

# Stop forced marriages: how you can help

Every year, at least 250 UK residents, both male and female, are forced into a marriage against their will, often by violence, coercion or emotional blackmail. And those are just the ones that we know about.

Unlike arranged marriages, where the bride and groom both freely consent to the marriage even though the partner may have been chosen by their parents, forced marriages do not give the bride or groom – or in some cases, either – any choice.

**Forced marriage is a violation of human rights. With your help, we can take action to stop it.**

**If you suspect a young person is being forced into marriage against their will, whether here or abroad, contact the Forced Marriage Unit, in confidence.**

➔ Call 020 7008 0151 between 9am and 5pm Monday to Friday. Outside those hours, call 020 7008 1500 and ask for the Foreign Office Response Centre.

➔ Email [fmu@fco.gov.uk](mailto:fmu@fco.gov.uk)

➔ For more information go to [www.fco.gov.uk/forcedmarriage](http://www.fco.gov.uk/forcedmarriage)  
If a young person is in immediate danger, call the police on 999.

