



Support  
for You

**Stop It Now!**

SCOTLAND | ALBA

Helping prevent  
child sexual abuse

  
**upstream**  
PROTECTING THE NEXT CHILD

# How we can help you

## Stop It Now! Scotland is a child protection charity dedicated to preventing child sexual abuse.

We provide confidential support services to individuals:

- who are worried about their own sexual thoughts and feelings about children;
- who are worried about being at risk of sexual offending against children; and/or
- who are being investigated for online sexual offences such as accessing illegal images of children or grooming of children online.

We can support individuals at any stage of the criminal justice system, including those who have previously been involved with this system but who no longer receive support. We also work with those who have never had contact with the criminal justice system. Support about taking steps to prevent offending occurring or re-occurring can be provided on a named basis or anonymously. We also support friends and family members of individuals who are at risk of sexual offending.

We believe that these services help protect the next child from harm. We are committed to ensuring that all adults in Scotland can recognise and respond to concerns about the sexual abuse and exploitation of children and take steps to promote safety.

This leaflet contains information on where to seek help and support if you are concerned about your thoughts, feelings or behaviours, including online behaviour.

By addressing your concerns, you're taking the first steps in keeping children safe and accessing the right supports.

## Our confidential helpline

Our confidential UK helpline (0808 1000 900) is available for anyone with concerns about child sexual abuse. Callers do not need to give identifying information, so can remain completely anonymous. We speak to thousands of people every year who are worried about their thoughts, feelings or behaviours towards children, helping them take action to protect children and young people from sexual abuse and exploitation. We also have a secure messaging service (<https://contactus.stopitnow.org.uk>) allowing us to answer any questions you have in writing without you having to reveal your identity.

The Stop It Now! UK helpline may be the first step to getting the help you need and making real and lasting changes in your life. If you ask them to, helpline staff can pass your details to us at Stop It Now! Scotland based in Edinburgh for follow on support. Alternatively you can contact us directly on 0131 556 3535 for further information or advice.

## Upstream

We have created [theupstreamproject.org.uk](http://theupstreamproject.org.uk), a one stop online resource to help adults and communities in Scotland prevent child sexual abuse.

It is an easy to use, accessible guide to what to do if you are worried about your behaviour or the behaviour of another adult or a child. It provides practical accessible information on what to do in various situations related to the prevention of child sexual abuse.

## Online help

There are many sources of help and support available online. Our website, [stopitnow.org.uk](http://stopitnow.org.uk) has anonymous self help resources for anyone worried about their sexual thoughts or behaviour towards children and young people.

These resources are designed to help people cope with unwanted feelings and urges, and to manage problematic behaviour. There are also anonymous self-help resources on our website for people concerned about their online behaviour including those worried about looking at illegal online sexual images and grooming.

There are also sections for partners and family members so they can support you effectively.



## Group and individual work

We provide individual counselling, psychological therapies and direct support to individuals who are worried about their sexual thoughts and feelings to children – either in person at our office in Edinburgh or remotely. We also offer several group work programmes. The idea of group work can be quite daunting, but our services are provided in a non-judgemental and supportive environment. These programmes can help you move towards real change and understanding of behaviour.

### Inform Plus programme

This is a ten week programme for individuals who have been arrested or are under investigation for viewing child sexual abuse images online. This programme is particularly suitable for those who have not yet been sentenced.

### Breaking The Links programme

This is a ten week psycho-educational programme for individuals who are worried about their sexual thoughts towards children (offline or online), and have experienced trauma themselves.

**All of our services are free and available to anyone in Scotland.**

Visit our Stop It Now! campaign and helpline at:

**[stopitnow.org.uk/stop-it-now-scotland](https://stopitnow.org.uk/stop-it-now-scotland)**



**Facebook: [facebook.com/StopItNowScotland](https://facebook.com/StopItNowScotland)**



**Twitter: [@StopItNowScot](https://twitter.com/StopItNowScot)**



**YouTube: [@stopitnowukireland](https://www.youtube.com/c/stopitnowukireland)**



**LinkedIn: The Lucy Faithfull Foundation**

### Scotland National Office

Call the Scotland office direct on **0131 556 3535**

Call our UK helpline on **0808 1000 900**

Visit **[stopitnow.org.uk/scotland](https://stopitnow.org.uk/scotland)**

Email **[scotland@stopitnow.org.uk](mailto:scotland@stopitnow.org.uk)**

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