

Be **safe** and  
**secure** on  
London's  
streets

## Useful contacts

### Metropolitan Police Service

Contact your local police station to report any crime:

[www.met.police.uk](http://www.met.police.uk)

Your local police crime prevention officers can also provide advice if you want more information about your own safety.

### Victim Supportline

0845 30 30 900

020 7896 3776 (minicom/text telephone)

[supportline@victimsupport.org.uk](mailto:supportline@victimsupport.org.uk)

### Victim Support London

020 7928 0498

[www.vslondon.org](http://www.vslondon.org)

### The Havens

[www.thehavens.org.uk](http://www.thehavens.org.uk)

If you have been a recent victim of rape or sexual assault the Havens can provide you with specialist support

#### The Haven – Camberwell

020 7346 1599

#### The Haven – Paddington

020 7886 1101

#### The Haven – Whitechapel

020 7247 4787

### The Suzy Lamplugh Trust

020 8876 0305

[info@suzylamplugh.org](mailto:info@suzylamplugh.org)

[www.suzylamplugh.org](http://www.suzylamplugh.org)

### London Centre for Personal Safety

020 8743 7827

[lcps@lcps.demon.co.uk](mailto:lcps@lcps.demon.co.uk)

[www.londoncentreforpersonalsafety.org](http://www.londoncentreforpersonalsafety.org)

### Transport for London

020 7222 1234

[www.tfl.gov.uk](http://www.tfl.gov.uk)

### Crimestoppers

0800 555 111

Call anonymously with information about crime

[www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

Take  
**care** of  
your  
self



METROPOLITAN  
POLICE

Working together for a safer London

**Although serious incidents do occur on London streets, generally it's a safe place to live and work.** For many people the fear of crime is much greater than the reality and this can affect how they live.

There are many things you can do to make yourself safer and more confident when out on the streets of London. There are also organisations offering assistance and advice.

**Be assertive.** When you're out and about look purposeful. Assertiveness in the way you behave reduces any perceived vulnerability.

**Plan for emergencies.** Carry a charged mobile phone and some cash, and tell someone where you're going. Discuss with friends what to do if something were to go wrong, eg if one of you had too much to drink or you got separated. Do you all know what to do and what to expect from one another?

**Trust your instincts.** They are there to warn you of potential risks, eg avoid short cuts down alleys and across parks and move away from suspicious people. Have faith in your intuition and act on it.

**Be aware.** Using a mobile phone, wearing a hood and loud personal music all affect your awareness of the surroundings. Don't draw attention to your valuables (eg mobile phone, jewellery). Also, face oncoming traffic when you're walking to prevent being approached from behind.

**Be alert.** Alcohol and drugs will reduce inhibitions and reaction times and will also make it harder to assess risks and take effective steps to cope with them.

**Safety in numbers.** Try to travel with people you know. When you can, stick to routes where other people are and avoid short cuts in lonely places.

Always use licensed mini cabs or black cabs. Mini cabs should always be booked in advance. Unlicensed cabs and rogue drivers may compromise your safety. To find licensed mini cab firms in your area, call Transport for London on **020 7222 1234** or visit [www.tfl.gov.uk](http://www.tfl.gov.uk)

In cabs, sit directly behind the driver and steer conversation away from personal details.

Consider carrying a personal alarm. It provides reassurance and can deter or disorientate an attacker when activated, giving you time to get away. To find out how to get a personal alarm, go to [www.suzylamplugh.org/store](http://www.suzylamplugh.org/store) and click on 'alarms'.

**If you are approached and feel threatened and cannot immediately move away...**

Be vocal and try to alert and involve others around you. Feel confident and assertive enough to say "**Don't touch me**", "**No**", "**Stop**", "**Go away**".

If using simple verbal commands doesn't work, you have the option of using as much force as you can to get away, so long as it's reasonable to the threat. You can use everyday items like keys or umbrellas if you need to, but don't carry items specifically for self-defence.

In an emergency always dial **999**. Other useful contact numbers and web addresses are listed overleaf.