

I feel really, really afraid. I can't talk about my rape.  
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It can be difficult for a rape victim to talk about their experience. That's why the Met, in conjunction with the NHS, set up three Havens across London. The Havens have a dedicated team trained to help victims, whether male or female, through this difficult time. They will offer you counselling and help collect any evidence. To find your nearest Haven **text HAVENS to 64118** or visit [thehavens.org.uk](http://thehavens.org.uk)



Working together for a safer London

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