

Useful Links

Tech Safety Tool & Home Tech Tool

<https://refugetechsafety.org/secure-your-tech/>

[Digital Breakup](#)

Protecting yourself online

<https://www.getsafeonline.org/personal/article-category/protecting-yourself>

<https://oursafetycentre.co.uk/>

<https://reportharmfulcontent.com/?lang=en>

<https://reportharmfulcontent.com/advice/other/further-advice/faqs/>

[Professionals Online Safety Helpline | SWGfL](#)

<https://criminalinjurieshelpline.co.uk/blog/securing-your-devices-after-you-leave-an-abusive-relationship>

<https://www.thecyberhelpline.com/guides-2>

Reporting Fraud

<https://www.actionfraud.police.uk/>

Revenge porn & Sextortion

<https://stopncii.org/>

<https://revengepornhelpline.org.uk/>

<https://www.avonandsomerset.police.uk/victims-witnesses-and-offenders/support-for-victims-of-sexortion/>

Social media

[Keep my social media private guide | Refuge Tech Safety](#)

<https://socialmediavictims.org/cyberbullying/types/flaming/>

<https://www.youngminds.org.uk/young-person/coping-with-life/social-media-and-mental-health/>

Specific app safety centres

<https://support.tiktok.com/en/safety-hc>

<https://about.instagram.com/safety>

https://en-gb.facebook.com/help/443357099140264/?helpref=popular_articles

<https://help.snapchat.com/hc/en-us/requests/new?lang=en-GB&start=5153567363039232>

Support for victims of crime

[Home - Victim Support](#)

Support for victims of stalking or harassment

[Suzy Lamplugh Trust](#)

[Paladin - Get Support \(paladinservice.co.uk\)](#)