

Stop it now

You are not alone

If someone you know has been convicted of a child sexual offence

We can support you

From **LFF**

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 supports thousands of people each year and we can offer you non-judgemental advice to help you to make sense of what's going on.

When you get in touch, you do not have to give any identifying information like your real name, address or telephone number. Our experienced helpline advisors have a range of backgrounds, including social and health care, counselling, and psychology.

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Thank you so much for the support you've given me through a very difficult time. The help you gave was a lifeline for me and my family.

A family member of someone who called the helpline

Take care of yourself

It is important, that whilst you are dealing with this situation, you take care of your own physical and mental health. It is normal to feel low, alone or overwhelmed during this time. Everyone's situation is different, and our helpline can offer you an opportunity to talk through your thoughts and feelings. Talking to someone can help you stay calm and make well-informed decisions, whatever they are. As well as contacting our helpline, you may wish to speak with your GP for support. 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, email and chat, our experienced advisors can support you and talk you through:

- your mental health, self-care, and support
- the potential impact on family life
- the role of Children's Services, if relevant
- how to tell others when you feel ready
- understanding why people offend

Get confidential help
0808 1000 9000



Scan or visit
stopitnow.org.uk

Talking to one of our advisors will help you get expert advice and support for your situation. At times, the helpline can be very busy, but please keep trying. You can get more information, advice and support on our website: stopitnow.org.uk.

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Registered address: The Lucy Faithfull Foundation, 2 Birch House, Harris Business Park, Hanbury Road, Stoke Prior, Bromsgrove B60 4DJ.

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