



**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.  
[fmufco.gov.uk](mailto:fmufco.gov.uk)

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