programme for people who have caused sexual harm. Overseen by Circles UK, the programme offers supportive social networks for individuals committed to changing their behaviour and creating a positive future for themselves and others.   | Referral from Probation   |
| Contact Details  | <p> <b>Coverage:</b> North East of England</p> <p> <b>Website:</b> <a href="http://www.circles-uk.org.uk">www.circles-uk.org.uk</a></p> <p> <b>Telephone:</b> 07964 959999</p> <p> <b>Email:</b> <a href="mailto:cwatson@nepacs.co.uk">cwatson@nepacs.co.uk</a></p> <p> <b>Address:</b> 20 Old Elvet, Durham DH1 3HW</p> |  |


## Respond

|                         |  |   |
|-------------------------|--|---|
| <b>Services offered</b> | <p>Circles of Support and Accountability for autistic people and people with learning disabilities.</p> <p>Training and Consultancy for the networks supporting individuals who have committed online sexual offences.</p>   | <p>In person covering the Greater London area</p> <p>Training and Consultancy is offered nationwide</p> |
| <b>Contact Details</b>  | <p>📍 <b>Coverage:</b> Whole of UK</p> <p>🌐 <b>Website:</b> <a href="http://www.respond.org.uk/circles-of-support-and-accountability-cosa">www.respond.org.uk/circles-of-support-and-accountability-cosa</a></p> <p>☎️ <b>Telephone:</b> 0207 874 5488</p> <p>✉️ <b>Email:</b> <a href="mailto:Lorenzo.picco@respond.org.uk">Lorenzo.picco@respond.org.uk</a></p> <p>🏠 <b>Address:</b> Lenta Space, 180/186 Kings Cross Road, London WC1X 9DE</p> |                      |

## StopSO

|                         |   |   |
|-------------------------|---|---|
| <b>Services offered</b> | <p>StopSO provides specialist therapy across the UK to people who have committed sexual offences and those who have yet to act on their 'troubling thoughts' as well as anyone affected by sexual abuse.</p> <p>We work with families, partners and survivors, helping them come to terms with their life experiences and trauma.</p> | <p>Paid for and funded groupwork and individual sessions.</p> <p>Funded places are time-limited to 12 weeks.</p> <p>Online and in person.</p> |
| <b>Contact Details</b>  | <p>📍 <b>Coverage:</b> Whole of UK</p> <p>🌐 <b>Website:</b> <a href="http://www.stopso.org.uk">www.stopso.org.uk</a></p> <p>✉️ <b>Email:</b> <a href="mailto:info@stopso.org.uk">info@stopso.org.uk</a></p> <p>🏠 <b>Address:</b> PO Box 2277, Gloucester, Gloucestershire GL3 9GP</p>  |    |

## The Association for the Treatment of Sex Addictions and Compulsivity (ATSAC)

|                         |  |   |
|-------------------------|--|---|
| <b>Services offered</b> | <p>A not-for-profit organisation that provides information and support on sex addiction and compulsivity.</p> <p>One to one therapy</p> <p>Treatment and support groups</p> <p>Support for partners</p> <p>Treatment centres</p> | <p>Paid for</p>   |
| <b>Contact Details</b>  | <p>📍 <b>Coverage:</b> Whole of UK</p> <p>🌐 <b>Website:</b> <a href="http://www.atsac.org.uk">www.atsac.org.uk</a></p> <p>✉️ <b>Email:</b> <a href="mailto:info@atsac.co.uk">info@atsac.co.uk</a></p>                             |  |