

## Racism and Extremism

CAAS abhors all forms of racism and extremism. There is specific support available to you if you have been affected by racist or far-right abuse.

**Tell Mama** is an active support service to report hate crime, particularly supporting Muslim communities. They also are providing advice on Mosque security.

<https://tellmamauk.org/national-mosques-security-panel/>

**Victim Support** responded to the violence and racist attacks by [offering services](#) to those impacted. Get support through their free Support line on 08 08 16 89 111, start a [live chat](#), or access [My Support Space](#) – a free, online resource to help you cope following crime.

**Migrants' Rights Network** have assembled a variety of London [local resource guides](#) to use alongside their [Know Your Rights Guide](#) in supporting migrant Londoners amid disinformation.

**Stop Hate UK** 'operates the UK's only free dedicated 24-hour anti-Hate Crime reporting service for all monitored strands of a person's identity or perceived identity'.

<https://www.stophateuk.org/>

**Spark & Co** is dedicated to racialised people and communities, providing [resources](#) that support tailored education, information and connection.

**Bayo**, hosted by the Ubele Initiative CIC, is a digital directory that hosts Black-led initiatives, community groups and mental health services. <https://www.ubele.org/our-work/bayo>

The **Black, African and Asian Therapy Network (BAATN)** is the largest community of Counsellors and Psychotherapists of Black, African, Asian and Caribbean Heritage.

<https://www.baatn.org.uk/about/>

**Samaritans** are here to listen at any time of the day or night. Call 116 123 or visit

<https://www.samaritans.org/>

**Shout's** 24/7 crisis text support is there when you need immediate assistance. Text "SHOUT" to 85258 to start a conversation or visit <https://giveusashout.org/>

**Mind's** support line is open 9am to 6pm, Monday to Friday. Call 0300 102 1234 or visit <https://www.mind.org.uk/information-support/helplines/>

**Good Thinking** is London's online wellbeing service that supports anxiety, stress, low mood, sleep problems and other concerns. <https://www.good-thinking.uk/>

**Support • Educate • Empower**