



OxfordAgainstCutting
ProtectingGirls&Women
www.oxfordagainstcutting.org

Feeling Trapped During Lockdown?

**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

Karma Nirvana: 0800 5999 247 (Mon – Fri 9am – 5pm)
Support for victims of honour-based abuse
and forced marriage.
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

The Reading Rose Centre, Reading, for
FGM survivors: info@acre-reading.org

Oxford Rose Clinic for FGM Survivors:
07767 671 406

MASH / Bracknell Forest Children's Services:
01344 352005

(Emergency Duty Team: 01344 786 543)

Berkshire Women's Aid: 0118 950 4003

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