

# What is FGM?

Female Genital Mutilation or FGM is the term for all procedures involving partial or complete removal of the external female genitalia or any other injury to female genitalia for non medical reasons.

## What if I think a child is at risk of undergoing FGM or has recently undergone FGM?

If you are concerned about the welfare of a child who you think may be at risk of FGM or has undergone FGM you can contact the **NSPCC**.

The NSPCC has a dedicated helpline which is free, anonymous and always open. The NSPCC helpline number is: **0800 028 3550**

It is also possible to contact the NSPCC by email: [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk)

The NSPCC will be able to provide advice with regards to whether a referral to the police or local authority should be made

## I have undergone FGM and would like some support

If you are a survivor of FGM and would like some support you can contact the following organisations:

### The Dahlia Project

The Dahlia Project is a support group for women who have undergone Female Genital Mutilation/ Female Circumcision (FGM). The project aims to provide a safe space for women to unpack the effects of FGM:

<http://www.mayacentre.org.uk/dahlia-project-survivors-fgm/>

### Specialist NHS FGM Clinics

There are a number of NHS clinics across the UK which specialise in looking after women who have undergone FGM. The list of clinics can be found by clicking the link below:

<http://www.nhs.uk/NHSEngland/AboutNHSservices/sexual-health-services/Documents/List%20of%20FGM%20Clinics%20Mar%202014%20FINAL.pdf>

## I would like some information about FGM in Africa and the Diaspora

28 Too Many is a charity whose primary focus is on researching FGM in the 28 African countries and the Diaspora where it is practised. 28 Too Many networks and advocates for the eradication of FGM and works closely with other charities in the violence against women sector.

28 Too Many's website is:

[www.28toomany.org](http://www.28toomany.org)