



**safeline**  
believe in you

## **#5MillionMen**

### Helpline and Online Support

1 in 6 men in the have been targets of rape or sexual abuse, that's 5 million men in the UK. Abusers don't discriminate – it can happen to any man, of any age, race, class or sexual identity. Contact our specially trained advisers for help, support and information. Men can also access FREE online or telephone counselling.

Call free on: **0808 800 5005**

Text us on: **07860 027 573**

Instant Message via [www.safeline.org.uk](http://www.safeline.org.uk)

Email: [support@safeline.org.uk](mailto:support@safeline.org.uk)

We are open:

Monday 10am-4pm

Tuesday 8am-8pm

Thursday 8am-8pm

Friday 10am-4pm

Saturday 10am-12 noon

Find out more at [www.safeline.org.uk](http://www.safeline.org.uk)