

STOP RACISM NOW:

YOUR SAFE SPACE TO SHARE AND GET SUPPORT



Equality and Diversity UK

Introducing Our Confidential 24/7 Anti-Racism Support Service

Our service provides a safe, confidential, and supportive space for individuals experiencing racism to seek emotional support, share their experiences, and access valuable resources. We are here to listen, support, and empower anyone affected by racism.

Who We Support:

- Students in schools, colleges, and universities.
- Individuals experiencing or witnessing racism.
- Allies who want to support and learn.
- Staff members seeking to foster inclusive environments.

Why Is This Service Necessary?

Despite progress in tackling racism, many individuals continue to face discrimination. This service aims to:

- Offer an anonymous and safe platform to discuss experiences related to racism.
- Provide confidential emotional support from trained volunteers.
- Empower individuals with knowledge of their rights and effective ways to take action.
- Build a community of support and allyship, ensuring no one feels alone.

Our Commitment:

- We listen without judgment and provide a safe space for open conversations.
- Our service is completely confidential and free to access.
- We are here for you, no matter what you are going through.

“ Thank you so much. You are amazing.

”



What We Offer:

1. 24/7 Confidential Helpline:

- Speak to a trained volunteer anytime, day or night, to receive emotional support and guidance.

2. One-to-One Confidential Support:

- Talk privately with our trained listeners to explore your feelings and concerns in a safe space.

3. Peer Support Groups:

- Join group discussions where you can share experiences and advice with others facing similar challenges.

4. Digital Support Options:

- WhatsApp support for text-based assistance.
- Email support with a 24-hour response time.
- Online chat services for real-time support.

5. Educational Resources:

- Access reliable information on handling discrimination, understanding your legal rights, and reporting racism effectively.

6. Workshops and Awareness Events:

- Attend virtual workshops on racial awareness, self-care strategies, and allyship.

7. Advocacy and Reporting Assistance:

- Get support in reporting racism safely and effectively to institutions or external bodies.

How to Access Support:

1. Call Our Confidential Helpline: 0161 763 4783 or 07540 123 564.
2. Text Support on WhatsApp: 07540 123564
3. Email Support: - support@educ.uk



Your support has been immeasurable x

