



OxfordAgainstCutting
ProtectingGirls&Women
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

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.
fmufco.gov.uk

Oxford Rose Clinic for FGM Survivors: 07767 671 406

Hampshire Multi-Agency Safeguarding
Hub (MASH) 0300 555 1384

Stop Domestic Abuse advice helpline
0330 016 5112

Victim Care Service
0808 178 1641

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