

# SUPPORT RESOURCES

If you have been affected by any of the issues raised in the exhibition, you can find support and practice advice from the following organisations:

## Mental Health

<a href="#">Mind</a>	Seeking help for a mental health problem — a guide to taking the first steps.
<a href="#">Samaritans</a>	If you're worried about your mental health.
<a href="#">Give Us a Shout</a>	Online resources and support / Text service 85258, 24/7.
<a href="#">Citizens Advice</a>	National charity and network of local charities offering confidential advice online, over the phone, and in person, for free.
<a href="#">Heads Together</a>	If you need support with your mental health but don't know where to turn, our Heads Together Charity Partners are there for you.

## Support For Victims Of Abuse

<a href="#">Rape Crisis</a>	A support service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence – at any point in their life.	0808 500 2222
<a href="#">Sistah Space</a>	A support service for African and Caribbean heritage women affected by domestic & sexual abuse.	020 7846 8350 (Monday–Friday 11am–5pm)
<a href="#">Childline</a>	A free, private and confidential service for anyone aged 19 and under where you can talk about anything. Phone or message online.	0800 1111 (available anytime, day or night)