

Say hello to the My Support Space app

Designed by the leading victims' charity, **Victim Support**, the My Support Space app is **a free online support tool**. It's tailored to the needs of victims and survivors of crime or traumatic events aged 16 and over.

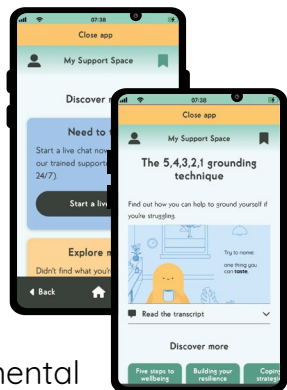
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Our app has easy-to-find help and information in three key areas:

- information about specific crimes
- support with your rights and entitlements
- ideas to improve your mental health and wellbeing.



The app has helpful animations on many topics and short articles written in **jargon-free** plain English.

You can choose to **create a free account if you want to save articles** you've found helpful. And if you need to talk to someone you can start a **live chat with us in the app, day or night.**

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