

WHEN IT HAPPENS TO YOU INFORMATION AND SUPPORT RESOURCE

This resource is intended for use by anyone who feels they have been affected by the content of the production “When It Happens To You”. This document provides information, not advice. The content is provided for general information only. It is not intended to, and does not amount to advice which you should rely on. If you have questions about any medical matter, you should consult your doctor or other professional healthcare provider without delay. If you think you are experiencing any medical condition you should seek immediate medical attention from a doctor or other professional healthcare provider. Although we have made reasonable efforts to make sure all the information contained in this resource is as accurate as possible, we cannot guarantee links to third party organisations have not been changed or updated since this document was produced.

All links include resources available to or tailored specifically for anyone that is non-binary and/or identifies as LGBTQIA+.

If you feel you are in crisis please call 999 or visit your nearest accident and emergency department.

RESOURCES

If you feel affected by the themes in this production, please find links to support below, this list is not exhaustive, please speak to a doctor or therapist if you are looking for further help. Anything underlined is a link to the referenced website, please continue reading for more resources on the next page.

General Mental Health Support Resources

A list of organisations to reach out to for help:

[Samaritans](#) - Call 116 123 (24/7)

[SHOUT](#) - Text SHOUT to 85258 (24/7)

[Hub of Hope](#) - national database of support services in UK

[Support Line](#) - emotional distress support

[Switchboard](#) - LGBTIQ+ helpline 0300 330 063

[NSPCC](#) - under 18s

WHEN IT HAPPENS TO YOU

INFORMATION AND SUPPORT RESOURCE

Suicide

Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. Or it can mean thinking about methods of suicide or making clear plans to take your own life.

[Samaritans](#) - Call 116 123

[The Listening Place](#)

[Suicide Prevention UK](#)

[Papyrus - under 35s](#)

[SOBS - support for individuals who have suffered a bereavement by suicide](#)

[Click here](#) to access information about supporting someone else who is feeling suicidal.

Sexual Assault

Sexual assault is a sexual behaviour or a sexual act forced upon a person. Sexual assault is an act of violence which the attacker uses against someone they perceive as weaker than them. It can happen to anyone at any age. Examples of sexual assault include rape and unwanted touching.

[Victim Support](#)

[Rape Crisis](#)

[SafeLine](#)

[Women's Aid](#)

[Galop](#)

[The Survivors Trust](#)

Alcohol Abuse

Alcohol misuse is when you drink in a way that's harmful, or when you're dependent on alcohol. Abusing alcohol can often lead to physical illness, breakdowns in relationships and trouble maintaining employment.

Drinkline- national alcohol helpline on 0300 123 1110

[Alcohol Change UK](#)

[Alcoholics Anonymous](#) helpline on 0800 9177 650

WHEN IT HAPPENS TO YOU

INFORMATION AND SUPPORT RESOURCE

Trauma

Trauma can develop after very stressful, frightening or distressing events. Everyone has a different reaction to trauma, so you might not notice any effects straightaway. When you encounter a trigger after trauma, a strong emotional and behavioural reaction comes over you. It's as if you are reliving that trauma all over again. The word "triggered" has become a popular term to describe anything that causes emotional discomfort. But for people who have experienced trauma, triggers can be terrifying and all-consuming.

[Assist Trauma Support](#)

[Trauma Breakthrough](#)

Drug Abuse

When you're addicted to drugs, you can't resist the urge to use them, no matter how much harm the drugs may cause. The earlier you get treatment for drug addiction (also called substance use disorder), the more likely you are to avoid some of the more dire consequences of the disease.

Drug addiction isn't about just heroin, cocaine, or other illegal drugs. You can get addicted to alcohol, nicotine, sleep and anti-anxiety medications, and other legal substances.

You can also get addicted to prescription or illegally obtained narcotic pain medications, or opioids.

[Talk to Frank](#)

[London Friend](#)

[We are with you](#)

[Narcotics Anonymous](#)

Kidnapping

abduction can be committed by parents or other family members; by people known but not related to the individual (such as neighbours, friends and acquaintances); and by strangers.

[Action Against Abduction](#)