

[Inform](http://www.inform.ac/) (UK) <http://www.inform.ac/>

If you feel that you would like to record your personal experiences with SL and his organization confidentially, then you could consider contacting Inform. Inform staff members have extensive training in social research, with specialist knowledge of new and alternative religious movements and how such movements operate in society.

Inform staff are not necessarily trained experts in other fields, and cannot always provide expertise in cross-over matters. For example, they cannot help enquirers choose between different types of talking therapies, but they can refer them to organizations that can explain the differences between them.

Inform has built up an international network of other specialists and experts to draw on in order to help enquirers, whose requests may be for information, sympathy and practical advice, medical, legal, educational, and/or therapeutic input. Inform can refer enquirers to other organizations, experts, therapists and counsellors who may be able to offer further support, but they cannot endorse them, as their work falls outside of their remit. Inform can also put relatives and former members in touch with other relatives or former members of the same or similar groups, so that they can share experiences and offer each other mutual support. Inform will only facilitate contact between individuals with the consent of all concerned (this can be done anonymously).

[ICSA](http://www.icsahome.com/) (International) <http://www.icsahome.com/>

The International Cultic Studies Association (USA, with international membership)

This is a network of experts, professionals, counsellors and former members who aim to raise awareness of the issue of cults and religious movements and offer help to people who have been harmed by the movements.

It is open to enquiries from individuals. ICSA also organises meetings and workshops that function as Self-Help groups.

[Info Cult](http://infosect.freeshell.org/infocult/ic-home.html) - also called Info Secte (Canada) <http://infosect.freeshell.org/infocult/ic-home.html>

Offering information and advice about cults and religious movements. Its website has international information including legal rulings involving new religious movements and notices of upcoming information events. (There is some overlap with ICSA) Info Cult is open to enquiries from individuals.

[CIOASN Centre d'information et d'avis sur les organisations sectaires nuisibles](http://www.ciaosn.be/), <http://www.ciaosn.be/> The Centre for Information and Advice on Harmful Sectarian Organisations (Belgium)

A federal organisation established in Belgium following a parliamentary recommendation to develop a policy to fight against illegal and dangerous sects. It has a focus on what it terms 'harmful sectarian organisations' and offers information, including a public library, guidance and legal support. It has a telephone line, but

prefers to receive enquiries by email. Staff are appointed by the government's House of Representatives.

[Cult Awareness and Information Centre](http://www.caic.org.au/) (Australia) <http://www.caic.org.au/>

An Australian support and information network that provides support and develops awareness for those affected by high demand groups of cultic relationships. Includes link to support resources in Australia and New Zealand.

[Sekte Signaal](http://www.sektesignaal.nl/) (Netherlands) <http://www.sektesignaal.nl/>

An organisation founded by the Ministry of Security and Justice in the Netherlands which has a focus on the abuses which occur in some closed religious, educational and therapeutic groups. It has a 'hotline' phone number for reporting abuse within closed groups and it differs from other organisations in that staff are trained counsellors – they make an initial assessment and then refer people on to a network of specialised care providers and/or the appropriate authorities for reporting abuse.

[Miviludes](http://www.derives-sectes.gouv.fr/) <http://www.derives-sectes.gouv.fr/>

(Mission interministérielle de vigilance et de lutte contre les dérives sectaires - Interministerial Mission of Vigilance and Fight Against Sectarian Drifts. (France)

An organisation established by the French government in order to combat 'sectarian aberrations'. It has a focus on what it sees as the risks, dangers and harm surrounding the 'cult phenomenon', especially with regard to the education of children. Miviludes not only provides information, including to individual enquirers, but also coordinates action, including legal action, against what it considers 'sectarian aberrations' in France.

[Edmonton Society Against Mind Abuse](http://www.esama.ca/) (Canada) <http://www.esama.ca/>

Charity that provides information, education and awareness about cultic, high demand groups and to supporting ex-members and their families through recovery.

[Families Against Cult Teachings](https://www.familiesagainstcultteachings.org/) <https://www.familiesagainstcultteachings.org/>

Resources of support and including counsellors who specialties include controversial, high-demand groups or cultic groups "spiritual", "philosophical", "political", etc., including clergy abuse and cult recovery. Available for skype or phone counselling.

[The Family Survival Trust](http://www.familysurvivaltrust.org/) <http://www.familysurvivaltrust.org/>

A charity which developed out of the older organisation, FAIR (Family, Action, Information and Resource). It provides 'advice and support for the families and friends of cult members' and has a hotline telephone number for one-to-one confidential advice.

Some of the organisations listed above are members of [Fecris](#) (European Federation of Centres of Research and Information on Cults and Sects. With headquarters in France, Fecris is 'an umbrella organisation for associations which defend victims of cultic excesses'.

[Meadow Haven](#) (USA) <http://www.meadowhaven.org/>

[Wellspring Retreat](#) (USA) <http://wellspringretreat.org/>

[Spiritual Abuse Resources](#) <http://wellspringretreat.org/>

[Own Your Brain](#) <http://ownyourbrain.org/>

A website and blog by a cult survivor that aims to shed light on how companies, organizations, political systems and individuals utilize manipulative techniques. It spotlights organizations and individuals who are working with those most at risk of being taken advantage of, and who assist those who have been hurt by manipulation.

[Understanding Cults and Extremist Groups](#) <http://ownyourbrain.org/>

By a writer and educator specializing in the social psychology of ideological extremism and other dangerous social relationships who is the author of Terror, Love and Brainwashing: Attachment in cults and totalitarian systems

[CultRecover](#) <http://www.cultrecover.com/>

Website of psychotherapist specialising in cult recovery, Rosanne Henry, L.P.C (Colorado) website including links to resources and counselling guidance.

[Bill & Lorna Goldberg](#) <http://www.blgoldberg.com/>

Website of clinical social workers who specialising in dealing with cult survivors. Website includes articles and links

CultFAQ.org

[Articles: cult characteristics and warning signs](#) <http://www.cultfaq.org/cultfaq-articles.html#leaving>

[Coming out of the cult](#) <http://www.cultfaq.org/coming-out-of-the-cults.html>

[Take Back Your Life: Recovery from Cults and Abusive Relationships](#) - Lalich and Tobias <https://www.amazon.com/Take-Back-Your-Life-Relationships/dp/0972002154>

[Terror, Love and Brainwashing: Attachment in Cults and Totalitarian Systems](#) - Dr Alexandra Stein <https://www.amazon.co.uk/Terror-Love-Brainwashing-Attachment-Totalitarian/dp/1138677973>

[Bounded Choice](#) - Janja Lalich

https://www.amazon.co.uk/d/cka/Bounded-Choice-Believers-Charismatic-Cults-Janja-Lalich/0520240189/ref=sr_1_1?s=books&ie=UTF8&qid=1499707490&sr=1-1&keywords=Bounded+Choice

[Freedom of Mind](#) - Steven Hassan

https://www.amazon.co.uk/d/cka/Freedom-Mind-Helping-Loved-Controlling-People-Beliefs/0967068819/ref=sr_1_1?s=books&ie=UTF8&qid=1499707515&sr=1-1&keywords=Freedom+of+Mind

[Combatting Cult Mind Control](#) - Steven Hassan

https://www.amazon.co.uk/d/cka/Combating-Cult-Mind-Control-Steven-Hassan/B002SY5L64/ref=sr_1_1?s=books&ie=UTF8&qid=1499707538&sr=1-1&keywords=combating+cult+mind+control

[Releasing The Bonds – empowering people to think for themselves](#) – Steven Hassan

https://www.amazon.com/Releasing-Bonds-Empowering-People-Themselves/dp/0967068800/ref=sr_1_3?s=books&ie=UTF8&qid=1468262408&sr=1-3&keywords=Steve+Hassan

[Stripping the Gurus: Sex, Violence, Abuse and Enlightenment](#) – Geoffrey Falk

<http://www.strippingthegurus.com/>

[Traumatic Narcissism: Relational Systems of Subjugation](#) - Daniel Shaw

https://www.amazon.co.uk/Traumatic-Narcissism-Relational-Subjugation-Perspectives-ebook/dp/B00FEGFVTA/ref=sr_1_sc_1?s=books&ie=UTF8&qid=1499707566&sr=1-1-spell&keywords=Traumatic+Narcissism%3A+Relational+Systems+of+Subjugatio

[The Heresy of Mind Control](#) – Stephen Martin <http://recognizeheresy.com/>

[The Challenge to Heal: A Recovery Guide to help reclaim your life after leaving any High-Control Group](#) - Bonnie Zieman

https://www.amazon.co.uk/Challenge-Heal-After-Leaving-High-Control-ebook/dp/B0728DLB8M/ref=sr_1_1?s=books&ie=UTF8&qid=1499707672&sr=1-1&keywords=The+Challenge+to+Heal%3A+A+Recovery+Guide+to+help+reclaim+your+lif
[e+after+leaving+any+High-Control+Gro](#)

The following information has been provided by 'Inform':

Counselling and therapy are not fully regulated, but professional bodies do have codes of ethics and self-regulation measures. Inform recommend that counsellors are members of an established and reputed professional organisation

such as the [British Association of Counselling and Psychotherapy](https://www.bacp.co.uk/) (BACP)
<https://www.bacp.co.uk/>

the [UK Council for Psychotherapy](https://www.psychotherapy.org.uk/) (UKCP) <https://www.psychotherapy.org.uk/>

or the [British Psychoanalytic Council](https://www.bpc.org.uk/) (BPC) <https://www.bpc.org.uk/>

The NHS offers a variety of talking therapies, usually in a way that attempts to be neutral towards religious experiences. You can contact your GP who can refer you to its mental health care sector.

Inform suggest enquirers exploring private counselling request an initial meeting or telephone conversation and ask a number of pertinent questions (including clarification of the counsellor's fees) to make sure they feel comfortable with the counsellor before proceeding further.

Occasionally people who have been involved in a religious movement report that their counsellor does not really understand the issues they are grappling with. It might be useful to keep in mind that a counsellor does not necessarily have to know details about the group or have prior knowledge about what the client is experiencing in order to help, but it can be an important part of the process to allow the client time to tell the counsellor about their experience. Inform can also help by providing the counsellor with information that may help them to understand more about particular religious beliefs, practices and group dynamics, if this is considered necessary by the client and/or counsellor.

Some organisations offering emotional support (UK):

[Samaritans](http://www.samaritans.org/) <http://www.samaritans.org/> - is a charity which provides emotional support for those in distress, struggling to cope and/or with thoughts of suicide. It offers a confidential 24-hour telephone service in which trained volunteers listen to people without passing judgment. Whilst volunteers are not necessarily counsellors, the listening service provides the 'core conditions' of 'respect, empathy, genuineness and unconditional positive regard'.

[Relate](https://www.relate.org.uk/) <https://www.relate.org.uk/> - is the UK's largest provider of relationship counselling. It offers help and support for any kind of relationship from marriage, LGBT issues, to parenting and divorce. Services include relationship counselling for individuals and couples, family counselling, counselling for children and young people and sex therapy. Services are offered online, over the telephone, at one of the 70 Relate centres across the country or at one of the 600 locations staffed by an affiliated network of counsellors.

Self-Help Groups (UK)

There is a large variety of Self-Help groups for former members of religious movements. The majority of these Self-Help groups have been founded by and/or are run by those who have themselves left a religious movement (and/or are relatives affected by someone who has joined one) with the aim of helping others who have gone through similar experiences. Some Self-Help groups engage in lobbying and publish criticisms of particular religious movements for their actions and/or for religious (theological) or moral reasons.

There are some Self-Help groups geared specifically towards helping people who have been born and/or raised in movements that are referred to as 'high demand organisations'.

[Faith to Faithless](http://faithtofaithless.com/) <http://faithtofaithless.com/> is a UK based support group for people leaving their religious faith, but particularly for those leaving a minority faith such as Islam, Judaism, Mormonism and Jehovah's Witnesses. It takes inspiration from gay movements and supports those who want to 'come out', providing a platform to the faithless to come out in public and speak out against discrimination. Its main activity is holding information events at UK universities, but also provides online resources and organises meet-ups for specific communities – at present it has ex- Muslim, ex-Christian, ex-Sikh, ex-Jewish, ex-Hindu, ex-Mormon and ex-Jehovah's Witnesses members.

Other UK based Self-Help groups which focus on counselling and support for former members include:

[Free Minds UK](http://freemindsuk.tumblr.com/) <http://freemindsuk.tumblr.com/> 'an education and support group for people who are, or were, involved in cults or high demand groups'.

[Encourage: Survivors of Cults and Abuse](http://www.encourage-cult-survivors.org/) <http://www.encourage-cult-survivors.org/> - originally 'set up in order to offer support to those who have left a cult, abusive group, one on one cult or been spiritually abused', but at present (summer 2017) is only offering one service: subsidising former member counselling through 'Approved Service Providers'.