

## Rape Crisis Helplines in Other Languages

Bengali	0808 802 5565 North London Rape Crisis	Mon 10-4pm, Tues 2-7pm, Weds 10-1pm, Thurs 10-1pm, Fri 10-4pm
Dutch	0808 802 5565 North London Rape Crisis	Mon 10-4pm, Tues 2-7pm, Weds 10-1pm, Thurs 10-1pm, Fri 10-4pm
'Eastern European'	0207 683 1210 East London Rape Crisis	Thurs 10-1pm
Farsi (Persian)	0808 802 5565 North London Rape Crisis	Mon 10-4pm, Tues 2-7pm, Weds 10-1pm, Thurs 10-1pm, Fri 10-4pm
French	0808 802 5565 North London Rape Crisis	Mon 10-4pm, Tues 2-7pm, Weds 10-1pm, Thurs 10-1pm, Fri 10-4pm
Gujarati	0808 802 5565 North London Rape Crisis	Mon 10-4pm, Tues 2-7pm, Weds 10-1pm, Thurs 10-1pm, Fri 10-4pm
	0808 802 9999 South London Rape Crisis (Croydon)	Mon-Sun 12-2.30pm, 7-9.30pm
Hindi	0808 802 5565 North London Rape Crisis	Mon 10-4pm, Tues 2-7pm, Weds 10-1pm, Thurs 10-1pm, Fri 10-4pm
Kikuyu	0808 802 5565 North London Rape Crisis	Mon 10-4pm, Tues 2-7pm, Weds 10-1pm, Thurs 10-1pm, Fri 10-4pm
Konkani	0808 802 5565 North London Rape Crisis	Mon 10-4pm, Tues 2-7pm, Weds 10-1pm, Thurs 10-1pm, Fri 10-4pm
Mir Puri	01274 308270 Project Jyoti, Bradford Rape Crisis	Mon-Fri afternoon, Weds and Thurs evening
Patois	0808 802 5565 North London Rape Crisis	Mon 10-4pm, Tues 2-7pm, Weds 10-1pm, Thurs 10-1pm, Fri 10-4pm
Punjabi	01274 308270 Project Jyoti, Bradford Rape Crisis	Mon-Fri afternoon, Weds and Thurs evening
Swahili	0808 802 5565 North London Rape Crisis	Mon 10-4pm, Tues 2-7pm, Weds 10-1pm, Thurs 10-1pm, Fri 10-4pm
Tamil	0808 802 9999 South London Rape Crisis (Croydon)	Mon-Sun 12-2.30pm, 7-9.30pm
Turkish	0207 683 1210 East London Rape Crisis	Weds 1-4pm
	0808 802 9999 South London Rape Crisis (Croydon)	Mon-Sun 12-2.30pm, 7-9.30pm
Urdu	01274 308270 Project Jyoti, Bradford Rape Crisis	Mon-Fri afternoon, Weds and Thurs evening
	0808 802 9999 South London Rape Crisis (Croydon)	Mon-Sun 12-2.30pm, 7-9.30pm