

If you or someone you know has been affected by the themes explored in *Di and Viv and Rose*, or would like further support or information, we've put together a selection of links to different charities and organisations who can help –

Crisis provision and support services

Phone lines and live chats that you can access quickly, if you need someone to talk to:

Rape Crisis national support line - 0808 500 2222

Cruse Bereavement Support - 0808 808 1677

Shout – providing free, urgent mental health support – text 'shout' to 85258

To find out more about these organisations

Rape Crisis National Support line

www.rapecrisis.org.uk

0808 500 2222

Rape Crisis England & Wales is the feminist charity working to end child sexual abuse, rape, sexual assault, sexual harassment and all other forms of sexual violence.

Did something sexual happen to you without your consent? Or you're not sure? No matter when, where or how it happened, you can go to them. Their website has lots of information and support that can help – and they'll always listen to you and believe you.

Cruse Bereavement support

<https://www.cruse.org.uk/>

0808 808 1677

Grief can be overwhelming. You don't have to deal with it alone. Cruse offers expert bereavement and grief support in a variety of ways, including their phone helpline, staffed by volunteers who are trained in all types of bereavement and can help you make sense of how you're feeling right now.

Stonewall

<https://www.stonewall.org.uk/>

Stonewall is part of a vibrant, growing and global movement advocating for LGBTQ+ rights. Their work has driven positive change in public attitudes and public policy. They deliver campaigns, programmes and policy work that is focussed on achieving deep, sustainable change, through convening, collaboration and conversation.

Globally, we face increasing opposition to the belief that everyone deserves equal rights. It is more important than ever we stand firm and advocate for what we know to be true: Everyone, everywhere, deserves equal rights.

Shout

<https://giveusashout.org/about-us/about-shout/>

Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope. Anyone of any age, who is a resident in the UK, can text the service to access support.