Who to contact in the UK

In an emergency, or if you are in immediate danger, call **999**. If you can't speak, call 999 from a mobile, then press **55** when prompted so the operator knows it is a genuine emergency.

Who	When to use it	How to contact
Police – emergency	A crime is happening now, or someone is in danger.	999
Police – non-emergency	To report harassment, stalking, threats, malicious communications or blackmail that is not an emergency (England, Wales, Scotland and Northern Ireland).	101, or your local police force's website
Report Fraud (replaced Action Fraud in 2025)	Fraud and cyber crime, such as hacked accounts, scams or online extortion, in England, Wales and Northern Ireland. In Scotland, call Police Scotland on 101.	0300 123 2040 reportfraud.police.uk
Victim Support (England and Wales)	Free, confidential support for anyone affected by crime, reported or not. 24/7.	08 08 16 89 111 victimsupport.org.uk
Victim Support Scotland	Support for victims of crime in Scotland.	0800 160 1985 victimsupport.scot
Victim Support NI	Support for victims of crime in Northern Ireland.	028 9024 3133 (Belfast) 028 7137 0086 (Foyle) victimsupportni.com
National Stalking Helpline (Suzy Lamplugh Trust)	Practical advice and safety planning for anyone affected by stalking, including online stalking. UK-wide.	0808 802 0300 suzylamplugh.org
Report Harmful Content (UK Safer Internet Centre / SWGfL)	Guidance on reporting harmful content to social media platforms. Its review service has been limited since April 2025, but its advice pages remain available.	reportharmfulcontent.com
Revenge Porn Helpline	Adults (18+) in the UK affected by intimate image abuse or threats to share images.	0345 6000 459 revengepornhelpline.org.uk
Information Commissioner's Office (ICO)	Concerns about how an organisation has used or shared your personal data.	0303 123 1113 ico.org.uk

Tips when you make contact

- Have your evidence log in front of you, with dates in order.
- Write down the name of the person you speak to, the date, and any reference number.
- Ask what format they would like your evidence in, and how to send it securely.
- Check numbers on the organisation's own website if in doubt. Services and opening hours can change.

DigiEvidence is not the police, not an emergency service and not a law firm. This guide is general information, not legal advice. In an emergency call 999. Checked 23 November 2026.