

Stop It Now!

UK & IRELAND

Helping prevent
child sexual abuse

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

Who we are

The Lucy Faithfull Foundation is a leading UK charity that offers support and guidance to anyone concerned about a family member with a conviction for sexual offences involving children. We help thousands of people each year and we can offer you non-judgemental advice and help you to make sense of what's going on.

“ 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](#)

We are a confidential helpline and 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. We can help you talk through your worries, explore your situation and support you and your family through this challenging time. The experienced advisors on our helpline have a range of backgrounds including social and health care, counselling and psychology.

Taking care of yourself

It is really important that whilst you are dealing with this situation, you take care of your own physical and mental health. It is normal to experience a low mood at this time, and feel alone or overwhelmed. Everyone's situation is different, but the Stop It Now! 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 Stop It Now! 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, live chat and secure email, 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 900**Scan or visit
stopitnow.org.uk

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. Our helpline, live chat and websites are also available in other languages. You can get more information, advice and support on our website: stopitnow.org.uk.