



inform

SOURCES OF SUPPORT

This leaflet is intended for victims and survivors of harm experienced in religious contexts. It is also intended to support their families, friends and witnesses of harm caused in religious settings. Professionals working to support people who have experienced harm may find this leaflet a helpful starting point and are welcome to contact Inform for further resources.

This leaflet sets out sources of support for people who have experienced harm in new and minority religious settings. Everyone seeking support is unique, with different experiences and needs. This document is intended as a directory towards sources of support that lie outside Inform's area of expertise.

Inform

Inform (Information Network Focus on Religious Movements), is an independent educational charity based in London, UK which provides information about minority religions and sects which is as accurate, up-to-date and as evidence-based as possible. We exist to prevent harm based on misinformation about minority religions and sects by bringing the insights and methods of academic research into the public domain. This directory is focused on the enquiries received by Inform and therefore concentrates on the UK, Europe and North America.

Inform does not define too precisely the terms 'minority religions' and 'spiritualities'. They are used to provide a common-sense starting point to cover what others have called 'cults', 'sects', 'new religious movements', 'non-conventional religions', 'alternative religions', 'spiritual movements', 'esoteric movements', and 'self-religions'.

NOTES

This leaflet is accurate at the time of issue but the services offered by these organisations may change over time and online links may become defunct. If this is the case, please contact us.

If your needs do not appear to be addressed by these organisations please contact Inform

www.inform.ac

inform@kcl.ac.uk

Tel: (+44)7848 1132

The services have been categorised both according to acuteness of need and alphabetical order. Many of the providers offer multiple services. This leaflet focuses on sources of support that are offered nationally rather than regionally though some regional offices are indicated. Please check the websites listed below if this document does not contain the contact details for the region in which you are based.

It may be that regional organisations are best placed to address certain needs.

Most of the advice offered is available for free. Telephoning 0800 numbers is free. Fees may be charged for accommodation in refuges and other services. You may be eligible to have legal fees covered by legal aid or arrange legal representation on a no-win no fee basis.

This leaflet does not include a directory of organisations that work with specific religious denominations. Harm may be experienced in any religious denomination, and by people from all backgrounds irrespective of age, gender, race, education or income.

If you feel at immediate risk call 999 in Britain (112 in Europe or 911 in the Americas) or go to a police station or a hospital with an Accident and Emergency (A+E) department. You can also call 111 or find your local mental health crisis team on the NHS website: <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

ABUSE IN MINORITY RELIGIONS

All organisations, including minority religions and spiritual groups, can come with imbalances of power. Minority religions and spiritual groups might have additional risk factors including fewer connections with society and hence less accountability to 'external' structures. Religious and spiritual elements, such as rituals, might entail a "handing over", "leap of faith", "submitting to a higher power", often relating to entities that are not visible or tangible. This makes the notion of emotional abuse highly complex; what you may find acceptable, normal and beneficial at one point may feel abusive and unacceptable at another, and this can add to the difficulty of navigating this.

It is wise to be vigilant about potential abuse from early on - keeping an awareness of additional risk factors that might be related to the less monitorable environment, for instance.

Noticing that you are being manipulated and emotionally abused in itself can be difficult since it can be gradually introduced or veiled. It is vital to see and listen to the early warning signs. It might help to see this as part of on-going self-care. Everyone deserves to feel valued, respected and safe. A simple indicator of abuse is that these things seem absent, changed or compromised.

What is Emotional/Psychological Abuse?

People can become subject to psychologically abusive individuals and systems in any organization – religious and spiritual groups, as well as the workplace, sports clubs, the entertainment industry, and political parties, to name a few. It is a sad fact of life. It does not make abuse acceptable or take away blame and responsibility of those guilty of committing such acts; but it might be a useful notion to keep in mind when exploring or trying out or joining a religious or spiritual group. Adopting a mental position which keeps the possibility of harm and abuse in mind can be useful and protective.

All types of abuse share more similarities than differences that divide them. Abusive experiences can make you feel as if you have lost your mind or a sense of who you are, or feel completely isolated in the world, humiliated, self-hatred, struggling with dealing with your feelings, or not being able to feel or think at all, maybe struggling to get up in the morning, feeling hopeless and even suicidal.

What is Spiritual Abuse?

Spiritual abuse has been defined by social psychologist, Lisa Oakley (2018), as "a form of emotional and psychological abuse. It is characterised by a systematic pattern of coercive and controlling behaviour in a religious context. Spiritual abuse can have a deeply damaging impact on those who experience it. This abuse may include: manipulation and exploitation, enforced accountability, censorship of decision-making, the requirement of secrecy and silence, coercion to conform, control through the use of sacred texts or teaching, the requirement of obedience to the abuser, the suggestion that the abuser has a 'divine' position, isolation as a means of punishment, and superiority and elitism."

Whilst developed in a Christian faith context, the concept has wider applicability and is increasingly being used both by survivors and in safeguarding contexts across different religious traditions.

Checklists for recognising emotional abuse:

- Feeling afraid of someone
- Someone threatening, belittling, or controlling you or pressurising you to do things you would rather not do or would not usually do. Someone making you feel uneasy.
- New feelings of self-loathing, guilt, doubt, helplessness, desperation.
- Confusion, brain fog, uncharacteristic fury and anger (which can be a sign of the presence of manipulation, denial or gaslighting).
- “Walking on eggshells”.
- Experiencing “splitting”. Abusive people or situations can bring with them black and white thinking, and irrational extremes; these can be within an individual’s psychology and/or expressed in the dynamics around the group perhaps causing, for example, rifts between you and your friends and family.
- A feeling of losing yourself or not knowing who you are anymore.
- Being love-bombed: If everything feels overwhelmingly positive it is a good idea to be vigilant.

More details here:

<https://www.helpguide.org/articles/abuse/domestic-violence-and-abuse.htm>

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>

Some basic first steps and well-being ideas:

- If possible, try to reach out to family or existing or former friends that seemed warm and stable, maybe ones that expressed concern about the group you joined.
- Find ways to exercise; there might also be community-run groups where you could join and meet people not connected with the group.
- Get your overall health checked by your GP; here you could also mention your experiences and state that you would like some professional psychological support.
- You can choose which GP to see, but if you are not comfortable with doctors or health workers, consider why this might be the case. Many health centres encourage taking someone with you, if that helps.
- The NHS has strict confidentiality guidelines, but you can ask for this not to be recorded in the notes. GPs can refer you on to mental health services.
- It is important to clearly state what is going on and what you would like help with.
- You may consider alternative therapies - but be sure to check carefully the therapist’s credentials and client satisfaction.
- If you have work, try to refocus on that, since distraction can be very powerful at this stage.
- If you do not have work, look for work unrelated to the group or volunteering opportunities.

- Limit or completely stop contact with the group and its members, difficult as this may seem.
- If struggling to get out of bed, set your alarm clock and go for a walk in the morning.
- Journalling: for example you could write down your feelings and/or experiences during the day on one sheet of paper, then put it in a drawer leave it there, and forget about it.
- Find and try abuse recovery groups, peer-led, run by the council or reputable organisations.
- Explore finding new hobbies or creative endeavours.
- Try to do or rediscover things that bring you enjoyment, fulfilment or just distraction.
- Write a list of things that can help you feel better, and keep it with you at all times.
- Keep a proactive mindset - you can alter your feelings, e.g. if sad call a friend, go for a walk.
- Read up on and foster positive relationships, set and keep good boundaries.
- Spending time in nature is often found helpful.
- Relax when stressed; e.g. taking a bath, exercising, watching TV.
- Eat and drink well.

DIRECTORY OF SERVICES

Below is a list of various organisations that offer support. It might be helpful to approach this list with a balance between self-protective monitoring and openness. Typical in the aftermath of spiritual abuse is the belief that one can only be understood and helped by a specialist or former member. However, someone who listens with non-judgmental empathy can make you feel very understood.

Be prepared not to get all the answers that you want, or to get specific advice in a therapeutic setting. Being able to deal with uncertainty or allowing time to make up your own mind, in collaboration with a professional, in a nuanced way, might be important as part of the process of getting better.

EMERGENCY AND GOVERNMENT SERVICES

This directory comes out of the enquiries received by Inform, which is based at King's College London, UK. Therefore, the information provided is most relevant to the context of the United Kingdom, with some groups relevant to European and North American contexts.

Police

If you, or people you are with, are at risk of immediate harm call the police.

Tel: 999 (emergency)

Tel: 101 (non-emergency)

Medical services

Contacting your General Practitioner (GP) is a useful step not only to report medical issues and receive medical care, but your GP may also be able to help you access further services and provide you with documentation.

Use your postcode to find a GP <https://www.nhs.uk/service-search/find-a-gp>.

The NHS telephone service '111' offers out of hours medical advice but in a medical emergency go to your nearest hospital Accident and Emergency (A&E).

Tel: 111 (non emergency)

Social services

'Social services' are local government services provided to the community, in particular children and vulnerable adults. Find your local council by entering your postcode in the central government portal <https://www.gov.uk/find-local-council>. Your local government website will direct you towards services including social care and support, housing and benefits. It should also contain information on further resources such as your local library and detail how to get documentation like birth certificates.

The National Health Service (NHS) sets out contacts for social services and charities here <https://www.nhs.uk/conditions/social-care-and-support-guide/>.

PRACTICAL SERVICES

Citizens Advice

Citizens Advice is a national charity and network of local charities that offer confidential advice online, over the phone and in person for free. They offer advice on many issues from benefits and housing to finance and debt, separation and divorce, gender violence and supporting witnesses in court through a Witness Service. They also help identify legal support and how to access it.

Find your nearest Citizens Advice by putting your postcode into this website

England <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>

Scotland <https://www.cas.org.uk/>

Northern Ireland <https://www.citizensadvice.org.uk/about-us/northern-ireland/>

Wales <https://www.citizensadvice.org.uk/wales/about-us/contact-us/contact-us/contact-us/>

Tel: (England) 0800 144 8848

Tel: (Scotland) 0800 028 1456

Tel: (Wales) 0800 702 2020

Tel: (Northern Ireland) 028 9026 2532

Shelter

Shelter is a national charity campaigning for homeless people and people with housing issues to have safe homes. Shelter provides advice on homelessness and housing issues through resources on their website (https://england.shelter.org.uk/housing_advice), a free emergency helpline for issues such as the risk of homelessness or risk of domestic abuse, and they provide free legal advice.

England, Scotland, Wales and Northern Ireland <https://www.shelter.org.uk/> and here for local centres in England:

https://england.shelter.org.uk/get_help/local_services.

Webchat https://england.shelter.org.uk/get_help

Tel: 0808 800 4444

DOMESTIC ABUSE AND SEXUAL ABUSE

Galop

Galop is the UK's LGBT+ anti-abuse charity. They work with and for LGBT+ victims and survivors of abuse and violence. They specialise in supporting victims and survivors of domestic abuse, sexual violence, hate crime, honour-based abuse, forced marriage, 'conversion therapies', and other forms of interpersonal abuse.

help@galop.org.uk

Tel: 0800 999 5428

National Domestic Abuse Helpline

The National Domestic Abuse Helpline offers support and advice including refuges and specialist services. They provide information and resources on spiritual abuse

<https://www.thehotline.org/resources/what-is-spiritual-abuse/>.

Live chat and British Sign Language live chat available

<https://www.nationaldahelpline.org.uk/>

Tel: 0808 2000 247

Palm Cove Society

Palm Cove Society provides specialist supported accommodation and outreach services to individuals in the Leeds area of the UK referred by the government. They support survivors of modern slavery and domestic violence. Their objective is to carry out activities to benefit communities, in particular refugees, asylum seekers, migrants, victims of modern slavery, human trafficking, forced marriage, honour-based violence, female genital mutilation (FGM), homeless people and women, men and children who have been subjected to domestic violence.

enquiries@palmcovesociety.com

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

Tel: 0113 2302271

Rape Crisis England & Wales

Rape Crisis is a charity working to end sexual violence and abuse. They provide specialist information and support to all those affected by rape, sexual assault, sexual harassment and other forms of sexual violence and abuse in England and Wales. They are the membership organisation for 39 Rape Crisis centres.

Find a local rape crisis centre and the national contact information here

<https://rapecrisis.org.uk/find-a-centre/>

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

Sexual Assault Referral Centres (SARCs)

Sexual Assault Referral Centres (SARCs) offer medical, practical and emotional support to anyone who has been raped or sexually assaulted or abused. They are staffed by doctors, nurses and support workers and available 24 hours a day.

Find your nearest SARC by using your postcode here <https://www.nhs.uk/service-search/other-health-services/rape-and-sexual-assault-referral-centres>.

The Survivors Trust (TST)

The Survivors Trust is a large umbrella agency for specialist rape and sexual abuse services in the UK. They provide a free and confidential helpline offering support and information to survivors of all types of sexual violence. The TST provides infrastructure support to their 120 member agencies who provide a range of services to survivors including counselling, support, helplines and advocacy for women, men, non-binary people and children. These agencies are mostly charities and are independent of the police.

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

Tel: 08088 010818

Women's Aid

Women's Aid was set up 50 years ago and supports women and children survivors of domestic abuse. Women's Aid offers support and advice via their website, email, chat and an anonymous Survivors' Forum for women over 18 who have been affected by domestic abuse to share their experiences and support one another

<https://survivorsforum.womensaid.org.uk/>

<https://www.womensaid.org.uk/> Live chat <https://chat.womensaid.org.uk/>

helpline@womensaid.org.uk

CHILDREN'S SERVICES AND ADULT SURVIVORS OF ABUSE

All of the above organisations also offer children's services or should be able to advise how to access children's services. Children's social services are offered through local government authorities (see social services above for finding your local council).

Barnardos

Barnardos are the largest children's charity in the UK set up by Thomas Barnardo in 1867. They support children, young people, parents and carers. Their website provides resources on many harms to children and sources of support.

<https://www.barnardos.org.uk/>

Childline

Childline was started in 1986 to help any young person under 19 in the UK and is now part of the National Society for the Protection of Children (NSPCC). Phoning Childline is free and does not show up on the phone bill. In addition to the phonenumber they also offer online chat and email support. They offer support for anything including abuse, bullying, your body, feelings, friendships, sex, home, school, work and families.

support@napac.org.uk

<https://www.childline.org.uk/> (for resources and message boards)

Tel: 0800 1111

The Children's Society

The Children's Society was founded in 1881 and provides support for young people who have experienced abuse, run away from home, struggle with mental health issues, are young carers, are at risk of being groomed and help refugees.

<https://www.childrenssociety.org.uk/>

supportercare@childrenssociety.org.uk

Tel: 0300 303 7000

National Association for People Abused in Childhood (NAPAC)

NAPAC support adult survivors of any form of child abuse. They provide information booklets online and in audio files (https://napac.org.uk/project_category/booklets/), legal advice and offer a free telephone support line.

<https://napac.org.uk/law-firms/>

Tel: 0808 801 0331

National Association for the Protection of Children (NSPCC)

The NSPCC are the national children's charity and have been operating for 130 years. They offer educational, therapeutic services and national helplines, as well as campaigns and research.

<https://www.nspcc.org.uk/>

Tel: 0800 800 5000

LEGAL SERVICES

Legal Aid

In civil cases you may be eligible to receive financial help with legal costs. You may need to share evidence of your income and legal issue. The UK Government website has a portal for checking whether you qualify for legal aid.

<https://www.gov.uk/legal-aid/eligibility>

The Law Society

The Law Society is the independent professional membership body for solicitors in England and Wales. It does not provide legal advice but its website provides general advice for the public on common legal issues and offers an online 'find a solicitor' service

<https://www.lawsociety.org.uk/public/for-public-visitors/>. The Law Society does not offer a helpline for members of the public.

www.lawsociety.org.uk

Association of Child Abuse Lawyers (ACAL)

ACAL is a company set up for the benefit of lawyers, experts and other professionals involved in the field of obtaining compensation for physical, sexual or emotional abuse of children and adults abused in childhood. They help survivors find a lawyer.

<https://childabuselawyers.com/about/>

Tel: 020 8390 4701

LEGAL FIRMS

Leigh Day

The UK-based law firm Leigh Day works for people who have been injured, discriminated against or had their human rights abused. Their specialisms include human rights and group claims and they have a team specialising in abuse <https://www.leighday.co.uk/our-services/human-rights/abuse-and-exploitation/meet-the-abuse-team/>.

<https://www.leighday.co.uk/forms/contact-leigh-day/>

Tel: +44 20 4502 8891

McAllister Olivarius

McAllister Olivarius specialise in employment, discrimination and sexual abuse and are based in London and New York. Carol Merchasin is head of McAllister Olivarius's Sexual Misconduct in Spiritual Communities practice.

<https://mcolaw.com/contact-us/>

Tel: UK +44 (0)20 3048 5959 or US +1 (833) 568-4080 (Toll-Free)

Slater and Gordon Lawyers UK

Slater and Gordon Lawyers UK specialise in personal injury and human rights and work on abuse cases. Richard Scorer is head of the abuse law and public inquiries team. He specialises in child and vulnerable adult abuse, human rights and public inquiries law. He is Head of Abuse Law and Public Inquiries at Slater and Gordon Lawyers (UK).

<https://www.slatergordon.co.uk/contact-us/>

Tel: 0330 107 6491 (this is a premium cost line; a call-back service is available on request and online chat is also available)

Hugh James

Hugh James are a full-service UK law firm. Kathleen Hallisey is the Senior Associate of the Abuse Team which covers abuse in religious organisations.

<https://www.hughjames.com/contact-us/>

Tel: 033 3016 2222

THERAPY

Therapies can help with mental health and psychosomatic issues and general well-being. There is a large range of therapies available such as psychological or talking therapies sometimes referred to as counselling, various forms of psychotherapy, as well as cognitive behavioural therapies (CBT) as well as art, music, drama and dance movement therapy.

Therapies can be offered face to face, in group settings, over the phone, by email or live chat. Therapies can be provided free of charge through the NHS or charities and are also available as a paid-for service.

When choosing the most appropriate therapy for yourself consider the different types available and your access (cost and proximity) and whether the therapist is a member of a professional body. Once you start a therapy it can be worth committing to a few sessions before deciding whether to continue with this therapist. If you find one therapist or type of therapy is not appropriate for you it's a good idea to try another.

You might have strong feelings that you need to find a specialist in 'spiritual abuse' and/or someone who knows about the group you have been involved with. Whilst some people might find this helpful, others might find it limiting or coming with a bias.

You can search the registers for practitioners in your area and see who catches your eye. Then check where they trained, and if this organisation trains people in being aware of their own prejudices (e.g. requiring therapists to do their own psychodynamic psychotherapy) and that makes it part of their code of ethics to be non-judgmental and aware and welcoming of diversity.

It is generally better when a practitioner hears what happened to you from you rather than via reading about the group or preconceptions about what you have gone through. People trained at good institutes should be, as part of their training, aware of interpersonal and group dynamics, including those concerning power, exploitation and control issues, to name but a few.

Pursuing therapy on the NHS via your GP is always worth a try. Being direct, open and assertive when describing what you would like help with will help get your point across and the GP understand and offer the best possible help.

Diagnoses are complex; sometimes they can be useful to get you the most tailored talking therapy or medication. They can also, however, pathologize what can be seen as appropriate reactions to difficult situations. Despite this, having an open stance to exploring what may be offered to you regarding assessments and specialised therapies can open ways to recover for you.

There are a number of options for pursuing counselling, depending on what you would like:

Option 1: If you primarily would like someone to listen to what you have been through and support you, then choosing a counsellor who is BACP accredited (with “MBACP accred” after their name, i.e. not just one-year training) might be a good start.

Option 2: If in addition to Option 1 you also wish to look at and improve patterns in you that can increase a vulnerability to these entanglements, then choosing a psychodynamic / psychoanalytic psychotherapist could help address this. UKCP and BPC have the highest criteria for inclusion on their lists, followed by BACP accredited (“MBACP accred” – note the distinction). You can see how it feels how they respond to your enquiry, including how you feel on the phone or email with them.

Option 3: In addition, you might want to explore other available therapies like art or music therapy which can also help explore issues and improve well-being.

THERAPY AND COUNSELLING SERVICES

NHS mental health services

In an emergency the NHS recommends you ‘call 999 or go to A&E now if someone’s life is at risk – for example, they have seriously injured themselves or taken an overdose; you do not feel you can keep yourself or someone else safe.’

For urgent mental health helplines in England the NHS offers an online service to identify the appropriate helpline. Use the following site to identify appropriate helplines

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>.

In non-emergency situations enter your postcode on this page to identify a local helpline as well as find listings of listening services <https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>.

The NHS offers a self-referral service or GP referral service to talking therapies

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>.

Professional Regulatory Bodies in order of requirements and stringency (low to high):

British Psychoanalytic Council BPC

BPC is a UK based professional association and accredited public register for psychoanalytic psychotherapy and is responsible for setting the standards required of the profession and considering concerns raised against their Registrants.

<https://www.bpc.org.uk/>

UK Council for Psychotherapy (UKCP)

The UKCP is a leading organisation for psychotherapists and psychotherapeutic counsellors in the UK. UKCP hold a register of therapists and you may wish to choose a therapist who is on that register. You can do so here:

https://psychotherapy.force.com/DirectoryApi_Directory?autonumber=SD-00000003&site=a0d24000001VW3nAAG

British Association for Counselling and Psychotherapy (BACP)

BACP is a professional membership association for members of the counselling professions in the UK. BACP provide resources on therapists and a directory for finding a therapist (<https://www.bacp.co.uk/about-therapy/we-can-help/>). You may wish to choose a counsellor who is a member of BACP, ideally an accredited member (MBAPC accred).

<https://www.bacp.co.uk/>

Organisations offering various types of mental health support:

There is also an extensive list here: <https://hubofhope.co.uk/>

Mind

Mind is a charity that campaigns for mental health. Its website offers lots of information and support resources here <https://www.mind.org.uk/information-support/>. They offer 'Infoline' (see below for the number), which offers confidential help for the price of a local call, and a legal line, which provides information on mental health related law to the public, service users, family members, carers, mental health professionals and mental health advocates. They help people find counsellors and provide information on drugs and treatments and tips for everyday living – on money, work, parenting.

<https://www.mind.org.uk/>

Tel: 0300 123 3393 (Infoline)

Tel: 0300 466 6463(Legal line)

Samaritans

Samaritans offer listening and support to people and communities in times of need, largely through a 24 hour free helpline that does not show up on your phone bill. Samaritans have been offering this service since 1953 with a motivation to prevent suicide.

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

Tel: 116123

Shout

Shout is a 24/7 text service, confidential and free on all major mobile networks, for anyone in crisis. They support people with anxiety, depression, suicidal thoughts, self-harm, panic attacks, abuse, isolation, bullying.

<https://giveusashout.org/>

Text: 85258

Relate

Relate provide relationship support in England and Wales through a network of licensed local counsellors. They offer relationship counselling, family counselling, mediation, and

children and young people counselling as well as online resources that you can work through at your own pace.

<https://www.relate.org.uk/>

Male suicide prevention charities include:

Men's Minds Matter

[https://mensmindsmatter.org/
contact@mensmindsmatter.org](https://mensmindsmatter.org/contact@mensmindsmatter.org)

James' Place

<https://www.jamesplace.org.uk/>
Tel: 0151 303 5757

INFORMATION AND SUPPORT ON NEW AND MINORITY RELIGIONS

Faith to Faithless / Humanists

Faith to Faithless was founded in 2015 to raise awareness of apostasy and support those who have left religions in the UK. They support people from many religions and offer informal social gatherings, peer support meetings and social media. They are part of Humanists UK (<https://humanists.uk/humanism/>). They list further sources of support here <https://www.faithtofaithless.com/contact-us/>
[https://www.faithtofaithless.com/
info@faithtofaithless.com](https://www.faithtofaithless.com/info@faithtofaithless.com)

The Family Survival Trust

The Family Survival Trust's mission is to prevent, and to provide information on coercive control, cultic behaviour and psychological manipulation. They offer online discussions in Support Groups for an optional donation. The Family Survival Trust is not a mental health organisation and are clear that these sessions are not official therapy / counselling.

www.thefamilysurvivaltrust.org
info@thefamilysurvivaltrust.org

International Cultic Studies Association (ICSA)

ICSA were founded in 1979 and are 'a global network of people concerned about psychological manipulation and abuse in cultic and other high-control environments.' ICSA have a project entitled 'Spiritual Abuse Resources' available here

<https://www.spiritualabuseresources.com/home>. They also have an easily searchable electronic book called 'Starting out in mainstream America' available here <https://sites.google.com/icsahome.com/starting-out>
<https://www.icsahome.com/>

Infosecte / Info-cult

Infosecte, also known as Infocult, was set up in 1980 in Canada and is partially funded by the Quebec government. Its mandate is to promote the study of cultic phenomena, to sensitize, inform and educate the public about these phenomena, and to assist people with problems related to these phenomena. Infosecte run free online support groups in French, one for

former members and one for families and loved ones of people in controlling groups or relationships <https://infosecte.org/en/support-groups/>.
infosecte@qc.aibn.com
<https://infosecte.org/en/home/>
Tel: +1 514 274-2333

Safe Passage Foundation

The Safe Passage Foundation (SPF) based in the USA provides resources, support and advocacy addressing both the immediate and long-term needs of former and current children raised in cults while raising public awareness of the issues confronting them. They offer scholarships and financial aid.

[https://safepassagefoundation.org/
support@safe.passagefoundation.org](https://safepassagefoundation.org/support@safe.passagefoundation.org)

FORMER MEMBER SUPPORT GROUPS

There are many support groups for former members of religious movements. Many of these are hosted online. Many have been founded by those who have left a religious movement with the aim of helping others navigate similar experiences. Some groups are oriented to help those who were born and raised within New Religious Movements (NRMs) or minority religions. Some groups advocate against the groups that they have left. We have not included a directory to these groups due to the rapidity of change. Please contact us if you have enquiries about specific groups.

CHAPLAINCY

Many religious movements, care service providers and universities provide advisors or chaplains who offer spiritual care. Inform can advise on local pastoral support networks for different religious groups and offer advice to chaplains on particular religious movements.