

Stop It Now!

UK & IRELAND

Helping prevent
child sexual abuse

If you have been convicted for child sexual offences

Who we are

The Lucy Faithfull Foundation is a UK charity that offers support and guidance to anyone concerned about their own or someone else's sexual thoughts or behaviour towards children.

Our anonymous Stop It Now! helpline, live chat and email support thousands of people each year who are in your situation and we can offer you non-judgemental advice and support to help you navigate life after a conviction.

“ You helped me reflect on my learning from previous courses and provided me with further information to understand my previous behaviour better. I am really surprised by how much of an impact this has had, talking to someone who is not connected to me or my situation and who is non-judgemental. I think I understood the idea in principle, but experiencing it in practice is different. ” *A caller who has a sexual conviction*

When you get in touch you do not have to give any identifying information like your real name, address or telephone number. Our experienced advisors on our helpline have a range of backgrounds including social and health care, counselling and psychology. They won't judge and can also help support your partner, family or friends.

How we can help you

- offering advice on how to manage stress and difficult thoughts
- exploring our free online self-help modules so you can understand your past behaviour and put relapse prevention plans in place
- answering questions about moving forwards and building a better life
- discussing the ongoing involvement of Children's Services, if relevant
- talking about what your conviction will mean for your family and friends
- giving advice on how to tell your family, friends and employer about the conviction
- giving information about follow up services and counselling

Get confidential help
0808 1000 900



Scan or visit
stopitnow.org.uk/help

Taking care of yourself

After your conviction you might have negative thoughts, feel depressed or hopeless, feelings of panic or thoughts about harming yourself. It is very important that you find help and support to manage them and don't try to deal with these alone.

- Speak to friends and family if you can
- Our Stop It Now! helpline and online self-help can support you
- You can get mental health support from your GP and from organisations like the Samaritans
- The NHS website has tips on looking after yourself and links to more support: nhs.uk/mental-health