



**OxfordAgainstCutting**  
ProtectingGirls&Women  
[www.oxfordagainstcutting.org](http://www.oxfordagainstcutting.org)

# Feeling Trapped?

**Being forced  
into marriage?**

**Worried about  
female genital  
mutilation (FGM)?**

**Being told you're  
bringing shame?**

**Call us, we're here to help:**

**NSPCC FGM Helpline: 0800 028 3550**  
24 - hour free advice, information and support on  
female genital mutilation.  
[fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk)

**Karma Nirvana: 0800 5999 247 (Mon – Fri 9am – 5pm)**  
Support for victims of honour-based abuse  
and forced marriage.  
[info@karmanirvana.org.uk](mailto:info@karmanirvana.org.uk)

**Forced Marriage Unit (FMU): 020 7008 0151**  
If you or someone you know is being forced  
into marriage.  
[fmu@fco.gov.uk](mailto:fmu@fco.gov.uk)

**Oxford Rose Clinic for FGM Survivors:**  
07767 671 406

**The Reading Rose Centre, Reading, for  
FGM survivors: [info@acre-reading.org](mailto:info@acre-reading.org)**

**Milton Keynes Multi-Agency Safeguarding  
Hub (MASH): 01908 253 169/ 253 170**  
(out of hours 01908 265 545)

**MK Act: 0344 375 4307**

**Call 999 if you or someone you know is in  
immediate danger of FGM or forced marriage.**

 **KARMA NIRVANA**  
Supporting victims of honour-based abuse  
and forced marriage