

Experienced crime?

Victim Support is an independent charity dedicated to supporting people affected by crime and traumatic events in England and Wales.

Our specialist teams in Sussex support people to cope until they feel they are back on track with their lives. You don't have to report a crime to get our help.

If you want to talk

For support call us on **0808 168 9274** during 9am–5pm Monday to Friday, or call our 24/7 Supportline any time on **08 08 16 89 111**

If you want to chat online

To use our live chat service visit **victimsupport.org.uk/live-chat**

If you want to support yourself

Access *My Support Space* – an interactive platform containing self-support guides **mysupportspace.org.uk/moj**

We will always try to provide interpretation and translation support. All these services are free, confidential and available 24/7.

