

How Can We Help?



We support all adult victims of **intimate image abuse** and threat.



Intimate image abuse is when someone takes or shares private sexual photos or videos of you without **consent**.

Consent is being asked if you agree to something. This means saying yes or no.



We work across the United Kingdom.



Intimate means personal and private.



You can get one to one advice and support from the helpline.

PRIVATE



This will be private with no judgment.



We can help with reporting and removing photos and videos that have been shared online.



We work closely with many websites and are good at helping people to delete online photos or videos.



We can give you advice about community guidelines and policies on social media platforms.

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We can give you advice on what evidence you need to have and when you should tell the police.



We can help you to get free legal advice.



They can tell you about your rights and choices.



We can only help people aged 18 and over.



We can only support people who live in the United Kingdom.



We are not able to offer long term support or counselling.



We cannot report intimate image abuse to the police for you.



If you need advice from the police, you should ring the non-emergency police number 101.

An officer will return your call.