

is it 'Conversion Therapy'?

CONVERSION THERAPY
SUPPORT SERVICE

So-called 'conversion therapy', includes all practices that seek to change, 'cure' or suppress your sexual or romantic orientation and/or gender identity. So-called 'conversion therapy' can take many forms.

If any of the points in the list below sound familiar, it's possible that you may be experiencing or have experienced conversion therapy, or another form of abuse.

Things like this are considered psychological abuse:

- Someone has told you that who you are is not in line with your faith, beliefs, values or community norms and is insisting that they help you to 'change' or suppress who you are.
- You are shamed for your sexual or romantic orientation and/or gender identity in front of others.
- Someone is forcing you to see a medical or therapeutic 'professional', who may or not be qualified, with the intent or goal of 'changing' or 'curing' your sexual or romantic orientation and/or gender identity.
- You have been repeatedly prayed over, or put through other religious rituals to change your sexual or romantic orientation and/or gender identity.
- Someone has threatened to end their life, or yours, if you do not 'change' your sexual or romantic orientation and/or gender identity.
- You face verbal punishment, or are made to feel afraid of what might happen if you express your sexual or romantic orientation and/or gender identity,



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People may use your finances or belongings to try to control or change who you are:

- You are constantly monitored and/or controlled by people in your life to force you to 'behave appropriately' and prevent you from expressing your identity. This control could be of your finances, access to resources, movements, friendships, relationships, medication or appearance.

You may have experienced physical or sexual abuse:

- You face physical or sexual punishment, or are made to feel afraid of what might happen if you express your sexual or romantic orientation and/or gender identity.

- You have been locked up or denied food and water as punishment for not 'changing' your sexual or romantic orientation and/or gender identity.

- You have been forced to eat, drink or intake something to 'cure or 'change' who you are.

You might have experienced or been threatened with forced marriage or being taken abroad without consent:

- Someone has threatened or attempted to remove you to another country if you do not 'change' your sexual or romantic orientation and/or gender identity.

- You are fearful that you will be forced to marry someone who does not fit with your romantic or sexual orientation.

- There is an upcoming event, trip, or ceremony, during which there's an intention to 'change' or pressure you to 'change' your identity.

- You have been sent to a location away from your home for the purposes of going through processes to change your sexual or romantic orientation and/or gender identity.

If any of these points sound familiar, you don't have to face this alone. If you aren't sure what's happening to you, you don't need to have ticked any of these boxes in order to contact us - your experience could still be a form of conversion therapy.

If you want to contact a support service for help, but are worried about someone in your life finding out, here are a few steps you can take to ensure the privacy of your help-seeking journey:

- You could use “private browsing mode” on your computer, phone or other device before you visit support websites.
- You could access your devices browser history to delete the support websites you've visited.
- You could create an email or phone contact with a fake name for the support service's helpline number, so it doesn't raise suspicion if you choose to call it.
- You could set up a private folder called “Junk Mail” or “Spam Filter” in your email, which you could use to save emails from support services.
- You could use a friend's phone, or a publicly accessible phone to call a support service or helpline. Retailers like Boots, Morrisons, Superdrug and Well Pharmacy have discreet spaces with telephones from which you can call support services for free. You can find your nearest safe space through [Say No More – Safe Spaces](#).
- You could use a computer at your local library to visit support service websites, or to access a support service webchat function.



You can find more privacy advice at refugetechsafety.org

If you need support, Galop can help. We run a helpline and a live chat service. Conversations will last up to 40 minutes, but that doesn't mean you can't get in touch again on another day.

0800 130 3335

Opening times:

Monday, 10.00 – 20.30

Tuesday, 10.00 – 20.30

Wednesday, 10.00 – 20.30

Thursday, 10.00 – 20.30

Friday, 10.00 – 16.00

If you don't want to talk to someone on the phone, you can speak with one of our advisors during opening hours through our online chat, at:

conversiontherapysupport.org.uk

If you're not ready to speak to a person yet, our auto chatbot can help you to find more information - available 24/7, 365 days a year at

conversiontherapysupport.org.uk

If you'd prefer to email us, you can reach out via:

CThelp@galop.org.uk

