If you need support

Help on a night out in Exeter, and afterwards

> **Whatever happened, it is not your fault.**

If you need help right now

Situation	What to do
In danger or very unwell	Call **999**.
In a bar or club	Tell staff or security. In many Exeter venues, you can **Ask for Angela** at the bar. Look for venues with a maroon Best Bar None plaque: Ask for Angela also operates in them.
On the street in the city centre	Find a yellow "Need Help" sign and call the CCTV Control Room on **01392 665008**, quoting the sign's reference number. Save the number in your phone.
Need somewhere safe to wait	**Exeter Safe Space**, St Stephen's Church, High Street. Free first aid, water, phone charging and a safe place to wait, on selected nights.
University of Exeter student	See the University's Stay Safe page.

Think you or a friend have been spiked?

According to NHS guidance, signs of spiking can include:

- suddenly seeming very drunk
- dizziness
- tiredness
- difficulty walking or moving
- feeling or being sick
- seeing things that aren't there

- problems with vision, such as blurred vision
- paranoia, a feeling of fear or distrust of others
- confusion
- memory loss

The signs often look like someone has had too much alcohol.

1. Tell staff and get somewhere safe. Call **999** if someone gets worse.
2. Stay with your friend.
3. Report it when you're safe, using the police spiking form or by calling **101**. Reporting soon gives the best chance of collecting evidence.
4. You can report on someone else's behalf, and it doesn't matter when it happened.
5. The police say you won't get in trouble for reporting if you had knowingly taken illegal drugs.

After rape or sexual assault

- **Devon & Cornwall Sexual Assault Referral Centre (SARC): 0300 303 4626**. Available 24 hours a day, 365 days a year, to anyone, regardless of age, sexual orientation or gender identity. There is a SARC in Exeter. You can get evidence recorded while you decide whether to report to the police. sarchelp.co.uk
- **Devon Rape Crisis and Sexual Abuse Services: 01392 204 174**. devonrapecrisis.org.uk
- Police advice on rape and sexual assault

Abuse because you're LGBTQ+

- **Galop**, the UK's LGBT+ anti-abuse charity: **0800 999 5428**, help@galop.org.uk. galop.org.uk
- If someone targets you because of your sexuality or gender identity, you can report it to the police as a hate crime.

Other ways to report

- **StreetSafe:** tell the police anonymously about a place where you felt unsafe. police.uk/streetsafe
- **Anti-social behaviour in Exeter:** report it to Exeter City Council.

Looking out for each other

Devon & Cornwall Police ask everyone to look out for themselves and their friends, and to report anything suspicious to staff or security.

Want to help make nights out safer for LGBTQ+ people?

Email **hello@outthere.org.uk** with "Safer Together" in the subject line. This inbox isn't checked all the time, so if you need help now, use the contacts above.