



What is My Support Space?

My Support Space is an online resource designed to help you manage the impact that crime has had on you.

It is a **free, safe, secure** and **confidential** space where you can choose how you want to be supported after crime.

It's easy to create an account

Registering for an account with My Support Space is quick and easy. We don't need many details from you. Sign up at **mysupportspace.org.uk/Moj**

You can access My Support Space from any computer, tablet or smartphone with internet access.



How can it help me?

Once you've created your account you can access a range of tools to help you cope and move forward after crime.

You can work through a series of interactive guides which address your specific needs. The guides feature videos, techniques, activities and tips, and can be completed at your own pace. You can save your progress and revisit where you left off at any time.

You can also create an online diary, find useful resources and request direct support.

Who is it suitable for?

My Support Space is for people aged 16 and over who have been affected by crime and traumatic events and feel able to cope, but who may need help to move forward.

Create your account at
mysupportspace.org.uk/Moj

