



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 / Windsor and Maidenhead Children's
Services: 01628 683 150**
(Emergency Duty Team: 01344 786 543)

**The Dash Charity (Windsor and Maidenhead
domestic abuse services): 01753 549865**

**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