

Your first steps to getting the  
right support and advice

If you are being  
investigated for  
online sexual  
offences

We can  
support  
you

Get anonymous help  
0808 1000 900  
[stopitnow.org.uk/gethelp](https://stopitnow.org.uk/gethelp)

**Stop It Now!**

UK & IRELAND

Helping prevent  
child sexual abuse

## First reactions

**You will have been given this leaflet because you are under investigation for online sexual offences against children.** This may be the first time you have had contact with the police or criminal justice system, so this leaflet will take you through the next steps and the advice and support that is available to you.

“ I am glad that I called the Stop It Now! helpline - it was such a relief to be able to talk openly about what was happening, and to have a friendly voice on the end of the phone. ”

## You can talk to us

**We are a leading UK charity that offers support and guidance to anyone concerned about their own or someone else's sexual thoughts or behaviour towards children.** We help thousands of people each year who are in your situation and we can offer you non-judgemental advice and help to stop offending.

Our anonymous Stop It Now! helpline, live chat and secure email are available to anyone, including people under investigation for, or convicted of, viewing sexual images of children or having sexual conversations with children online (grooming).

You do not have to give any identifying information like your family name, address or telephone number. If you're not ready to speak to someone just yet you can use our confidential live chat or send us a secure email.

The experienced advisors on our helpline have a range of backgrounds including social and health care, counselling and psychology. They can give you confidential support and won't judge.

We can also help your partner, friends or family members. We won't share with them anything you have told us, and they don't have to know you've called. We will give them information, support and a safe space for them to talk about their thoughts, worries and concerns.

Visit [stopitnow.org.uk/gethelp](https://stopitnow.org.uk/gethelp) for more information or to get in touch.

**Call the Stop It Now! helpline on 0808 1000 900 or visit [stopitnow.org.uk](https://stopitnow.org.uk)**

## Taking care of yourself

**You may have negative thoughts, feel depressed or hopeless during or after the investigation. Sometimes you may experience feelings of panic or even think about harming yourself or committing suicide. These feelings are quite common but you shouldn't try to deal with them alone.**

It is very important that you find help and support to manage them. Reach out to friends and family, if you can. Our Stop It Now! helpline can offer you support through these challenging times and our website has self-help information.

You can also get mental health support from your GP and from organisations like the Samaritans who help by talking to people in times of crisis. There are tips on looking after yourself on the NHS website and links to accessing support: [nhs.uk/mental-health](https://www.nhs.uk/mental-health)

## How we can help you

Through our helpline, live chat and secure email, our experienced advisors can support you and:

- offer advice on how to manage stress and difficult thoughts during this time
- answer questions you have about your online behaviour
- help you to understand why and how you began to behave this way
- talk through the criminal justice process
- discuss the involvement of children's services, if relevant
- talk about what the investigation will mean for your family and friends
- provide advice on how to tell your family, friends and employer about the investigation
- explore relevant self-help resources when you are emotionally ready
- give you information about follow up services and how to access counselling.

## Changing your behaviour

After reading through this leaflet, you may want to start understanding your online behaviour. It can be difficult to talk about but the Stop It Now! helpline, live chat and secure messaging service offers a confidential and non-judgemental space to talk through and address it. Changing for the better and living an offending-free life starts with understanding your illegal behaviour. We've helped thousands of people and we can help you.

## Your friends and family

You might be worried about the impact of your behaviour and arrest on people close to you including partners and family members. This will be a shock for them but it does not mean that they will reject you or that your family will fall apart. But they will also need help and support and so please pass our on information to them.

Children's services might become involved if you have regular contact with children, including your own. The police will share information about the investigation so that a risk assessment can be completed. This may mean restrictions will be placed on any contact, especially during the investigation.

## Get in touch with us now

Talking to one of our advisors will help you get expert advice and support for your individual situation. At times the helpline can be very busy, but please keep trying.

If you're not ready to speak to someone, you can get in touch through our secure email or live chat: [stopitnow.org.uk/helpline](mailto:stopitnow.org.uk/helpline)

Our helpline, live chat and websites are available in other languages.

Whether you're ready to contact the helpline or not, you can also use our online self-help to begin to address and change your offending behaviour: [stopitnow.org.uk/gethelp](https://stopitnow.org.uk/gethelp)