

# TEAM WALTHAM FOREST

# SAFE STREETS

## HAVE YOU BEEN AFFECTED BY A CRIME?

When there is violence in our community, it can have a significant impact on anyone – even if you weren't directly involved. You might feel angry, sad, confused or numb, or you might be worried about how somebody else is feeling.

It's important to remember that free, confidential help is available. The Council website has information, including:

- **what professional support is available**
- **quick ways to help yourself in the moment**
- **support for families, young people and LGBTQIA+ people**
- **copng with world news and global incidents.**

**Go to [walthamforest.gov.uk/mentalhealth](https://walthamforest.gov.uk/mentalhealth) or scan the QR code below using your phone camera.**

If you can't get online, you can walk into any of our libraries and a Council officer can help you. The mental health charity Mind also has excellent advice on dealing with trauma and finding support at [mind.org.uk/trauma](https://mind.org.uk/trauma)



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## ADDITIONAL SUPPORT IN YOUR COMMUNITY

You are entitled to help and support, even if you were not directly involved in a violent or traumatic incident. The following services are free and available for you to use:

### HATE CRIME

If you witness or are a victim of a hate crime, you can make a report to Stop Hate UK any hour of the day.  
Call **0800 138 1625** or text: **07717 989 025**  
In an emergency, call 999.

### VICTIM SUPPORT

Get in touch any time, for independent, free and confidential advice. Go to **victimsupport.org.uk** or call **0808 1689 111**

### YOUNG PEOPLE SUPPORT

Space4All is our service providing young people (ages 11 to 25) with a safe space to socialise and spend time in their neighbourhood:

Go to **walthamforest.gov.uk/space4all**

### VIOLENCE AGAINST WOMEN AND GIRLS

If you want confidential, judgement-free help or advice for yourself or someone else:

Email  
**vawg@walthamforest.gov.uk**  
or go to  
**walthamforest.gov.uk/vawg**

### DRUG/ALCOHOL SUPPORT

For help with substance issues including addiction to drugs, alcohol or smoking, go to:  
**walthamforest.gov.uk/drugs**

If you experience street harassment in Waltham Forest, you can let us know anonymously and get advice on support if you want it by downloading our Safe Streets app.