

Specialist help and support

Specialist help and support is available for anyone affected by sexual harassment, including:

- people who've experienced or witnessed sexual harassment
- employers handling sexual harassment complaints
- anyone accused of sexual harassment

Dealing with sexual harassment at work

To help you understand your rights and options, workers and employers can:

- [contact the Acas helpline](#)
- talk to your trade union or employers' association if you have one

Women who've experienced sexual harassment at work can get free legal advice from:

- [Rights of Women](#) – England and Wales
- [Scottish Women's Rights Centre](#)

Employers handling a sexual harassment complaint can read:

- [workplace sexual harassment guidance from the Equality and Human Rights Commission \(EHRC\)](#)

If you're struggling to cope and need someone to talk to, you can contact:

- [Samaritans](#)
- [LGBT Foundation](#)

Help after sexual assault or rape

You can get help and information from:

- [Galop](#) – LGBT+ sexual violence support
- [Rape Crisis England and Wales](#)
- [Rape Crisis Scotland](#)
- [The Survivors Trust](#)
- [SurvivorsUK](#) – for men and non-binary people affected by rape and sexual abuse
- [Victim Support](#) – in England and Wales
- [Victim Support Scotland](#)

[Find out about other help after rape and sexual assault on the NHS website](#)

To contact the police:

- call 999 in an emergency
- call 101 if it's not an emergency
- [report a crime online in England and Wales](#)
- [report a crime online in Scotland](#)

When you're reporting a crime, you can ask to speak to a specialist officer who's trained to deal with sexual violence.

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