

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
<b>ENGLAND</b>			
Nationwide	<p><b>Helpline 0300-999-5428</b>  <a href="mailto:help@brokenrainbow.org.uk">help@brokenrainbow.org.uk</a>                      Helpline Mon &amp; Thurs 10am - 8pm                      Tues and Wed 10am - 5pm                      We are a LGBT domestic violence service. We offer advice, support and referrals to LGBT who are or have experienced domestic violence.</p>	<p>Broken Rainbow UK                      Nationwide                      08452-605-560 Office</p>	<p><a href="http://www.brokenrainbow.org.uk">www.brokenrainbow.org.uk</a>  <a href="mailto:mail@brokenrainbow.org.uk">mail@brokenrainbow.org.uk</a></p>
Nationwide	<p><b>CASS Women's Self Injury Helpline 0808-800-8088 Tues &amp; Weds 7pm to 10pm, Thurs 3pm to 6pm</b>  <b>TESS support for young women up to age 24. 07800-472-908 open Sunday to Friday 7pm to 9pm.</b>                      Self Injury Support is a national UK-wide organization that supports girls and women in emotional distress. We particularly help those that harm themselves, often called self injury. We run CASS self injury helpline and TESS text and email support. We produce info and publications about self injury. We provide information about many self Injury support groups across the UK. Please see website for a nationwide self injury support group list of locations.</p>	<p>Self Injury Support - Women                      PO Box 3240                      Bristol                      BS2 2EF                      01179-279-600 Office</p>	<p><a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a>  <a href="mailto:info@selfinjurysupport.org.uk">info@selfinjurysupport.org.uk</a>                      Email Support form on Website</p>
Nationwide	<p><b>Helpline 0800-085-3330</b>  <b>Helpline 0808-801-0331</b>  <a href="mailto:support@napac.org.uk">support@napac.org.uk</a>                      See website for helpline hours and mobile call charges.                      We are the only national organization focused on supporting adults who have been abused in anyway as children. We provide a local support and specialist search facility so you can find help in your area.  <a href="https://www.facebook.com/NationalAssociationforPeopleAbusedinChildhood">www.facebook.com/NationalAssociationforPeopleAbusedinChildhood</a></p>	<p>National Association for People Abused in Childhood (NAPAC)                      PO Box 63632                      London                      SW9 1BF                      02031-760-560 Office</p>	<p><a href="http://www.napac.org.uk/support@napac.org.uk">www.napac.org.uk/support@napac.org.uk</a>                      Or general contact form on website</p>
Nationwide	<p><b>Helpline 0808-2000-247</b>  <a href="mailto:helpline@womensaid.org.uk">helpline@womensaid.org.uk</a></p>	<p>Women's Aid UK                      National Domestic Violence Helpline                      0808-2000-247 Office / Helpline</p>	<p><a href="http://www.womensaid.org.uk/info@womensaid.org.uk">www.womensaid.org.uk/info@womensaid.org.uk</a></p>
Nationwide	<p><b>Helpline 08453-030-900</b>  <a href="mailto:supportline@victimsupport.org.uk">supportline@victimsupport.org.uk</a>                      Victim Support is the independent</p>	<p>Victim Support                      England                      01453-030-900 Office/ Helpline</p>	<p><a href="http://www.victimsupport.org.uk/supportline@victimsupport.org.uk">www.victimsupport.org.uk/supportline@victimsupport.org.uk</a></p>

charity for victims and witnesses of crime in England and Wales. We have offices across the country and we run a "Witness Service" in every court. There is a map of England on our website to help you find a Victim Support Office near you.

#### Accrington

**Helpline 01254-879-855**

We have been providing services to vulnerable children and families affected by domestic violence since 1998. Our services include:

Dedicated services for children and young people

IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

HARV  
PO Box 77  
Accrington  
Lancashire  
01254-879-855 Office / Helpline

[www.harvoutreach.org.uk](http://www.harvoutreach.org.uk)  
[info@harvoutreach.org.uk](mailto:info@harvoutreach.org.uk)

#### Altrincham

**Helpline 0800-783-4608**

**Minority women 0800-434-6484**

**Text Help 0796-7000-205**

**Email [dorothytrc@hotmail.co.uk](mailto:dorothytrc@hotmail.co.uk)**

Helpline hours see website

Our organization is a feminist organization, run by women for women which aim to support survivors of rape or sexual abuse no matter when or where it may have occurred

Trafford Rape Crisis  
Unit 314  
Peel House  
30 The Downs  
Altrincham  
Greater Manchester  
WA14 2PX  
0800-783-4608 Office / Helpline  
[traffordrapecrisis@googlemail.com](mailto:traffordrapecrisis@googlemail.com)

[www.traffordrapecrisis.com](http://www.traffordrapecrisis.com)

#### Andover

**Helpline 01264-366-122**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support  
Dedicated services for children and young people

Services available for male victims

Andover Crisis and Support Ctr  
Andover  
Hampshire  
01264-366-122 Office / Drop in

[www.andovercrisisandsupportcentre.org.uk/](http://www.andovercrisisandsupportcentre.org.uk/)

#### Ashford

**Helpline 01795-420-042**

Male worker may answer phone

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

Ashford Refuge  
Kent  
07195-420-042 Office & Refuge

[contactus@amicushorizon.org.uk](mailto:contactus@amicushorizon.org.uk)

#### Aylesbury

**Helpline 01296-392-468**

**Email help support@avrc.org.uk**

Please leave a message on our helpline answerphone and the call will be returned ASAP discretion is assured. We are here to help and support women affected by abuse

Free limitless counseling

Personal advocacy

Court and medical advocacy.

Aylesbury Vale Rape Crisis  
PO Box 268  
Aylesbury  
HP22 6SA  
01296-392-468 Office / Helpline

[www.avrc.org.uk](http://www.avrc.org.uk)  
[support@avrc.org.uk](mailto:support@avrc.org.uk)

<b>Aylesbury</b>	<p><b>Helpline 01296-436-827</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people  IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Aylesbury Women's Aid  Aylesbury  Buckinghamshire  01296-436-827 Office / Refuge  <a href="http://www.womensaid.org.uk/domestic-abuse-directory/">www.womensaid.org.uk/domestic-abuse-directory/</a></p>	<p><a href="mailto:denise@awaid.demon.co.uk">denise@awaid.demon.co.uk</a></p>
<b>Barnsley</b>	<p><b>Helpline 01226-249-800</b>  Outreach and floating support  IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Barnsley Domestic Violence Group  Barnsley  01226-249-800 Office / Helpline</p>	<p><a href="http://www.barnsleydvg.org.uk">www.barnsleydvg.org.uk</a></p>
<b>Barnsley</b>	<p><b>Helpline 01226-298-560</b>  Helpline Mon -Thurs 6pm - 8pm  BSARCS is a registered charity, based in Barnsley which supports people who's lives have been affected by sexual violence.  Face to face counselling for women who are aged 16 +  Mens information through hotline  We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system.  Women only work groups  Support groups coming soon  This entry November 2013</p>	<p>Barnsley Sexual Abuse and Rape Crisis Services  The Core  County Way  Barnsley  S70 2JW  01226-320-140 Office</p>	<p><a href="http://www.bsarcs.org.uk">www.bsarcs.org.uk</a></p>
<b>Barnsley</b>	<p><b>Helpline 01226-249-800</b>  Male Worker may answer the phone  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people</p>	<p>Judith House  Barnsley  01226-249-800 Office / Helpline</p>	
<b>Barnstaple</b>	<p><b>Helpline 01271-321-946</b>  Offering services for women and girls who have survived rape or sexual abuse.  Face to face counselling  Therapy groups  Mutual support groups.</p>	<p>North Devon Women's Aid  PO Box 141  Barnstaple  Devon  EX32 7YN  01271-321-946 Office / Helpline</p>	<p><a href="mailto:helenf@ndwomensaid.co.uk">helenf@ndwomensaid.co.uk</a></p>
<b>Basildon</b>	<p><b>Helpline 01268-581-591</b></p>	<p>Basildon Women's Aid</p>	<p><a href="http://www.basildonwa.org">www.basildonwa.org</a></p>

Offering temporary accomodation for women and their children who are fleeing domestic violence. We also offer an outreach service for women who can not leave their homes at this time.  
Legal advice and counselling.

PO Box 51  
Basildon  
Essex  
01268-581-591 Office / Helpline

[enquiries@basildonwa.org](mailto:enquiries@basildonwa.org)

**Basingstoke**

**Helpline 01256-423-890**  
Helpline Tues to Thurs 7pm - 9pm  
We endeavour to provide volunteers who understand what rape and sexual abuse is all about, they are not shockable or judgemental. Providing practical and emotional support for people over 16 who have been raped or assaulted whether yesterday or years ago.  
Counselling and support groups

Basingstoke Rape and Sexual Abuse Crisis Centre  
The Orchard  
White Hart Lane  
Basingstoke  
RG21 4AF  
01256-423-810 Office.

[www.brasacc.com](http://www.brasacc.com)  
[admin@brasacc.com](mailto:admin@brasacc.com)

**Basingstoke**

**Helpline 01256-478-888**  
**Helpline 01256-350-996 Refuge**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support  
Services for Male victims available

Basingstoke Shared House  
Basingstoke  
01256-478-888 Office / Support  
[BasingstokeRefuge@homegroup.org.uk](mailto:BasingstokeRefuge@homegroup.org.uk)

**Bath**

**Helpline 01225-466-989**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support  
Dedicated services for children and young people.

Next Link - Domestic Violence Services  
Bath  
01225-466-989 Office / Refuge  
[bath.enquiries@nextlinkhousing.co.uk](mailto:bath.enquiries@nextlinkhousing.co.uk)

[www.nextlinkhousing.co.uk](http://www.nextlinkhousing.co.uk)

**Bath**

**Helpline 07947-277-848**  
Services provided for adult female survivors of rape and sexual abuse. Mutual support groups available, please call our helpline for more details.

Survivors After Rape and Abuse (SARA)  
PO Box 4404  
Bath  
Avon  
BA1 0JS  
07947-277-848 Office / Helpline

[sara-survivors@hotmail.co.uk](mailto:sara-survivors@hotmail.co.uk)

**Bedford**

**Helpline 01234-261-228**  
Our objective is to inform, organise and ivole women in Bedfordshire on issues relating to domestic violence and abuse.

Santosh Asian Women's Foundation  
Bedford  
01234-405-916 Office

[www.balagnath.org](http://www.balagnath.org)

**Bedfordshire**

**Helpline 01234-353-592**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call to ask about children's accomodation.

Butterfly House  
Bedfordshire  
01234-353-592 Office / helpline

**Bedfordshire**

**08451-410-073 South Bedfordshire**  
**08451-410-074 North Bedfordshire**  
Refuge for women fleeing domestic

Central Bedfordshire Refuges  
08451-410-073 Office / Helpline  
08451-410-074 Office / Helpline

violence. The address is not published for safety reasons. Please call to ask about children's accomodation.

<b>Bexleyheath</b>	<b>Helpline 02083-011-536</b> for 30 years we have been providing support services and refuge to women and their children affected by domestic violence. Community outreach support Freedom: a 12 week course to learn about healthy and non healthy relationships.	Bexley Women's Aid Bexleyheath Kent DA7 4BS 02083-011-536 Office / Helpline	<a href="http://www.bexleywomensaid.org.uk">www.bexleywomensaid.org.uk</a> <a href="mailto:admin@bexleywomensaid.org.uk">admin@bexleywomensaid.org.uk</a>
<b>Birkenhead</b>	<b>Helpline 01516-661-392</b> Helpline hours Mon 7pm-9pm Wed 2pm-5pm Thurs 7pm-9pm and Sundays 3pm - 5pm RASA Birkenhead is located in a safe house at a secret location. Only clients accessing our services are advised of the location once an appointment has been made. We offer one to support for survivors and anyone affected by sexual violence. One to one counselling Accompaniment at police interviews Accompaniment at court RASA male survivors on Fridays We do not have male counsellors or advocates in our service. Men and boys will work with experienced females.	RASA Rape and Sexual Abuse Centre PO Box 35 Birkenhead CH 42 4RX 01516-500-155 Office	<a href="http://www.rasamerseyside.org">www.rasamerseyside.org</a> <a href="mailto:rasa@rasamerseyside.org">rasa@rasamerseyside.org</a>
<b>Birkenhead</b>	<b>Helpline 01516-439-766</b> Our domestic abuse refuge is safe, and comfortable. We welcome women with or without children. Resettlement and follow up support Dedicated services for children and young people	Wirral Women and Children's Aid Birkenhead 01516-439-766 Office / Helpline	<a href="http://www.wirralwomensrefuge.co.uk">www.wirralwomensrefuge.co.uk</a>
<b>Birkenhead</b>	<b>Helpline 01516-701-528</b> We offer a range of confidential services for women, children and young people affected by domestic abuse. IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	Zero Centre Birkenhead 01516-701-528 Office / Helpline	<a href="http://www.zerocentre.org.uk/">www.zerocentre.org.uk/</a>
<b>Birmingham</b>	The Arch Project in Birmingham works with children and young people between 5 - 14 years old who have emerging emotional and behavioural difficulties. Individual	Banardo's - Arch Project 42 rupert Street Nechells Birmingham B7 4PS	<a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a> <a href="mailto:arch.project@barnardos.org.uk">arch.project@barnardos.org.uk</a>

12 week programmes where each child is allocated a key worker. 01213-595-333 Office.

**Birmingham**

**Helpline 0800-111-4223**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support  
Dedicated services for children and young people .  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Birmingham & Solihull Women's Aid  
Birmingham & Solihull  
01216-858-687 Office/Outreach

[www.bswaid.org](http://www.bswaid.org)  
Email contact form on website

**Birmingham**

ICAP is a registered charity providing high quality counselling services and psychotherapy to help people heal their lives and deal with emotional trauma. Originally founded to meet the needs of Irish immigrants now resident in Britain, today we support people from other communities. We have 2 clinical centres - London and The West Midlands.

ICAP - Immigrant Counselling and Psychotherapy.  
Birmingham  
01216-667-707 Office

[www.icap.org.uk](http://www.icap.org.uk)  
[info@icap.org.uk](mailto:info@icap.org.uk)

**Birmingham**

**Helpline 0800-111-4223**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support

Jasmine Grove  
Birmingham  
0800-111-4223 Office / Refuge

**Birmingham**

**Helpline 01212-333-818**  
See website for helpline hours  
We support and inspire those affected by sexual violence and abuse to make positive meaningful changes and live a future with hope and confidence. Support is also given to family and friends and the professionals working with them. RSVP offers a variety of services including: Counselling, adult and child advocacy through police/court procedures. We offer a helpline, coffee mornings and social groups with special groups for refugees and asylum seekers.  
More information on these services can be found on our website

Rape and Sexual Violence Project  
PO Box 9558  
Birmingham  
B4 7QE  
0121-643-0301 Office  
Office hours Mon-Fri, 9am-5pm

[www.rsvporg.co.uk](http://www.rsvporg.co.uk)  
[rsvpwm.info@gmail.com](mailto:rsvpwm.info@gmail.com)

**Birmingham**

**Helpline 08707-070-098**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support  
Dedicated services for children and young people

Roshni Women's Refuge  
Birmingham  
08707-070-098 Office / Refuge  
[admin@roshnibirmingham.org.uk](mailto:admin@roshnibirmingham.org.uk)

[www.roshnibirmingham.org.uk](http://www.roshnibirmingham.org.uk)

<b>Birmingham</b>	<p><b>Helpline 01215 -070-707</b></p> <p>Male worker may answer the phone Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>The Birmingham Crisis Centre Birmingham 01215-546-059 Office <a href="mailto:enquiries@birminghamcrisis.org.uk">enquiries@birminghamcrisis.org.uk</a></p>	<p><a href="http://www.birminghamcrisis.org.uk">www.birminghamcrisis.org.uk</a></p>
<b>Blackburn</b>	<p><b>Helpline 01254-260-465</b></p> <p>Refuge referrals Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Blackburn, Dawen &amp; District Women's Aid Blackburn 01254-260-465 Office / refuge <a href="http://www.womensaid.org.uk/domestic-abuse-directory/">www.womensaid.org.uk/domestic-abuse-directory/</a></p>	
<b>Blackpool</b>	<p><b>Helpline 01253-596-699</b></p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Fylde Coast Women's Aid Blackpool 01253-596-699 Office / refuge <a href="http://www.womensaid.org.uk/domestic-abuse-directory/">www.womensaid.org.uk/domestic-abuse-directory/</a></p>	
<b>Bolton</b>	<p>Group counselling for survivors of sexual abuse. Survivors often gain strength and courage for realizing they are not alone and hearing about the journeys others have made and what has helped them survive. Group meets on a fortnightly basis on Mondays 7pm - 8.30 pm for more group details call 01204-546-100</p>	<p>Beacon Bolton Counselling The Hub Bold Street Bolton BL1 1LS 01204-546-100 Office</p>	<p><a href="http://www.beaconcounselling.org">www.beaconcounselling.org</a> <a href="mailto:enquire@beaconcounselling.org">enquire@beaconcounselling.org</a></p>
<b>Bolton</b>	<p><b>Helpline 01204-365-677</b></p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people We have a support Centre offering: A counselling service Freedom Programme - For survivors to learn about healthy relationships and make the changes required.</p>	<p>Fort Alice Bolton 01204-365-677 Office / Refuge</p>	<p><a href="http://www.fortalice.org.uk">www.fortalice.org.uk</a> <a href="mailto:info@fortalice.co.uk">info@fortalice.co.uk</a></p>
<b>Bootle</b>	<p><b>Helpline 01519-229-385</b></p> <p>Staffed Fridays 2pm - 4pm there is</p>	<p>Rape and Sexual Abuse Centre (RASA) Sefton</p>	<p><a href="http://www.rasamerseyside.org">www.rasamerseyside.org</a> <a href="mailto:sefton@rasamerseyside.org">sefton@rasamerseyside.org</a></p>



an answer machine all other times  
We strive to provide a safe and welcoming environment for male and female survivors of all sexual violence. We offer support for women in female only safe places.  
Specialist counselling support  
We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.

Bootle  
Liverpool  
L20 4NR  
01519-229-385 Office / Helpline

**Boston**      **Helpline 01205-361-232**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.  
Boston Mayflower - Domestic Abuse Service  
Boston  
Lincolnshire  
01205-361-232 Office / Helpline  
[dasupport@bostonmayflower.org.uk](mailto:dasupport@bostonmayflower.org.uk)

**Boston**      **Helpline 01205-311-272**  
We exist for the benefit of all women with or without children, who are experiencing domestic abuse. Our refuge is a safe house where women can stay as long as they may need. Our floating outreach support worker's role includes supporting women who want to stay in their homes. We offer support for the children who witness abuse. Two Support groups - One in Spalding and one in Holbeach. See our website for times and locations.  
Boston Women's Aid  
PO Box 5  
Boston  
PE21  
01205-311-272 Office / Helpline  
[www.bostonwomensaid.org.uk](http://www.bostonwomensaid.org.uk)  
[admin@bostonwa.co.uk](mailto:admin@bostonwa.co.uk)

**Bournemouth**      **Helpline 01202-547-755**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support  
Bournemouth Women's Refuge  
Bournemouth  
01202-547-755 Helpline/Refuge

**Bracknell**      **Helpline 01189-504-003**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.  
Berkshire Women's Aid  
Bracknell  
01189-504-003 Office / Helpline  
[www.womensaid.org.uk/domestic-abuse-directory/](http://www.womensaid.org.uk/domestic-abuse-directory/)

**Bradford**      **Helpline 01274-308-270**      BRC&SASS      [contactus@brcg.org.uk](mailto:contactus@brcg.org.uk)



Helpline open Mon, Tues, Weds,  
Thurs and Fri afternoons. Wed and  
Thurs evenings. Answerphone at all  
other times.

Advocacy and support

We provide an Independent Sexual  
Violence Advisor. Our ISVA provides  
support and advocacy to victims and  
survivors through the criminal court  
system.

Services for refugees/asylum seek-  
ing women and girls who have been  
raped in other countries.

Jyoti: Services for Black and Asian  
women and girls.

Drop-in service for sex workers  
FREE and confidential counselling  
with no session limits.

C/O 19/25 Sunbridge Road

Bradford

BD1 2AY

01274-308-271 Office

[www.facebook.com/brcg.co.uk/](http://www.facebook.com/brcg.co.uk/)

**Bradford**

**Helpline 01274-734-561**

Helpline hours Mon to Wed 9 - 7pm  
and Thursdays 9am to 5pm

We are a support service for family  
members and survivors who have  
been affected by sexual abuse.

Male survivor groups

support group for mum's who's  
children have been sexually abused

Women's survivor support group

For group details 01274-734-561

Mosaic II

The Mayfield Centre

Broadway Avenue

Bradford

BD5 9NP

01274-734-561 Office / Helpline

[www.mosaic2.org.uk](http://www.mosaic2.org.uk)

[info@mosaic2.org.uk](mailto:info@mosaic2.org.uk)

**Bradford**

**Helpline 01274-634-850**

Refuge for women fleeing domestic  
violence. The address is not  
published for safety reasons.

Dedicated services for children and  
young people

Oasis BME Domestic Abuse  
Services

Bradford

01274-634-850 Office / Refuge

**Bradford**

**Helpline 01274-667-104**

Outreach and support

IDVA: IDVA's work with women by  
offering support before, during and  
after the court process. They can  
accompany you to hearings and  
legal appointments and offer  
practical advice and planning.

Staying Put

Bradford

01274-667-104 Office/Outreach

**Bradford**

**Helpline 01274-660-052 Refuge**  
[refuge@bradfordwomensaid.org](mailto:refuge@bradfordwomensaid.org)

Refuge for women fleeing domestic  
violence. The address is not  
published for safety reasons.

Resettlement and follow up support

Dedicated services for children and  
young people

Bradford Women's Aid

Bradford

01274-660-052 Office / Refuge

[www.bradfordwomensaid.org](http://www.bradfordwomensaid.org)

[office@bradfordwomensaid.org](mailto:office@bradfordwomensaid.org)

**Brighton**

**Helpline 01273-622-822**

Refuge for women fleeing domestic  
violence. The address is not  
published for safety reasons.

RISE - Brighton & Hove

Brighton

East Sussex

01273-622-822 Referrals .

[www.riseuk.org.uk](http://www.riseuk.org.uk)

Resettlement and follow up support  
Dedicated services for children and young people

IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Services for Male victims of abuse

## Brighton

### **Helpline 01273-720-110**

Staffed 7pm-9pm Wed and Fri

### **Text for help 07717-999-989**

Staffed 7pm-9pm Wed and Fri

Drop In service Monday & Thursday  
Between 7pm and 9pm. Please call for details. Advocacy services.

Young peoples services.

FREE counselling for women 14-18

One to One counselling for adult women.

Our advocacy service is open to people of all genders, and the helpline is open to self identifying women and their supports ( of any gender).

Survivors' Network

6a Pavilion Buildings

Brighton

East Sussex BN1 1EE

01273-203-380 Office

[www.survivorsnetwork.org.uk](http://www.survivorsnetwork.org.uk)

[admin@survivorsnetwork.org.uk](mailto:admin@survivorsnetwork.org.uk)

If you need support please email

[help@survivorsnetwork.org.uk](mailto:help@survivorsnetwork.org.uk)

## Bristol

### **CASS Women's Self Injury Helpline**

**0808-800-8088 Tues & Weds**

**7pm to 10pm, Thurs 3pm to 6pm**

**TESS support for young women up to age 24. 07800-472-908 open**

**Sunday to Friday 7pm to 9pm.**

Self Injury Support is a national UK-wide organization that supports girls and women in emotional distress. We particularly help those that harm themselves, often called self injury. We run CASS self injury helpline and TESS text and email support. We produce info and publications about self injury. We provide information about many self Injury support groups across the UK. Please see website for a nationwide self injury support group list of locations.

Self Injury Support - Women

PO Box 3240

Bristol

BS2 2EF

01179-279-600 Office

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

[info@selfinjurysupport.org.uk](mailto:info@selfinjurysupport.org.uk)

Email Support form on Website

## Bristol

### **Helpline 07867-431-242**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Bristol Hope Project

Bristol

07867-431-242 Helpline/refuge

[hopeprojectbristol@gmail.com](mailto:hopeprojectbristol@gmail.com)

## Bristol

### **Helpline 01179-087-712**

**Email [contact@kinergy.org.uk](mailto:contact@kinergy.org.uk)**

We have been providing services to survivors of sexual abuse and rape since 1996. We are a member of BACP our team of 24 counsellors

KINERGY

Mary Carpenter House

Kingswood Foundation Estate

Britannia Road

Kingswood

Bristol

[www.kinergy.org.uk](http://www.kinergy.org.uk)

[contact@kinergy.org.uk](mailto:contact@kinergy.org.uk)

consists of 19 volunteer and 5 paid counsellors.

One to one counselling to 48 weeks  
Groups therapy - facilitated by an experienced counsellor, groups are usually 5 to 10 men and women and are an hour and a half in duration.

BS15 8DB  
01179-087-712 Office / Helpline

**Bristol**

**Helpline 01179-250-680**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support  
Dedicated services for children and young people

IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Next Link Domestic Abuse  
Services

Bristol

01179-250-680 Office/ Refuge

[enquiries@nextlinkhousing.co.uk](mailto:enquiries@nextlinkhousing.co.uk)

[www.nextlinkhousing.co.uk](http://www.nextlinkhousing.co.uk)

**Bristol**

**Helpline 01179-298-868**

**Freephone 0808-801-0456**

[support@sarsas.org.uk](mailto:support@sarsas.org.uk)

Our specially trained volunteers are here to listen and support women and girls who have survived rape or Sexual abuse at any time in their lives, past or present.

We can support you via email via our hotline or one to one Face to face support although we are NOT a counselling service. But we do offer a safe women only space for you to express yourself. From January 2014 we are offering a specialist trauma counselling service.

SARSAS

PO Box 2942

Bristol

BS1 9EU

01179-299-556 Office

[www.sarsas.org.uk](http://www.sarsas.org.uk)

[info@sarsas.org.uk](mailto:info@sarsas.org.uk)

**Bristol**

[caseholder@the-green-house.org.uk](mailto:caseholder@the-green-house.org.uk)

[info@the-green-house.org.uk](mailto:info@the-green-house.org.uk)

The Green House Bristol is a registered charity. We offer a range of specialist professional counselling and therapy services to help people of all ages who have experienced the trauma of sexual abuse or sexual violence at any time in their lives.

All services are FREE & confidential

One to one counselling

Therapy group work.

The Green House - Bristol

PO Box 665

Bristol

BS99 1XY

01179-351-707 Office

[www.the-green-house.org.uk](http://www.the-green-house.org.uk)

[info@the-green-house.org.uk](mailto:info@the-green-house.org.uk)

**Bristol**

**Helpline 01179-166-461**

**Helpline 08454-582-914**

See website for helpline hours

Our Bristol women's therapy centre was established in 1986 as a registered charity. We provide counselling and on-going group

Womankind

3rd floor

Brunswick Court

Brunswick Square

Bristol

BS2 8PE

01179-166-461 Office / Helpline

[www.womankindbristol.org.uk](http://www.womankindbristol.org.uk)

[info@womankindbristol.org.uk](mailto:info@womankindbristol.org.uk)

work and support to women in the Bristol area.  
One to one counselling  
Group therapy  
Services are provided FREE or subsidised for women on a low income and a full fee for women who can afford to pay.

<b>Bromley</b>	<b>Helpline 02083-139-303</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Bromley Women's Aid Bromley Kent 02083-139-303 Office / Helpline	
<b>Burnley</b>	<b>Helpline 07866-510-728</b> <a href="mailto:helpline@elwra.org.uk">helpline@elwra.org.uk</a> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. <a href="http://www.eastlancshealthyminds.co.uk/details/directory/burnley-womens-refuge-association/429/">www.eastlancshealthyminds.co.uk/details/directory/burnley-womens-refuge-association/429/</a>	East Lancashire Women's Refuge Association PO Box 9 Burnley Lancashire 01282-414-130 Office	<a href="mailto:contact@elwra.org.uk">contact@elwra.org.uk</a>
<b>Burton on Trent</b>	Helpline 01283-517-185 Helpline staffed 2 hours per day Telephone support and individual support for survivors aged 13+ of any form of sexual and or domestic abuse, rape or sexual violence whether recent or past.	Sexual & Domestic Abuse and Rape Advice Centre PO Box 3 Burton on Trent DE14 1BB 01283-517-185 Office / Helpline	<a href="http://www.sarac.org.uk/staff@sarac.org.uk">www.sarac.org.uk/staff@sarac.org.uk</a> Website temporarily off line July 2017
<b>Bury</b>	<b>Helpline 03445-151-850</b> Refuge for men and women fleeing domestic violence. Our address is not published for saftey reasons. Resettlement and follow up support	Housing Action Group - DV Sercives. Bury 03445-151-850 Office / Refuge	<a href="mailto:centralaccess@shelter.org.uk">centralaccess@shelter.org.uk</a>
<b>Calderdale</b>	<b>Helpline 0845-155-1485 Refuge</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services available to male victims.	Calderdale Domestic Abuse Services Calderdale 0845-155-1485 Office / Refuge	
<b>Cambridge</b>	<b>Helpline 01223-245-888</b> See website for helpline hours We are a helpline service run by women for women who have survived or are currently experiencing	Cambridge Rape Crisis Centre PO Box R 12 Mill Road Cambridge CB1 2AD	<a href="http://www.cambridgerapecrisis.co.uk">www.cambridgerapecrisis.co.uk</a>

sexual violence. Our helpline is also open to supporter of survivors  
Short term face to face counselling  
Independent Sexual Violence Advisor is available on weekdays to give information, advice and support about reporting to the police, and the criminal justice system.

01223-313-551 Office  
[contact@cambridgerapecrisis.co.uk](mailto:contact@cambridgerapecrisis.co.uk)  
For support via email  
[support@cambridgerapecrisis.co.uk](mailto:support@cambridgerapecrisis.co.uk)

#### Cambridge

24 Hour answerphone out of hours  
We are a confidential counselling service in Cambridge and the surrounding areas for those whose lives are affected by child sexual abuse. We can offer up to two years of counselling for male and female survivors of all ages.

Choices Counselling  
Alex Wood Hall  
Norfolk Street  
Cambridge  
CB1 2LD  
01223-358-149 Office  
[choicescounselling@hotmail.co.uk](mailto:choicescounselling@hotmail.co.uk)  
[www.choicescounselling.co.uk](http://www.choicescounselling.co.uk)

#### Cambridgeshire

**Helpline 01223-460-947**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accommodation for your children.

Cambridge Women's Aid  
Cambridgeshire  
01223-460-947 Office / Helpline  
[www.womensaid.org.uk/domestic-abuse-directory/](http://www.womensaid.org.uk/domestic-abuse-directory/)  
[refuge@cambridgewa.org.uk](mailto:refuge@cambridgewa.org.uk)

#### Canterbury

**Helpline 0800-458-2818**  
**Support line 01227-450-400**  
We support survivors of rape and childhood sexual abuse by providing an Independent Sexual Violence Advisor. Our ISVA will offer emotional and practical support.  
FREE face to face counselling for survivors of rape and childhood abuse.

East Kent Rape Line  
PO Box 353  
Canterbury  
Kent  
CT2 9WA  
01229-451-753 Office  
[www.eastkentrapeline.com](http://www.eastkentrapeline.com)  
[info@eastkentrapeline.com](mailto:info@eastkentrapeline.com)

#### Canterbury

**Helpline 01227-452-849**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support  
Dedicated services for children and young people

Canterbury Women's Refuge  
Canterbury  
Kent  
01227-452-849 Office / Refuge

#### Canterbury

**Helpline 01227-542-852**  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.  
Services for Male victims of abuse.

Rising Sun Domestic Abuse Services  
Canterbury  
01227-452-852 Office / Helpline  
[www.risingsunkent.com](http://www.risingsunkent.com)  
[admin@risingsunkent.com](mailto:admin@risingsunkent.com)

#### Carlisle

**Helpline 01228-515-859**  
Helpline hours Mon - Fri 9am - 5pm  
Out of hours answering machine  
We are a registered charity working with children, young people and

Safety Net Advice & Support Ctr  
1 Fisher Street  
Carlisle  
Cumbria CA3 8RR  
01228-515-859 Office / Helpline  
[www.safetynetuk.org](http://www.safetynetuk.org)  
[sncarlisle@btconnect.com](mailto:sncarlisle@btconnect.com)  
Website maintained July 2017

families who have experienced rape, sexual abuse or domestic violence.

Information and referrals  
Police and court accompaniment  
Therapy and counselling services

<b>Cheshire</b>	<b>Helpline 01270-250-390</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Cheshire Without Abuse Cheshire 01270-250-390 Office / Refuge	
<b>Cherwell</b>	<b>Helpline 0800-731-0055 Freephone</b> <b>Helpline 01295-267-159 Refuge</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services for Male victims of abuse	Cherwell Women's Refuge Cherwell Oxfordshire 0800-731-0055 Office / Support	
<b>Cheshire</b>	<b>Helpline 01513-554-759</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Access to interpreters	Cheshire Women's Services. Cheshire 01513-554-759 Office / Refuge	
<b>Chester</b>	<b>Helpline 01244-317-922</b> Helpline hours Mon & Wed 6pm-8pm Saturdays 10am - 1pm We provide FREE face to face counselling as well as a telephone support line for women aged 18+ who have been affected by any form of rape, sexual violence or sexual abuse at any time in their lives, this includes the witnessing of abuse and violence. Although based in the centre of Chester we also cover the Chester West and North Wales areas.	Chester Sexual Violence Support Service PO Box 280 Chester CH1 1FB 01244-317-922 Office / Helpline	<a href="http://www.csass.org.uk/">www.csass.org.uk/</a> <a href="mailto:chestersvss@yahoo.co.uk">chestersvss@yahoo.co.uk</a>
<b>Chester</b>	<b>Helpline 01606-871-523</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Offering direct services to male victims of domestic abuse. Facilities for the disabled	Phoenix Domestic Abuse Support Services Chester Cheshire 01606-871-523 Office / advice <a href="http://www.facebook.com/PhoenixDAaSSL">www.facebook.com/PhoenixDAaSSL</a>	<a href="mailto:info@phoenixsupport.org.uk">info@phoenixsupport.org.uk</a>
<b>Chesterfield</b>	<b>Helpline 01246-556-114</b> we serve adult female survivors of rape and sexual abuse by offering	SAIL Sexual Abuse & Incest Line PO Box 8 Chesterfield	<a href="mailto:email@sail1.freeseve.co.uk">email@sail1.freeseve.co.uk</a>

information, advocacy, counselling and mutual support groups.  
Derbyshire  
S40 1NY  
01246-556-114 Office / Helpline

**Chichester**      **Helpline 01243-839-376**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Chichester Shared House  
Chichester  
West Sussex  
01243-839-376 Office / refuge

**Chichester**      **Adults helpline 08448-477-879**  
**Under 18 helpline 08088-020-808**  
**Text helpline 07717-989-022**  
Our number one purpose is to provide therapeutic services to survivors of rape and sexual abuse and their supporters. Services are for male and female survivors aged 9 years plus.  
Full counselling services  
Email helpline on website  
Lifecentre  
PO Box 58  
Chichester  
West Sussex  
PO19 8UD  
01234-786-349 Office  
[www.lifecentre.uk.com](http://www.lifecentre.uk.com)  
Email form on website

**Cockermouth**      **Helpline 0808-118-6432**  
See website for helpline hours  
The Bridgeway Centre is a charity organization which offers FREE support to any one over the age of 16 years, who have been affected by rape, sexual assault or sexual abuse at any time in their lives.  
Face to face support  
Counselling with professionally qualified vounteer counsellors during office hours.  
The Bridgeway  
Cockermouth  
Cumbria  
CA13 0RJ  
0808-118-6432 Office / helpline  
[www.thebridgeway.org.uk/counselling-and-support/](http://www.thebridgeway.org.uk/counselling-and-support/)

**Colchester**      **Helpline 01206-769-795**  
24 Hour answer machine  
CARA is a confidential and non - judgmental support service for women, children and young people living in north or mid-Essex who have experienced rape, sexual assault or abuse either recently or in the past.  
Support id you go to the police  
Support through legal processes  
information about your rights  
Support at the hospital  
One to one counselling  
Support groups  
Services also for boys and men under the age of 19. Not at centre  
Centre for Action on Rape and Abuse  
PO Box 548  
Colchester  
CO1 1YP  
01206-367-881 Office  
[www.caraessex.org.uk](http://www.caraessex.org.uk)  
[info@caraessex.org.uk](mailto:info@caraessex.org.uk)

**Colchester**      24 Hour Helpline 07854-653-118  
From abroad +44-7854-653-118  
DABS is a not-for-profit organisation.  
The DABS book list of over 450 titles on the subjects of abuse and sexual violence is still maintained  
DABS  
23 Wakefield Close  
Colchester  
Essex CO1 2SD  
07854-653-118 Helpline  
[www.dabs.uk.com](http://www.dabs.uk.com)  
[dabs@btinternet.com](mailto:dabs@btinternet.com)



however sales are no longer commercially viable for us. DABS produces National Resource Directories of approximately 550 charities, organisations and groups throughout the UK and Ireland that work in various ways to support survivors of abuse and sexual violence. There is a helpline offering a signposting service providing FREE support and information regarding issues to do with childhood abuse, incest and sexual violence. DABS also offers in-house counselling and training to complement the other services it provides.

## Congleton

### **Helpline 01625-439-197**

We are a registered charity who are dedicated to support people who have been affected by rape or sexual abuse at any time in their lives. We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts. Counselling for women affected by rape or sexual abuse. Counseling for men affected by rape or sexual abuse. A specialist young person's service Workshops and support groups. Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington.

Rape and Sexual Abuse Support Centre - Cheshire East  
Congleton  
Cheshire  
CW12 4AB  
01625-439-197 Office / Helpline

[www.rapecentre.org](http://www.rapecentre.org)  
[support@rapecentre.org](mailto:support@rapecentre.org)

## Cornwall

### **01208-77-099 Rape/Sexual Abuse 01208-79-992 Domestic Abuse**

WRSAC provides confidential support and is run by women for women. Whether you have experienced childhood sexual abuse, a recent sexual assault or domestic abuse you can contact us through our helplines or the website. We will help you find the right support for you. See more at: [www.wrsac.org.uk](http://www.wrsac.org.uk)  
Rape and sexual abuse helpline is open Mon - Thurs 10am - 1pm  
Thursday evenings 7.30pm - 10pm  
Domestic violence helpline is open Monday evenings 7.30pm - 10pm

Women's Rape & Sexual Abuse Centre (Cornwall)  
PO Box 39  
Bodmin  
PL31 1XF  
01208-76-466 Office

[www.wrsac.org.uk](http://www.wrsac.org.uk)  
[admin@wrsac.org.uk](mailto:admin@wrsac.org.uk)

<b>Cornwall</b>	<p><b>Helpline 01872-225-629</b>  <b>Helpline 01872-227-814 Refuge</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people  Offering direct services to male victims of domestic abuse.</p>	<p>Cornwall Women's Refuge Trust <a href="http://www.cwrt.org.uk">www.cwrt.org.uk</a>  Cornwall  01872-225-629 Office / Helpline</p>
<b>Cornwall East</b>	<p><b>Helpline 01726-871-244</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people</p>	<p>East Cornwall Women's Refuge  East Cornwall  01726-871-244 Helpline/refuge</p>
<b>Cornwall West</b>	<p><b>Helpline 01736-367-539</b>  <b>Helpline 01736-332-711 Refuge</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people</p>	<p>West Cornwall Women's Aid  Cornwall (West)  01736-367-539 Office / Helpline  <a href="http://www.womensaid.org.uk/domestic-abuse-directory/">www.womensaid.org.uk/domestic-abuse-directory/</a></p>
<b>Coventry</b>	<p><b>Helpline 02476-444-077</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Drop-in service available</p>	<p>Coventry Haven  Coventry  02476-444-077 Office / Refuge</p>
<b>Coventry</b>	<p><b>Helpline 02476-277-777</b>  <a href="mailto:helpline@crasac.org.uk">helpline@crasac.org.uk</a>  See website for helpline hours  We offer a FREE and independent helpline for anyone from 5 years who has been affected by sexual violence no matter when or how it happened.  Counselling for 5 to 18 year olds  One to one counselling for women  Crisis support and advocacy  Help reporting to the police  Girl's group therapy ages 11-17  Our helpline supports boys &amp; men  Weekly therapy groups for women  One to one counselling for men now available.</p>	<p>Coventry Rape and Sexual Abuse Centre Ltd  PO Box 2464  Coventry  CV1 1ZA  02476-277-772 Office  <a href="http://www.crasac.org.uk">www.crasac.org.uk</a>  <a href="mailto:info@crasac.org.uk">info@crasac.org.uk</a></p>
<b>Crawley</b>	<p><b>Freephone Line 0808-802-9999</b>  Our helpline is open every day at 12.30pm - 2.30pm &amp; 7pm - 9.30pm  365 days of the year for survivors of rape and childhood abuse.  Independent Sexual Violence Advisor is available on weekdays to give</p>	<p>Rape Crisis Surrey and Sussex  PO Box 1265  Crawley RH10 0JY  Office 01293-538-477  <a href="http://www.rasasc.org.uk">www.rasasc.org.uk</a>  <a href="mailto:info@rasasc.org.uk">info@rasasc.org.uk</a></p>

information, advice and support about reporting to the police and the criminal justice system. Counselling is available Monday to Friday for female survivors over 14 years who live or work in Surrey or Sussex.

**Croydon**

**Helpline 07905-362-011**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.

Beth Refuge  
Croydon  
07905-362-011 Office / refuge

**Croydon**

**Helpline 02086-880-100**  
Helpline open Mon - Fri 10am-4pm  
Resettlement and follow up service  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.

Croydon Family Aid  
Croydon  
London  
02086-880-100 Office Helpline

**Croydon**

**Helpline 0808-802-9999 Freephone**  
Our helpline is open everyday at 12.30pm-2.30pm and 7pm-9.30pm 365 day of the year for survivors of rape and childhood abuse. Independent Sexual Violence Adivsor is available on weekdays to give information, advice and support about reporting to the police, and the criminal justice system. Counselling Monday - Friday for female survivors over 14 years who live and work in London, West Kent and North Surrey. Trauma counselling & group therapy

Rape Crisis South London  
PO Box 383  
Croydon  
CR9 2AW  
0208 683-3311 Office

[www.rasasc.org.uk](http://www.rasasc.org.uk)  
[info@rasasc.org.uk](mailto:info@rasasc.org.uk)

**Croydon**

**Helpline 0800-121-6060**  
We have three refuges in the south London area of Croydon for women and their children who are fleeing domestic violence. For safety reasons we do not publish our address. Please contact us if you need any information or are in need of help.

Croydon Refuge  
Croydon  
London  
0800-121-6060 Office / Helpline

**Cumbria**

**Helpline 07808-772-768**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support

Let Go - Safe Space  
Cumbria  
07808-772-768 Office / Refuge

**Dagenham**

Step Up was launched in 2003 as a support service for families where children have been sexually abused

STEP UP  
534 Rainham Road South  
Dagenham

[www.step-up-charity.co.uk/](http://www.step-up-charity.co.uk/)  
[step\\_up\\_shelley@hotmail.com](mailto:step_up_shelley@hotmail.com)

or raped. We aim to provide a safe place for parents, offering practical and emotional support. If you feel that counselling for yourself or your child would be beneficial please call Shelley on 02085-178-888. We also run a drop in service during term time only Call office for details.

Essex RM10 7XD  
02085-175-888 Office.

#### Darlington

##### **Helpline 01325-364-486**

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Offering direct services to male victims of domestic abuse.

Darlington Women's Refuge  
Darlington  
01325-364-486 Office / Refuge

[www.darlingtonrefuge.org.uk](http://www.darlingtonrefuge.org.uk)  
[familyhelp@btconnect.com](mailto:familyhelp@btconnect.com)

#### Darlington

##### **Helpline 01325-369-933**

Helpline Mon - Thurs 6.30pm - 9pm The Centre offers FREE confidential counselling and support to women who have experienced any form of sexual violence. Providing face to face counselling, support and advice for all women and girls aged 13+ daytimes and evening in the Darlington area. Outreach counselling service in Durham on Wednesdays and on Saturday mornings. Email support coming soon. This entry November 2013

Rape and Sexual Abuse  
Counselling Centre  
PO Box 106  
Darlington  
DL3 7YS  
01325-354-119 Office

[www.rsacc-thecentre.org.uk](http://www.rsacc-thecentre.org.uk)  
Email support coming soon

#### Derby

##### **Helpline 01332-270-101**

We run an advice line, outreach services for those who are affected by domestic abuse and a drop-in service in Derby at our advice centre.

Hadhari Nari Women's Project  
Derby  
East Midlands  
01332-270-101 Office / Helpline

#### Derby

##### **Helpline 01773-746-115 24 Hours Email support [help@sv2.org.uk](mailto:help@sv2.org.uk)**

We provide support for anyone of any gender who are 14 years + and have been victims of any form of sexual violence at any point in their life. Support for victims wanting forensic medical exams without police involvement. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Face to face supportive counselling

SV2  
PO Box 142  
Derby  
DE1 1HF  
01773-746-115 Office / Helpline

[www.sv2.org.uk](http://www.sv2.org.uk)  
[info@drconline.org.uk](mailto:info@drconline.org.uk)

#### Derbyshire North

**Helpline 01246-540-444  
Helpline 0800-019-8668 Freephone**  
We offer a range of services to help

North Derbyshire Women's Aid  
North Derbyshire  
01246-540-444 Office ? Helpline

[www.ndwa.org.uk](http://www.ndwa.org.uk)  
Contact email form on website

support men and women and their children who are affected by domestic abuse. Offering a drop-in service without an appointment on Mondays to Fridays 10am-4pm. We can put you in contact with a safe refuge if you are fleeing from your situation. FREE counselling, art therapy, a 12 week domestic abuse awareness course. And we have the services of an Independent domestic violence Advisor to support you through the courts

**Derbyshire**  
South

**Helpline 01283-229-854**  
**Helpline 0800-019-8668 Freephone**

We provide practical and emotional support for victims of domestic violence in the South Derbyshire area. We currently have coffee/chat sessions running on a Thursday at 12.30-2.30pm. Self help groups run at various time throughout the year. We have a drop-in service open 9am to noon Mondays to Thursdays. We offer an Outreach services and can visit you in your home or at a safe place. We can give you info on the Lemon Grove safe refuge which provides temporary accomodation for those fleeing violence. We also offer counselling services for men and women.

Next Step  
PO Box 6256  
Swadlincote  
South Derbyshire  
01283-229-854 Office / Helpline

[www.next-step.org](http://www.next-step.org)  
[nextstep2@btconnect.com](mailto:nextstep2@btconnect.com)

**Devon**

**Helpline 01392-204-174**  
[support@devonrapecrisis.org.uk](mailto:support@devonrapecrisis.org.uk)  
Covering all Devon except Plymouth  
We work with women 18+ who have experienced Rape, Childhood Sexual Abuse, Ritual Abuse, Gender based crimes, intimidation and harassment, regardless of how long ago it happened. We offer emotional and practical support via our Helpline, Email Searvice or Face to Face Sessions. We also offer support to friends, partners and family members. For Helpline and Email support the woman my remain Anonymous.

Devon Rape Crisis Service  
PO Box 765  
Exeter  
Devon  
01392-208-756 Office/Referrals

[www.devonrapecrisis.org.uk](http://www.devonrapecrisis.org.uk)  
[support@devonrapecrisis.org.uk](mailto:support@devonrapecrisis.org.uk)

**Devon**

**Helpline 03030-300-112**  
**Helpline 0800-328-3070 Refuge**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people  
Resettlement and follow up support  
IDVA: IDVA's work with women by

STOP Abuse For Everyone  
Devon  
03030-300-112 Office/Outreach

[www.safe-services.org.uk](http://www.safe-services.org.uk)

offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

**Devon  
North**

**Helpline 01271-370-079**  
**Helpline 01271-321-946 Refuge**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

North Devon Against Domestic Abuse  
North Devon  
01271-370-079 Office/Outreach

**Devon  
South**

**Helpline 01626-365-087**  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Domestic Violence Services  
Devon (South)  
01626-365-087 Office / Helpline

**Doncaster**

**Helpline 01302-328-555**  
Helpline hours Tues 9.30 - 10.30am and Thursdays noon to 1pm  
We are an independent charity that has been helping victims of sexual violence since 1987.  
Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.  
Counselling for children and youth  
Counselling for adult survivors  
Group sessions led by one or two facilitators who are qualified and experienced counsellors.  
[counselling@drasacs.org.uk](mailto:counselling@drasacs.org.uk)

Doncaster Rape and Sexual Abuse Counselling Service  
PO Box 470  
Doncaster  
DN1 3XW  
01302-341-572 Office

[www.drasacs.org.uk](http://www.drasacs.org.uk)  
[admin@drasac.org.uk](mailto:admin@drasac.org.uk)

**Doncaster**

**Helpline 01302-326-411**  
**Asian advice line 01302-340-063**  
Outreach and floating support  
Drop-in service for victims  
Dedicated services for children and young people

Doncaster Women's Aid  
Doncaster  
01302-326-411 Office / Helpline  
[www.doncaster-womens-aid.co.uk](http://www.doncaster-womens-aid.co.uk)  
[mail@doncaster-womens-aid.co.uk](mailto:mail@doncaster-womens-aid.co.uk)

**Dorset  
North**

**Helpline 01747-858-555**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.

North Dorset Women's Refuge  
Dorset (North)  
01747-858-555 Office / Refuge

[www.bcha.org.uk](http://www.bcha.org.uk)

<b>Dorset West</b>	<p><b>Helpline 01305-262-444</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people</p>	<p>West Dorset Women's Refuge  Dorset (West)  01305-262-444 Office / Refuge</p>	
<b>Dover</b>	<p><b>Helpline 0845-072-7625</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p>	<p>Dover Refuge  Dover  Kent  0845-072-7625 Office / Refuge</p>	<a href="mailto:contactus@amicushorizon.org.uk">contactus@amicushorizon.org.uk</a>
<b>Dudley</b>	<p><b>Helpline 0845-607-6474</b>  <b>Helpline 01215-598-477 Refuge</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.  Drop In service avaiable  Independent Sexual Violence Advisor  the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police inter-views and to the courts</p>	<p>HUMDARD  Dudley  West Midlands  0845-607-6474 Office / Helpline</p>	
<b>Durham</b>	<p><b>Helpline 01913-865-951</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support</p>	<p>Durham Women's Refuge  County Durham  01913-865-951 Office / Refuge</p>	
<b>Eastbourne</b>	<p><b>Helpline 01323-736-796</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support</p>	<p>Refuge - Eastbourne  Eastbourne  East Sussex  01323-736-796 Office / Refuge</p>	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a> <a href="mailto:info@refuge.org.uk">info@refuge.org.uk</a>
<b>East Midlands</b>	<p><b>Helpline 01159-414-279</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Please call the helpline to ask about accomodation for your children.</p>	<p>Amber House  East Midlands  01159-414-279 Office / Helpline</p>	
<b>East Midlands</b>	<p><b>Helpline 01782-287-902</b>  We offer outreach services to those affected by domestic violence but who wish to remain in their homes.  Counselling, support groups and a drop-in service. Please call our help</p>	<p>Family Support Service  East Midlands  01782-287-902 Office / Helpline</p>	



line for more details.

<b>East Midlands</b>	<b>Helpline 01159-753-254</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Umuada Refuge East Midlands 01159-753-254 Office / Helpline	<a href="mailto:umuadausers@ncha.org.uk">umuadausers@ncha.org.uk</a>
<b>Ellesmere Port</b>	<b>Helpline 01244-907-710</b> We are a registered charity who are dedicated to support people who have been affected by rape or sexual abuse at any time in their lives. We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police inter-views and to the courts. Counselling for women affected by rape or sexual abuse. Counseling for men affected by rape or sexual abuse. A specialist young person's service Workshops and support groups. Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington.	Rape and Sexual Abuse Support Centre -Cheshire West & Chester Ellesmere Port Cheshire CH65 9BF 01244-907-710 Office / Helpline	<a href="http://www.rapecentre.org.uk">www.rapecentre.org.uk</a> <a href="mailto:support@rapecentre.org">support@rapecentre.org</a>
<b>Essex</b>	<b>Helpline 01206-500-585</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Colchester & Tendring Women's Refuge Essex 01206-500-585 Office / Helpline	<a href="http://www.colchester-refuge.org.uk">www.colchester-refuge.org.uk</a> <a href="mailto:info@colchester-refuge.org.uk">info@colchester-refuge.org.uk</a>
<b>Exeter</b>	<b>Helpline 01392-204-174</b> <a href="mailto:support@devonrapecrisis.org.uk">support@devonrapecrisis.org.uk</a> Covering all Devon except Plymouth We work with women 18+ who have experienced Rape, Childhood Sexual Abuse, Ritual Abuse, Gender based crimes, intimidation and harassment, regardless of how long ago it happened. We offer emotional and practical support via our Helpline, Email Searvice or Face to Face Sessions. We also offer support to friends, partners and family members. For Helpline and Email support the woman my remain Anonymous.	Devon Rape Crisis Service PO Box 765 Exeter EX1 9TG 01392-208-756 Office	<a href="http://www.devonrapecrisis.org.uk">www.devonrapecrisis.org.uk</a> <a href="mailto:info@devonrapecrisis.org.uk">info@devonrapecrisis.org.uk</a> Email support contact address <a href="mailto:support@devonrapecrisis.org.uk">support@devonrapecrisis.org.uk</a>
<b>Exeter</b>	<b>Helpline 08088-000-188</b> Tues, Wed, Thurs 7pm - 10pm The service we provide is private,	Rape and Sexual Abuse Helpline PO Box 325 Exeter	

confidential and anonymous but most importantly a listening service. If requested we can give information about the police and legal processes. We are a highly specialized service and endeavour to be as constant and reliable as possible. So if you call and do not get through first time please try again

Devon  
EX1 1WQ  
08088-000-188 Office / Helpline

**Fareham**

**Helpline 07967-387-243**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people

Fareham & Gosport Family Aid  
Fareham  
Hampshire  
07967-387-243 Office / Refuge

**Farnham**

Christian Healing Ministry offering personal prayer ministry on FREE Healing Retreats and also as part of various teaching courses. suitable for those suffering the trauma of past abuse and desiring help with the subsequent dysfunction in their life.

Ellel Ministries  
Ellel Pierrepont  
Frensham Road  
Frensham  
Farnham  
Surrey GU10 3DL  
01252-794-060 Office/ Advice  
[info.pierrepont@ellelministries.org](mailto:info.pierrepont@ellelministries.org)

[www.ellel.org](http://www.ellel.org)

**Fleetwood**

**Helpline 07932-898-274**  
Helpline hours Daily 9am - 6 pm  
We were established in January 2001 to provide help, support and advice to male survivors of rape, sexual abuse and partner abuse. Group meetings Weds 10am - noon and Thursdays 7pm - 9 pm  
Therapy group Fridays 7 pm - 9pm  
Listening sessions by appointment  
Wed 10am - noon & Fri 1pm - 3pm

The Fylde Coast Men's Support Association  
PO Box 126  
Fleetwood  
Lancs  
FY7 6WN  
07932-898-274 Office / Helpline

[fcmsa@yahoo.co.uk](mailto:fcmsa@yahoo.co.uk)

**Folkestone**

**Helpline 0845-072-7625**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Folkestone Women's Refuge  
Folkestone  
Kent  
0845-072-7625 Office / Refuge

**Gateshead**

**Helpline 01914-779-309**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.

Gateshead Women's Services and Refuge  
Gateshead  
01914-779-309 Office / Refuge

[GWS@homegroup.org.uk](mailto:GWS@homegroup.org.uk)

**Gloucester**

**Helpline 01452-526-770**  
For helpline times see website  
FREE confidential support for women and children who have been raped or sexually abused at any times in their lives.  
Advocacy,  
Practical advice provided regarding medical and legal processes

Gloucestershire Rape Crisis Ctr  
PO Box 16  
Gloucester  
GL4 0RU  
01452-526-770 Office / Helpline

[glosrapecrisis@hotmail.co.uk](mailto:glosrapecrisis@hotmail.co.uk)

Face to face support at the centre or at home.

**Gloucestershire South**

**Helpline 01179-612-999**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support  
Dedicated services for children and IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Survive South Gloucestershire  
01179-612-999 Office / Refuge

[www.survivedv.org.uk](http://www.survivedv.org.uk)  
[info@survivedv.org.uk](mailto:info@survivedv.org.uk)

**Gravesend**

**Helpline 01474-537-392**  
Helpline open most office hours  
Family Matters counselling practice is supported by qualified professionals, specialist in the field of childhood sexual abuse and rape. We also cover physical abuse and self esteem issues.  
Face to face counselling  
Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.  
Women only space available  
Support groups coming soon (this entry November 2013).

Family Matters  
13 Wrotham Road  
Gravesend  
Kent  
DA11 0PA  
01474-536-661 Office

[www.familymattersuk.org](http://www.familymattersuk.org)  
[admin@familymattersuk.org](mailto:admin@familymattersuk.org)

**Grays Thurrock**

**Helpline 01375-380-609**  
SERICC opened in 1984 and covers the area's of Basildon, Brentwood and Thurrock. We provide services to women and girls over 13 years who have been raped, sexually assaulted, experienced childhood sexual abuse or any form of sexual violence.  
Female sexual violence counsellors  
FREE short term counselling  
Long term one to one counselling  
Support 4 mother's of Child survivors  
Support at medical appointments  
Support through the court system  
Counselling contact 01375-380-609  
Counselling by appointment only

South Essex Rape and Incest  
Crisis Centre  
Grays Thurrock  
RM17 6LL  
01375-381-322 Office

[www.sericc.org.uk](http://www.sericc.org.uk)  
[sericc@sericc.org.uk](mailto:sericc@sericc.org.uk)

**Grimsby**

**Helpline 01472-575-757**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
Services available for male victims

Grimsby Women's Aid  
Grimsby  
01472-575-757 Office / Refuge

[www.womensaid.org.uk/domestic-abuse-directory/](http://www.womensaid.org.uk/domestic-abuse-directory/)

<b>Guernsey</b>	<p><b>Helpline 01481-721-999</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support</p>	<p>Guernsey Women's Refuge  Guernsey  Channel Islands  01481-721-999 Office / Refuge.</p>	
<b>Guildford</b>	<p><b>Helpline 01483-898-600</b>  Services for male and female survivors of ritual abuse.  Telephone support  Information and advice.</p>	<p>RAINS (Ritual Abuse Information Network and Support)  Guildford  Surrey  01483-898-600 Office / Helpline</p>	<p><a href="mailto:joanmcoleman@btinternet.com">joanmcoleman@btinternet.com</a></p>
<b>Guildford</b>	<p><b>Helpline 01483-546-400</b>  <b>Or 0800-0288-022 Freephone</b>  Helpline Sun - Fri 7.30pm - 9.30pm  Closed Saturdays &amp; Bank Holidays  Individual counselling  Family support counselling  Pre court support counselling  Self help groups  Independent Sexual Violence Advisor  the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.</p>	<p>Rape and Sexual Abuse Support Centre (RASASC)  PO Box 1009  Guildford  Surrey  GU1 9EE  01483-568-000 Office</p>	<p><a href="http://www.rasasc.org">www.rasasc.org</a>  <a href="mailto:admin@rasasc-guildford.org">admin@rasasc-guildford.org</a></p>
<b>Halifax</b>	<p><b>Helpline 01422-323-339</b>  If you are a women who has been affected by any form of domestic abuse, the Calderdale Women's Support Services can provide information, practical and emotional support and safety planning advice. "The Freedom Programme" is a weekly support group run 3 times a year for women affected by abuse whether past or present. Call the helpline for group details.</p>	<p>The Calderdale Women's Support Services  Halifax  01422-323-339 Office / Helpline</p>	<p><a href="http://www.womencentre.org.uk">www.womencentre.org.uk</a>  <a href="mailto:dvteam@womencentre.org.uk">dvteam@womencentre.org.uk</a></p>
<b>Halton</b>	<p><b>Helpline 0300-111-1247</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Halton &amp; District Women's Aid  Halton  Cheshire  0300-111-1247 Office / Helpline  <a href="http://www.womensaid.org.uk/domestic-abuse-directory/">www.womensaid.org.uk/domestic-abuse-directory/</a></p>	
<b>Harlow</b>	<p><b>Helpline 08450-177-668</b>  We have refuges in Harlow, South-end and Broxbourne. Large or small accomodations offering services to women and their children who are fleeing domestic violence.</p>	<p>Safer Places  PO Box 2489  Harlow  Essex  08450-177-668 Office / Helpline</p>	<p><a href="http://www.saferplaces.co.uk">www.saferplaces.co.uk</a>  <a href="mailto:info@saferplaces.co.uk">info@saferplaces.co.uk</a></p>
<b>Harrogate</b>	<p><b>Helpline 01423-530-078</b></p>	<p>Harrogate &amp; District Women's</p>	<p><a href="http://www.idas.org.uk">www.idas.org.uk</a></p>

	<p>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.</p>	<p>Aid Harrogate 01423-530-078 Office / Refuge</p>	<p><a href="mailto:info@idas.org.uk">info@idas.org.uk</a></p>
<b>Hartlepool</b>	<p><b>Helpline 01429-277-508</b> <b>Helpline 0845-602-7308</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Counselling service available.</p>	<p>Harbour Refuge Harlepool 01429-277-508 Office / Refuge</p>	<p><a href="http://www.myharbour.org.uk">www.myharbour.org.uk</a> <a href="mailto:info@myharbour.org.uk">info@myharbour.org.uk</a></p>
<b>Hartlepool</b>	<p><b>Helpline 0845-602-7449</b> <b>Helpline hours Mon - Fri 9 -5pm</b> We are a specialist domestic abuse charity with over 37 years experience working with families affected by domestic abuse. We offer an Independent DV Advisor for practical and emotional support. Support for children Group work and support groups</p>	<p>Harbour Support Services Whitburn House 15 Whitburn Street Hartlepool TS24 7 QR 0845-602-7449 Office / Helpline <a href="mailto:counsellingservice@myharbour.org.uk">counsellingservice@myharbour.org.uk</a></p>	
<b>Hastings</b>	<p><b>Helpline 07795-968-400 Referrals</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Refuge - Hastings Hastings East Sussex 01424-721-490 Refuge</p>	<p><a href="http://www.refuge.org.uk">www.refuge.org.uk</a> <a href="mailto:info@refuge.org.uk">info@refuge.org.uk</a></p>
<b>Hatfield</b>	<p><b>Helpline 01707-276-512</b> 24 Hour discreet answering service Calls answered by a counsellor on Thursdays 7.30 pm - 9.30 pm If you are a survivor of any kind of sexual violence at any time in your life: We offer FREE confidential counselling for females who are over 16 years no matter how or when the violence occurred.</p>	<p>Herts Area Rape Crisis and Sexual Abuse Centre PO Box 256 Hatfield Hertfordshire AL10 One 01707-276-512 Office / Helpline</p>	<p><a href="http://www.hertsrapecrisis.org.uk">www.hertsrapecrisis.org.uk</a> <a href="mailto:hertsrapecrisis@btconnect.com">hertsrapecrisis@btconnect.com</a></p>
<b>Havant</b>	<p><b>Helpline 02392-480-246</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people Services for Male victims of abuse</p>	<p>Southern Domestic Abuse Services Havant Hampshire 02392-480-246 Office / Refuge</p>	<p><a href="http://www.southerndas.org">www.southerndas.org</a> <a href="mailto:info@southerndas.org">info@southerndas.org</a></p>
<b>Herefordshire</b>	<p><b>Helpline 0800-783-1359</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and</p>	<p>West Mercia Women's Aid Herefordshire 0800-783-1359 Office / Helpline <a href="mailto:helpline@westmerciawomensaid.org">helpline@westmerciawomensaid.org</a></p>	<p><a href="http://www.westmerciawomensaid.org">www.westmerciawomensaid.org</a></p>

after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

<b>Hexham</b>	<b>Helpline 01434-60-80-30</b> We are an independent charity based in Hexham, Northumberland. Our aim is to support women who have experienced domestic violence at any time in their lives. We are run by women for women. Our services are FREE of charge and confidential. Practical support and advice Structured group work and courses Counselling <a href="http://www.northumberlandadvicenetwork.org.uk/directory/sixtyeightythirty/">www.northumberlandadvicenetwork.org.uk/directory/sixtyeightythirty/</a>	Sixty Eighty Thirty PO Box 259 Hexham Northumberland 01434-60-80-30 Office / Helpline	<a href="mailto:office@608030.com">office@608030.com</a>
<b>High Peak</b>	<b>Helpline 0800-019-8668</b> Refuge for young women 16 -24 Dedicated services for children and young people.	High Peak - Refuge for Young Women. High Peak Derbyshire 0800-019-8668 Office / Advice	<a href="http://www.crossroadsderbyshire.org">www.crossroadsderbyshire.org</a> <a href="mailto:admin@crossroadsderbyshire.org">admin@crossroadsderbyshire.org</a>
<b>High Wycombe</b>	<b>Helpline 01494-462-222</b> The helpline is staffed at different times during the week, the answer phone has the staffing rota. We are a voluntary organization run by women for women offering: Telephone support & counselling Support in going to the police Support with medical appointments Support with court matters Details of local relevant services Weekly self help group for survivors.	Rape Crisis (Wycombe, Chiltern and South Buckinghamshire) PO Box 1448 Desborough Road High Wycombe HP11 9GW 01494-462-222 Office / Helpline	<a href="http://www.wycomberapecrisis.org.uk">www.wycomberapecrisis.org.uk</a>
<b>Hitchin</b>	We exist to provide professional counselling and therapeutic group work for women and young people who are unable to pay private fees.	Tilehouse Counselling Coach House 84 Tilehouse Street Hitchin Herts SG5 2DY 01462-440-674 Office.	<a href="http://www.tilehouse.org">www.tilehouse.org</a> <a href="mailto:counselling@tilehouse.org">counselling@tilehouse.org</a>
<b>Hove</b>	<b>Helpline 01273-911-680</b> Since 2000 we have been delivering specialist support services to men 18+ who have experienced child sexual abuse and/or adult sexual assault at any time in their lives. funded by the Big Lottery we are the only service of it's kind in the South East. We offer counselling services Therapeutic groups facilitated by 2 trained counsellors involving 2 hours once a week for 12 weeks. There is a sliding fee scale for these groups.	Mankind 1 Brunswick Road Hove East Sussex BN3 1DG 01273-911-680 Office / helpline <a href="mailto:admin@mankindcounselling.org.uk">admin@mankindcounselling.org.uk</a>	<a href="http://www.mankindcounselling.org.uk">www.mankindcounselling.org.uk</a> New Website being tested July 2017
<b>Hoylelake</b>	<b>Helpline 01516-661-392</b> Staffed Fridays 2pm - 4pm there is	Rape and Sexual Abuse Centre (RASA) - West Wirral	<a href="http://www.rasamerseyside.org">www.rasamerseyside.org</a> <a href="mailto:westwirral@rasamerseyside.org">westwirral@rasamerseyside.org</a>

an answer machine all other times  
We strive to provide a safe and welcoming environment for male and female survivors of all sexual violence. We offer support for women in female only safe places.  
Specialist counselling support  
We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.

Hoylake  
Wirral  
CH47 3BH  
01516-661-392 Office / Helpline

**Huddersfield**

**Helpline 0800-052-7222**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Dedicated services for children and young people  
Resettlement and follow up support  
Services for male victims of abuse  
please contact 01484-304-318

Huddersfield Women's Aid  
Huddersfield  
0800-052-7222 Office / Helpline

[huddersfieldwa@pdvg.co.uk](mailto:huddersfieldwa@pdvg.co.uk)

**Huddersfield**

**Helpline 01484-450-040**  
Since 1989 we have provided support to survivors of sexual violence and more recently domestic violence. We are a FREE and confidential support and counselling service for survivors aged 16 +  
We offer up to 10 weekly counselling sessions. We provide an ISVA an Independent Sexual Violence Advisor  
The ISVA will advise and inform around reporting and the court procedures. They will also escort you to police and solicitor appointments. Always supporting you in your choices whether you wish to report or not.

Kirklees Survivors Counselling Project  
PO Box 230  
Huddersfield  
HD1 1AA  
01484-540-730 Office

[www.krasacc.co.uk](http://www.krasacc.co.uk)  
[anything@krasacc.co.uk](mailto:anything@krasacc.co.uk)

**Hull**

**Helpline 01482-329-990**  
Helpline hours Mon-Fri 9am-5pm  
Answerphone for our of hours help  
We offer FREE confidential support and counselling services for women and girls aged 14+ who are survivors of rape and sexual abuse in Hull and the East Riding of Yorkshire.  
Our centre is a women only zone.

Hull Rape Crisis and Sexual Abuse Service  
Hull  
HU3 1AN  
01482-329-990 Office / Helpline  
[hullrapecrisis@hullrapecrisis.karoo.co.uk](mailto:hullrapecrisis@hullrapecrisis.karoo.co.uk)

**Hull**

**Helpline 01482-446-099**  
**Childrens services 01482-474-133**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Hull Women's Aid  
Hull  
01482-446-099 Office / Refuge



Resettlement and follow up support  
Dedicated services for children and  
young people

<b>Hull</b>	<b>Helpline 01482-226-677</b> Helpline hours Mon-Fri 9.30-5pm Originally our organization was only for male survivors. Now we have become a place that all men and women over 16 can contact and come to, tell their story and begin to heal their wounds. Male and female counsellors Support if you are experiencing any form of domestic violence Legal advocacy and assistance	Survivors - Hull & East Riding Hull East Yorkshire 01482-226-677 Office / Helpline	
<b>Humberside</b>	<b>Helpline 0845-960-6011</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	ANAH Project Humberside 0845-960-6011 Office / referrals	
<b>Huntingdon</b>	Our Trauma and Abuse Support Centre provides a web based resource for adult survivors of child sexual abuse. Find a therapist resource.	START 83a High Street Huntingdon Cambridgeshire PE29 3DP 01480-878-409 Office	<a href="http://www.start-online.org.uk">www.start-online.org.uk</a> <a href="mailto:mail@start-online.org.uk">mail@start-online.org.uk</a>
<b>Ipswich</b>	<b>Helpline 01473-745-111</b> We are a charitable organisation based in Suffolk providing emotional support to women and their children experiencing domestic abuse. Temporary refuge accomodation One to one refuge support We offer a IDVA service which is a one to one support service for those who at high risk of further harm of domestic abuse. The IDVA team will work with the victim through the court process. support groups available.	Lighthouse Westgate House Museum Street Ipswich IP1 1HQ 01473-220-770 Office	<a href="http://www.lighthousewa.org.uk">www.lighthousewa.org.uk</a> <a href="mailto:admin@lighthousewa.org.uk">admin@lighthousewa.org.uk</a>
<b>Ipswich</b>	<b>Helpline 0800-0850-520</b> Our helpline is open Tuesdays and Thursdays 7pm - 9pm Confidential telephone support and information service Advocacy and self help support groups available in the near future This entry Nov 13	Suffolk Rape Crisis Ipswich IP1 3BE 01473-231-200 Office <a href="mailto:enquiries@suffolkrapecrisis.org.uk">enquiries@suffolkrapecrisis.org.uk</a>	<a href="http://www.suffolkrapecrisis.org.uk">www.suffolkrapecrisis.org.uk</a>
<b>Keighley</b>	<b>Helpline 01535-210-999</b> Outreach services and support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and	Domestic Violence Services Keighley 01535-210-999 Office / Outreach	

after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

<b>Keighley</b>	<b>Helpline 01535-667-352 Refuge</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Keighley Women's Aid Keighley 01535-667-352 Office / Refuge	
<b>Kings Lynn</b>	FREE Support Group for Female Survivors of Childhood Sexual Abuse Our group is strictly confidential and non judgemental. Our aim is to listen and talk through problems with others who have been through similar experiences. We meet on the 1st Tuesday each month at 7 pm to 9 pm for more details call 07788-196-138.	STOP-START Group PO Box 1138 Kings Lynn PE30 4WX 07788-196-138 Contact No.	<a href="http://www.stop-start-group.co.uk">www.stop-start-group.co.uk</a> <a href="mailto:stopstart@live.co.uk">stopstart@live.co.uk</a>
<b>Kingston upon Thames</b>	<b>Helpline 02083-993-640</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Kingston Asian Women's Refuge Kingston upon Thames London 02083-993-640 Office / Helpline	<a href="http://www.hestia.org">www.hestia.org</a> <a href="mailto:info@hestia.org">info@hestia.org</a>
<b>Kirklees</b>	<b>Helpline 0800-052-7222</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services available for male victims please call 01484-304-318	Kirklees Asian & Black Women's Welfare Kirklees 0800-052-7222 Office / Helpline.	<a href="mailto:kabwwa@ntlbusiness.com">kabwwa@ntlbusiness.com</a>
<b>Kirklees</b>	<b>Helpline 01484-353-521</b> <b>Helpline 01924 465-238 Refuge</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	North Kirkless Women's Refuge Kirklees 01484-353-521 Office / Outreach	
<b>Knowsley</b>	<b>Helpline 01515-548-333</b> We have been providing domestic abuse services in Knowsley since 1996. We have a "First Step" centre for victims and survivors to meet and access emotional and practical	The First Step The First Step Centre Peatwood Avenue Kirkby Merseyside L32 7PR 0151-548-3333 Helpline	<a href="http://www.thefirststep.org.uk">www.thefirststep.org.uk</a> <a href="mailto:enquiries@thefirststep.org.uk">enquiries@thefirststep.org.uk</a>

support. We offer one-to-one work, both face to face and via the telephone, we also have a variety of groups offering varied support - from the Freedom Program to holistic therapies.

We run a purpose built refuge for women and their children who are fleeing domestic abuse. This is staffed 24/7, providing a safe and secure environment.

Our Independent Domestic and Sexual Violence Advocates work with women offering support before, during and after the court process. They can accompany them to hearings and legal appointments and offer practical advice and safety planning.

**Lancaster**

Christian Healing Ministry offering personal prayer ministry on FREE Healing Retreats and also as part of various teaching courses. suitable for those suffering the trauma of past abuse and desiring help with the subsequent dysfunction in their life.

Ellel Ministries  
Ellel Grange  
Bay Horse  
Lancaster  
Lancs LA2 0HN  
01524 751-651 Office / Advice

[www.ellel.org](http://www.ellel.org)  
[info.grange@ellelministries.org](mailto:info.grange@ellelministries.org)

**Lancaster**

**Helpline 01524-389-637**  
**Helpline 0800-612-1507 Freephone**  
[referrals@ldwa-support.org](mailto:referrals@ldwa-support.org)

We are a local charity supporting women and families who are affected by domestic abuse. We serve the districts of Lancaster and Morcombe and we deliver support services to local rural areas. IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Dedicated services for children and young people

Lancaster and District Women's Aid.  
Lancaster  
01524-389-637 Office / Helpline

[referrals@ldwa-support.org](mailto:referrals@ldwa-support.org)

[www.empowermentcharity.org.uk/](http://www.empowermentcharity.org.uk/)  
[www.womensaid.org.uk/domestic-abuse-directory/](http://www.womensaid.org.uk/domestic-abuse-directory/)

**Lancaster**

**Helpline 01524-581-490**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.

SAFENET Refuge  
Lancaster  
01524-581-490 Office / Helpline

**Leeds**

**Helpline 0800-599-9247**  
Karma Nirvana is a registered charity that supports victims and survivors of forced marriage and honour based abuse. Advocacy and educational roadshows to promote awareness.

Karma Nirvana  
PO Box 148  
Leeds  
LS13 9DB  
0800-599-9247 Office / Helpline

<b>Leeds</b>	<b>Helpline 01133-863-520</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Leeds Refuge Leeds 01133-863-520 Office / Refuge	
<b>Leeds</b>	<b>Helpline 0808-802-3344 Freephone</b> <b>Text line 07797-803-211</b> <b>Email support@sarsvl.org.uk</b> See website for helpline hours We provide FREE helpline, text, email and face to face support services to women and girls who have been affected by sexual violence.	Support After Rape and Sexual Abuse - Leeds PO Box 827 Leeds LS1 9PN 01132-439-102 Office <a href="http://www.supportafterrapeleeds.org.uk">www.supportafterrapeleeds.org.uk</a>	<a href="mailto:info@sarsvl.org.uk">info@sarsvl.org.uk</a> Email support <a href="mailto:support@sarsvl.org.uk">support@sarsvl.org.uk</a>
<b>Leeds</b>	<b>Helpline 01132-460-401</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Leeds Women's Aid Leeds 01132-460-401 Office / Refuge <a href="mailto:administration@leedswomensaid.org.uk">administration@leedswomensaid.org.uk</a>	<a href="http://www.leedswomensaid.org.uk">www.leedswomensaid.org.uk</a>
<b>Leicester</b>	We are a registered charity based in Leicester working towards reducing rape, sexual assault and domestic violence in Leicestershire.	FREE VA PO Box 7675 Leicester 01162-550-003 Office	<a href="http://www.freeva.org.uk">www.freeva.org.uk</a> Contact email form on the website
<b>Leicester</b>	<b>Helpline 01162-558-852</b> 24 Hour answering machine See website for helpline details We offer support to all women aged 16 years and over in Leicestershire and Rutland who have experienced any form of sexual violence recently or in the past. Telephone support Face to face counselling Support through the courts process	Jasmine House, Leicester Rape Crisis PO Box 7402 Leicester LE1 6WD 01162-555-962 Office	<a href="http://www.jasminehouse.org.uk">www.jasminehouse.org.uk</a> <a href="mailto:admin@jasminehouse.org.uk">admin@jasminehouse.org.uk</a>
<b>Leicester</b>	<b>Helpline 01162-533-383</b> Helpline Mon & Tues 7pm-9pm and Fridays 10am - 12 noon We aim to support women recovering from the trauma of childhood sexual abuse by offering crisis counselling and one to one counselling. Our website is currently being updated, for help or information call our office or helpline.	Quetzal 14-16 Talbot Lane Leicester LE1 4LR 01162-539-103 Office	<a href="http://www.quetzal.org.uk">www.quetzal.org.uk</a> <a href="mailto:help@quetzal.org.uk">help@quetzal.org.uk</a>
<b>Leicestershire</b>	<b>Helpline 03003-031-844</b> Helpline Mon - Fri 9am - 4pm We are a non profit organisation established in 1974 aiming to empower women and children who have experienced domestic abuse to take control of their lives. Safe temporary accomodation Outreach services for those who	Women's Aid - Leicestershire 03003-031-844 Office / Helpline	<a href="http://www.wa-leicester.org.uk">www.wa-leicester.org.uk</a> Contact email form on website.

require support and may be still living with the perpetrator.  
Childrens services and advocacy  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.  
JADA one to one support.

<b>Leigh</b>	<b>Helpline 01942-262-270</b> Services for victims of domestic abuse. Advice line open 24 hours IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. Services for Male victims also.	WAVE Domestic Abuse Centre Leigh Lancashire 01942-262-290 Office / Helpline <a href="http://www.wavedvcentre.com/advanced_info.html">www.wavedvcentre.com/advanced_info.html</a>	<a href="mailto:chris@wavedvcentre.com">chris@wavedvcentre.com</a>
<b>Lewes</b>	<b>Helpline 07795-968-400 Referrals</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Refuge - Lewes Lewes East Sussex 01323-892-731 Refuge	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a> <a href="mailto:info@refuge.org.uk">info@refuge.org.uk</a>
<b>Leyland</b>	<b>Helpline 01772-435-865</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Clare House - South Ribble Leyland Lancashire 01772-435-865 Office / Refuge	<a href="mailto:clarehouse@newprogress.co.uk">clarehouse@newprogress.co.uk</a>
<b>Leyton</b>	The counselling support service for survivors of sexual violence, abuse and domestic violence. Founded in 1982 by Chris Casey herself an abuse survivor we aim to reduce the many effects of suffering that victims endure after abuse. Counselling for men and women aged 15 plus.	Waltham Forest Haven Leyton London E10 6AE 02085-394-157 Office	<a href="http://www.havennetwork.org.uk/">www.havennetwork.org.uk/</a> <a href="mailto:info@wfhaven.org.uk">info@wfhaven.org.uk</a>
<b>Lincolnshire</b>	<b>Helpline 01507-609-830</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	East Linsey Domestic Abuse Lincolnshire 01507-609-830 Office / Helpline	
<b>Lincolnshire North</b>	<b>Helpline 01724-289-299</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	North Lincolnshire Refuge 01724-289-299 Office / Refuge	

<b>Lincolnshire West</b>	<b>Helpline 01427-616-219</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	West Lincolnshire Domestic Abuse Service Lincolnshire 01427-616-219 Office / Helpline	
<b>Liverpool</b>	<b>Helpline 01517-340-083</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Amadudu Refuge Liverpool 01517-340-083 Office / Refuge	
<b>Liverpool</b>	<b>Helpline 01512-637-474</b> Drop in service IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	Liverpool Domestic Abuse Service Liverpool 01512-637-474 Office / Drop in	
<b>Liverpool</b>	<b>Helpline 01517-704-313</b> Staffed Fridays 2pm - 4pm there is an answer machine all other times We strive to provide a safe and welcoming environment for male and female survivors of all sexual violence. We offer support for women in female only safe places. Specialist counselling support We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police inter-views and to the courts.	RASA - Liverpool Liverpool L1 5AA 01517-704-313 Office / Helpline	<a href="http://www.rasamerseyside.org">www.rasamerseyside.org</a> <a href="mailto:liverpool@rasamerseyside.org">liverpool@rasamerseyside.org</a>
<b>Liverpool</b>	<b>Helpline 01514-942-222</b> <b>Helpline 0800-083-7114 Freephone</b> Services for those fleeing domestic violence. Women may self refere using the Freephone helpline. This can be done anonymously	South Liverpool Domestic Violence Services Liverpool 01514-480-720 Office / Advice	<a href="mailto:services@ldas.co.uk">services@ldas.co.uk</a>
<b>Liverpool</b>	21 Step Self Help Group We are a Merseyside based organization offering a self help group to aid recovery from the often traumatic effects of childhood sexual abuse. The programme is facilitated by qualified professionals who are themselves survivors of childhood abuse. We also run a one to one counselling service.	Steps to Freedom Liverpool L4 5RT 07803-059-337 Office	<a href="http://www.steps2freedom.org.uk">www.steps2freedom.org.uk</a> <a href="mailto:jackie@steps2freedom.org.uk">jackie@steps2freedom.org.uk</a>

<b>Liverpool</b>	<p><b>Helpline 01517-071-025</b>  <b>Email help <a href="mailto:sos@ypas.org.uk">sos@ypas.org.uk</a></b>  The YPAS has been working with children and young people in Liverpool since 1966.  Our SOS programme provides one to one counselling and group work for young people aged 10 - 25 who have been affected by sexual abuse.</p>	<p>Young Person's Advisory Service  36 Bolton Street  Liverpool  L3 5LX  01517-071-025 Office / Helpline</p>	<p><a href="http://www.ypas.org.uk">www.ypas.org.uk</a>  <a href="mailto:sos@ypas.org.uk">sos@ypas.org.uk</a></p>
<b>London</b> Balham	<p><b>02087-723-241 Voice/textphone</b>  <b>07970-350-366 SMS TEXT</b>  Our Deafhope service provides practical and emotional support to deaf women who are experiencing, or are survivors of domestic violence. We also run a programme for young people giving them the knowledge and skills to develop healthy relationships.</p>	<p>DeafHope  Balham  London  SW12 9SJ  02087-723-241 Office / Helpline</p>	<p><a href="http://www.signhealth.org.uk">www.signhealth.org.uk</a>  <a href="mailto:deafhope@signhealth.org.uk">deafhope@signhealth.org.uk</a></p>
<b>London</b> Barking and Dagenham	<p><b>Helpline 02085-507-400 Refuge</b>  <b>Helpline 02085-913-498 IDVA</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.</p>	<p>Barking &amp; Dagenham Refuge  London  02085-507-400 Office / Refuge</p>	
<b>London</b> Barnet	<p><b>Helpline 02084-492-591</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Dedicated services for children and young people.</p>	<p>Solace Women's Aid  Barnet  London  02084-492-591 Office / Refuge</p>	<p><a href="http://www.solacewomensaid.org">www.solacewomensaid.org</a>  <a href="mailto:info@solacewomensaid.org">info@solacewomensaid.org</a></p>
<b>London</b> Brent	<p><b>Helpline 07912-555-600</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Please call the helpline to ask about accommodation for your children.</p>	<p>Brent Asian Women's Refuge  Brent  London  07912-555-600 Office / Helpline</p>	
<b>London</b> Brent	<p><b>Helpline 02084-595-414</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Please call the helpline to ask about accommodation for your children.</p>	<p>Brent Women's Refuge  Brent  London  02084-595-414 Office / Helpline</p>	
<b>London</b> Camden	<p><b>Helpline 02073-881-500</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support</p>	<p>Camden - Hestia Domestic Abuse Service  Camden  London  02073-881-500 Office / Helpline</p>	



Dedicated services for children and young people

<b>London</b> Camden	<b>Helpline 08453-131-868</b> We provide support to female survivors who are subject to the risk of domestic or sexual violence in the London area. Our Sunflower Programme aims to help children and young people affected by the witnessing of domestic abuse Our Legal Surgery is open Mondays from 11am to 1.30 call our helpline on 08453-131-868 ext 211 to book an appointment. Translation and interpretation service available.	Chinese Information and Advice Centre London 08453-131-868 Office / Helpline	<a href="http://www.ciac.co.uk">www.ciac.co.uk</a> <a href="mailto:info@ciac.co.uk">info@ciac.co.uk</a>
<b>London</b> Camden	<a href="mailto:franceshouse@solacewomensaid.org">franceshouse@solacewomensaid.org</a> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Please contact us via email	Frances House Camden London <a href="mailto:franceshouse@solacewomensaid.org">franceshouse@solacewomensaid.org</a>	<a href="http://www.solacewomensaid.org">www.solacewomensaid.org</a>
<b>London</b> Ealing	<b>Helpline 02089-911-007</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Maendeleo House Ealing London 02089-911-007 Office / Helpline	<a href="http://www.hestia.org">www.hestia.org</a> <a href="mailto:info@hestia.org">info@hestia.org</a>
<b>London</b> Enfield	<b>Helpline 02089-203-565</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Enfield Muslim Women's Aid Enfield 02089-203-565 Office / Helpline	<a href="mailto:emwa@btinternet.com">emwa@btinternet.com</a>
<b>London</b> Enfield	<b>Helpline 02089-201-470</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people	Olive House Enfield London 02089-201-470 Office / Refuge	<a href="http://www.solacewomensaid.org">www.solacewomensaid.org</a> <a href="mailto:info@solacewomensaid.org">info@solacewomensaid.org</a>
<b>London</b> Greenwich	<b>Helpline 02032-607-715</b> HER centre was set up in 1997 to support women who live, work or study in the Greenwich area and who are seeking advice on domestic violence issues, sexual abuse, legal issues, counselling or info on a safe refuge from domestic violence. All our services are FREE and strictly confidential	HER Centre Greenwich London SE18 6PF 02032-607-715 Office / Helpline	<a href="http://www.hercentre.org">www.hercentre.org</a> <a href="mailto:info@hercentre.org">info@hercentre.org</a>
<b>London</b> Greenwich	<b>Helpline 02082-939-990</b> <b>0800-980-1958 National Freephone</b> MOSAC was formed when four	MOSAC 20 Egerton Drive Greenwich	

mothers came together after their children had been abused to draw strength from each other and to share experiences.  
Advice and advocacy  
Client counselling  
Child centred play therapy  
Workshops and training  
Support groups

London  
SE10 8JS  
02082-939-990 Office / Helpline

**London**  
Hackney

**Helpline 02088-007-263**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people

Hackney Asian Women's Refuge  
Hackney  
London  
02088-007-263 Office / Refuge

**London**  
Hackney

**Helpline 02085-336-211**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people

Hackney - Hestia Domestic Abuse Service  
Hackney  
London  
02085-336-211 Office / Helpline

**London**  
Hammersmith

**Helpline 02087-438-518**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people

Hammersmith North - Hestia Women's Aid  
Hammersmith North  
London  
02087-438-518 Office / Helpline

[www.hestia.org](http://www.hestia.org)  
[info@hestia.org](mailto:info@hestia.org)

**London**  
Hammersmith

**Helpline 02088-344-862**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people

Hammersmith South - Hestia Women's Aid  
Hammersmith South  
London  
02088-344-862 Office / Helpline

[www.hestia.org](http://www.hestia.org)  
[info@hestia.org](mailto:info@hestia.org)

**London**  
Haringey

**Helpline 02083-483-917**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support

Solace Women's Aid  
Haringey  
London  
02083-483-917 Office / Refuge

[www.solacewomensaid.org](http://www.solacewomensaid.org)  
[info@solacewomensaid.org](mailto:info@solacewomensaid.org)

**London**  
Harrow

**Helpline 02083-570-126**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Please call the helpline to ask about accomodation for your children.  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer

Harrow - Hestia Domestic Abuse Service  
Harrow  
London  
02083-570-126 Office / Helpline

practical advice and planning.

<b>London</b> Hillingdon	<b>Helpline 01895-813-174</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Hillingdon - Hestia Domestic Abuse Service Hillingdon London 01895-813-174 Office / Helpline	
<b>London</b> Hounslow	<b>Helpline 02089-953-471</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Hounslow Refuge Hounslow London 02089-953-471 Office / Refuge	
<b>London</b> Islington	<b>Helpline 02076-071-898</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Mary Robinson House Islington London 02076-071-898 Office / Refuge	<a href="http://www.solacewomensaid.org">www.solacewomensaid.org</a> <a href="mailto:info@solacewomensaid.org">info@solacewomensaid.org</a>
<b>London</b> Islington	<b>Helpline 02072-815-800</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	SeaCole House Islington London 02072-815-800 Office / Refuge	<a href="http://www.solacewomensaid.org">www.solacewomensaid.org</a> <a href="mailto:info@solacewomensaid.org">info@solacewomensaid.org</a>
<b>London</b> Lambeth	<b>Helpline 02086-778-196</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Asha Refuge Lambeth London 02086-778-196 Office / helpline	
<b>London</b> Lambeth	<b>Helpline 02087-616-022</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Call helpline for more details.	Lambeth Refuge Lambeth London 02087-616-022 Office / Refuge	
<b>London</b> Lambeth	<b>Helpline 02086-716-558</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Emmeline House Lambeth London 02086-716-558 Office / Refuge	<a href="http://www.solacewomensaid.org">www.solacewomensaid.org</a> <a href="mailto:info@solacewomensaid.org">info@solacewomensaid.org</a>
<b>London</b> Lambeth	<b>Helpline 02086-646-289</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Solas Anois Lambeth London 02086-646-289 Office / Refuge	<a href="http://www.solacewomensaid.org">www.solacewomensaid.org</a> <a href="mailto:info@solacewomensaid.org">info@solacewomensaid.org</a>

Resettlement and follow up support  
Dedicated services for children and  
young people

**London**  
Lewisham

**Helpline 07920-769-470 Refuge**  
**Helpline 02084-690-864 IDVA**  
Refuge for women fleeing domestic  
violence. The address is not  
published for safety reasons.  
Resettlement and follow up support  
IDVA: IDVA's work with women by  
offering support before, during and  
after the court process. They can  
accompany you to hearings and  
leagal appointments and offer  
practical advice and planning.

Lewisham Refuge  
London  
07920-769-470 Office / Refuge

**London**  
Lewisham

**Helpline 07905-362-011**  
Refuge for women fleeing domestic  
violence. The address is not  
published for safety reasons.  
Resettlement and follow up support

Noah Refuge  
Lewisham  
London  
07905-362-011 Office / Refuge

**London**  
Merton

**Helpline 02085-428-791**  
Refuge for women fleeing domestic  
violence. The address is not  
published for safety reasons.  
Please call the helpline to ask about  
accomodation for your children.

Merton Refuge Ltd  
London  
02085-428-791 Office / Helpline

**London**  
Newham

**Helpline 02074-732-813**  
Refuge for women fleeing domestic  
violence. The address is not  
published for safety reasons.  
Please call the helpline to ask about  
accomodation for your children.

Beverley Lewis House  
Newham  
London  
02074-732-813 Office / Helpline

**London**  
Redbridge

**Helpline 07946-872-734 Advice Line**  
**Helpline 07984-677-384 Refuge**  
Refuge for women fleeing domestic  
violence. The address is not  
published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and  
young people

Redbridge Women's Refuge  
Redbridge  
London  
07946-872-734 Office / Helpline

[outreach@raada.org](mailto:outreach@raada.org)

**London**  
Richmond

**Helpline 02089-792-335 Refuge**  
**Helpline 02089-438-188 IDVA**  
Refuge for women fleeing domestic  
violence. The address is not  
published for safety reasons.  
Resettlement and follow up support  
IDVA: IDVA's work with women by  
offering support before, during and  
after the court process. They can  
accompany you to hearings and  
leagal appointments and offer  
practical advice and planning.

Richmond Refuge  
London  
02089-792-335 Office / Refuge

**London**

**Helpline 02073-523-341**

South Kensington - Hestia

S. Kensington  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
Domestic Abuse Service  
South Kensington  
London  
02073-523-341 Office / Helpline

**London**  
Southwark  
**Helpline 02086-933-905**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
Southwark Refuge  
London  
02086-933-905 Office / Refuge

**London**  
Sutton  
**Helpline 02086-697-608**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
Sutton Women's Aid  
Sutton  
London  
02086-697-608 Office / Refuge

**London**  
Tower Hamlets  
**Helpline 02078-586-500**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
Tower Hamlets - Hestia  
Domestic Abuse Service  
Tower Hamlets  
London  
02078-586-500 Office / Helpline

**London**  
Waltham Forest  
**Helpline 02085-581-986**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
The Kiran Project  
Waltham Forest  
London  
02085-581-986 Office / Refuge

**London**  
Wandsworth  
**Helpline 02088-747-262**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Shanti Asian Women's Aid  
Wandsworth  
London  
02088-747-262 Office / Refuge

**London**  
Wandsworth  
**Helpline 02088-712-664**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
Wandsworth - Hestia Domestic Abuse Service  
Wandsworth  
London  
02088-712-664 Office / Helpline  
[www.hestia.org](http://www.hestia.org)  
[info@hestia.org](mailto:info@hestia.org)

**London**  
Westminster  
**Helpline 02089-690-606**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
Asby House  
Westminster  
London  
02089-690-606 Office / Helpline

<p><b>London</b> Westminster</p>	<p><b>Helpline 02072-211-308</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Harlinham House Westminster London 02072-211-308 Office / Helpline</p>	
<p><b>London</b> Westminster</p>	<p><b>Helpline 02078-281-635</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Radella House Westminster London 02078-281-635 Office / Helpline</p>	
<p><b>London</b> Westminster</p>	<p><b>Helpline 02072-211-308</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Rukiya House Westminster London 02072-211-308 Office / Helpline</p>	
<p><b>London</b></p>	<p><b>Helpline 02085-390-427</b> We believe everyone has the right to live free from violence and fear. Our aim is to help Asian, Turkish and Iranian women when they need it. We help to empower women experiencing domestic violence by offering safe housing and sensitive support.</p>	<p>Ashiana Network London 01085-390-427 Office / Helpline</p>	<p><a href="http://www.ashiana.org.uk">www.ashiana.org.uk</a> <a href="mailto:info@ashiana.org.uk">info@ashiana.org.uk</a></p>
<p><b>London</b></p>	<p>We are a specialist therapy centre offering a unique combination of talking and bodywork therapies called "The Aurora Approach". Our mission is to help people who experienced abuse in childhood to heal and move on with their lives. Counselling and psychotherapy Bodydynamic massage and Reiki Support groups - groups are usually four or more participants and are facilitated by a trained counsellor. Mens' and a mixed group are planned for the near future. This entry November 2013.</p>	<p>Aurora Health Foundation London SW15 3RT 02085-411-951 Office 02031-741-490 Alternative No. <a href="http://www.aurorahealthfoundation.org.uk">www.aurorahealthfoundation.org.uk</a> <a href="mailto:info@aurorahealthfoundation.org.uk">info@aurorahealthfoundation.org.uk</a></p>	
<p><b>London</b></p>	<p><b>0808-2000-247 Domestic violence</b> <b>0207-6831-210 Sexual violence</b> We aim to prevent all forms of violence against women and children. Rape Crisis services such as counselling, advocacy and support Domestic violence advocacy One to one counselling for women</p>	<p>East London Rape Crisis and NIA PO Box 58203 London N1 3XP 020-7683-1270 Office</p>	

and girls upwards of 14 years  
supportive groups and workshops  
Information-referrals for boys & men

<b>London</b>	<p>Our vision is for a society in which all women live free from violence, exploitation, objectification and discrimination. Eaves leads the way in exposing and addressing these issues in the UK.</p> <p>The "Poppy Project" was set up in 2003 to provide high quality support, advocacy and accomodation to trafficked women.</p> <p>Amina is a ground breaking peer led service for women aged 18+ who have experienced sexual violence. Through it's befriending scheme Amina provides support for women who have been raped, assaulted or sexually abused at any time in their lives. See website for more details.</p>	<p>EAVES London SW9 6DE 02077-352-062 Office</p>	
<b>London</b>	<p><b>Helpline 02083-178-273</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Greenwich Women's Aid PO Box 799 London SE7 8JD 02083-178-273 Office / Helpline <a href="http://www.gdva.org.uk/">www.gdva.org.uk/</a></p>	
<b>London</b>	<p><b>Helpline 01708-728-759</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Havering Women's Aid London 01708-728-759 Office / Helpline</p>	
<b>London</b>	<p><b>Helpline 02088-885-362</b> Information and advice regarding any issues on domestic violence</p>	<p>Hearthstone DV Advice and Support Centre London 02088-885-362 Office / Helpline</p>	
<b>London</b>	<p>ICAP is a registered charity providing high quality counselling services and psychotherapy to help people heal their lives and deal with emotional trauma. Originally founded to meet the needs of Irish immigrants now resident in Britain, today we support people from other communities. We have 2 clinical centres - London and The West Midlands.</p>	<p>ICAP - Immigrant Counselling and Psychotherapy. London 02072-727-906 Office</p>	
<b>London</b>	<p><b>Helpline 08088-010-500</b> We are the only specialist organisation in the UK supporting Jewish women affected by domestic violence. We offer: Safe secure refuge</p>	<p>Jewish Women's Aid PO Box 2670 London N12 92E 02084-458-060 Office</p>	<p><a href="http://www.iwa.org.uk">www.iwa.org.uk</a> Contact email form on website</p>



FREE counselling with a trained professional  
A children's support worker  
Community support.

<b>London</b>	<b>Helpline 02072-750-321</b> We support Latin American and other Spanish/Portuguese speaking women and children who are fleeing from domestic violence. All services are FREE and confidential. Advice and information service Safe secure women only refuge	Latin American Women's Aid London 02072-750-321 Office / helpline	<a href="http://www.lawadv.org.uk">www.lawadv.org.uk</a> <a href="mailto:advice@lawadv.org.uk">advice@lawadv.org.uk</a>
<b>London</b>	LCPS is a registered charity with over 25 years experience of providing personal safety and self defence training. Safer choices for children workshop Safer choices for young people - this workshop deals with preventing sexual abuse. City Bridge Project - work to prevent sexual violence & the fear of violence.	London Centre for Personal Safety (LCPS) PO Box 38883 London W12 9XP 02087-437-827 Office 02087-401-114 Alternative No.	
<b>London</b>	<b>Helpline 02071-887-710</b> <b>Helpline 02071-889-181</b> We are a domestic violence advocacy service that provides FREE and confidential support services and advice to women experiencing domestic violence. We cover the Boroughs of Lambeth, Southwark and Lewisham.	Mozaic London 02071-887-710 Office / Helpline	<a href="http://www.familymosaic.co.uk/care-and-support-services/index.html">www.familymosaic.co.uk/care-and-support-services/index.html</a>
<b>London</b>	<b>Helpline 0800-085-3330</b> <b>Helpline 0808-801-0331</b> <a href="mailto:support@napac.org.uk">support@napac.org.uk</a> See website for helpline hours and mobile call charges. We are the only national organization focused on supporting adults who have been abused in anyway as children. We provide a local support and specialist search facility so you can find help in your area.	National Association for People Abused in Childhood (NAPAC) PO Box 63632 London SW9 1BF 02031-760-560 Office	
<b>London</b>	<b>Helpline 0808-802-5565 Freephone</b> We are a London based charity with a primary focus on supporting women and children affected by domestic and sexual violence. We help over 5,00 survivors a year. Legal services - Injunctions ect Advice and advocacy - we support you in your decisions to stay safe Individual and group support One to one counselling = 16 FREE weekly sessions of 50 mins Workshops 4 times a year for five	North London Rape Crisis and Solace Women's Aid. Unit 5-7 Blenheim court 62 Brewery Road London N7 9NY 020 7619-1350 Office	

weeks.

<b>London</b>	<b>02086-972-112 South East London</b> <b>07580-733-271 North London</b> Helplines Mon to Thurs 9.30 - 9 pm Fri 9.30 - 6pm and Sat 10am - 4pm One in Four offers a voice to and support for males and females who have experienced sexual abuse and sexual violence. One to one counselling Counselling for couples Counselling for family members.	One in Four 2 Shelburne Road London N7 6DL 02086-972-112 SE Office 07580-733-271 N london office
<b>London</b>	<b>Helpline 0808-808-0700</b> Respond exists to lessen the effect of trauma and abuse on people with learning disabilities and their family and supporters. Adult therapy service Women's group for women who have been raped or sexually assaulted.	Respond 3rd Floor 24-32 Stephenson Way London NW1 2 HD 0808-808-0700 Office / Helpline
<b>London</b>	<b>Helpline 08451-221-201</b> Helpline Mon & Tues 7pm - 9.30pm Thursdays 12 noon - 2.30pm We help men who have been sexually violated, this includes those who have experienced childhood sexual abuse and adult sexual assault or rape. Offering both individual and group therapy from our base in Holborn, London. Our groups are for men 18 years plus and run for a 12 weeks. We also offer a supportive workshop for family and supporters. The next workshop April 5th 2014. Call our office or helpline for more details.	SurvivorsUK Ground Floor 34 Great James Street London WC1N 3HB 02074-046-234Office
<b>London</b>	<b>Helpline 0808-801-0770</b> See website for helpline hours We provide a holistic range of intergrated services for women with experience of sexual violence aimed at promoting recovery. Services for survivors of recent or historic sexual violence. Individual counselling from sixteen sessions up to one year Group work and workshops Advocacy Refugee women's project.	West London Rape Crisis Ctr PO Box 13095 London W14 0FE 020-7610-4678 Office
<b>London</b>	<b>Helpline 08088-010-770</b> Helpline hours on website Women and Girls Network offers counselling and support for women who have experienced gendered	Women and Girls Network PO Box 13095 London W14 0FE 02076-104-678 Office

violence. Including childhood sexual abuse, domestic violence, trafficking and rape. All our services are FREE and provided by a women only staff. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.  
One to one counselling  
Body therapies and workshops  
Therapeutic group work  
Domestic violence advice service.

<b>London</b>	<b>Helpline 02078-281-635</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.	Yanaba House Westminster London 02078-281-635 Office / Helpline	
<b>Luton</b>	<b>Helpline 01582-391-856</b> We provide safe, secure and a confidential accomodation for women and children escaping domestic violence and abuse. One to one and group support sessions in a range of langauges common to the Luton area. Services for witnesses of abuse Resettle ment worker to support you after you leave the refuge.	Women's Aid in Luton Luton Bedfordshire LU1 3BE 01582-876-636 Office	<a href="http://www.womensaidinluton.org">www.womensaidinluton.org</a> <a href="mailto:info@womensaidinluton.org">info@womensaidinluton.org</a>
<b>Maidenhead</b>	<b>Helpline 01753-549-865</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	Berkshire East & South Bucks Women's Aid Maidenhead 01753-549-865 Office / Refuge	
<b>Manchester</b>	<b>Helpline 01616-367-525</b> Domestic Violence Helpline Help, support and advice, plus a local and national directory of support services. Closed 25th & 26th Dec & 1st Jan Christmas Eve 10am to 3pm Christmas week 10am - 4pm <b>National Helpline 0800-2000-247</b>	End the Fear Greater Manchester 01616-367-525 Office / helpline	<a href="http://www.endthefear.co.uk">www.endthefear.co.uk</a>
<b>Manchester</b>	<b>Helpline 01612-734-500</b> Helpline hours Mon to Fri 10am-4pm	Manchester Rape Crisis PO Box 335	<a href="http://www.manchesterrapecrisis.co.uk">www.manchesterrapecrisis.co.uk</a> <a href="mailto:mrcrasacs@btconnect.com">mrcrasacs@btconnect.com</a>

Wed and Thurs 6pm - 9pm For all other times 24 hour answering service. We are a confidential support service, run by women for women and girls who have been raped or sexually abused including women who have been or are involved in sex work.  
Face to face counselling for over 17's  
Weekly therapy group on Wed eves  
Support group for women who have completed counselling.

Manchester  
M60 2BS  
01612-734-591 Office

**Manchester**

**Helpline 01619-454-187**

We were established in 1976 to provide advice, support and services for Asian women fleeing domestic violence and forced marriages.  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Dedicated services for children and young people

Saheli Ltd  
PO Box 44  
Manchester  
01619-454-517 Office

[www.saheli.org.uk](http://www.saheli.org.uk)  
[sahelilt@btconnect.com](mailto:sahelilt@btconnect.com)

**Manchester**

**Helpline 01616-607-999 ext 700**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
Services also for male victims

Sojourners House Refuge  
Manchester  
01616-607-999 Office

[www.manchesterwomensaid.org](http://www.manchesterwomensaid.org)  
[info@manchesterwomensaid.org](mailto:info@manchesterwomensaid.org)

**Manchester**

**Helpline 01612-326-182**

[support@survivorsmanchester.org.uk](mailto:support@survivorsmanchester.org.uk)  
Helpline 24 hour voicemail  
We are a survivor-led, survivor-run voluntary organization that aims to create a safe space for male survivors of sexual abuse and rape.  
"The Safe Room" support group meets every other Tuesday 7 - 9pm  
The group is facilitated by a qualified therapist, meetings are limited to 12 men at any one time. A minimum donation of £2.50 for room rental is required.

Survivors Manchester  
PO Box 4325  
Manchester  
M61 0BG  
01612-369-025 Office

[www.survivorsmanchester.org.uk](http://www.survivorsmanchester.org.uk)  
[info@manchesterwomensaid.org](mailto:info@manchesterwomensaid.org)

**Manchester**

**Therapy Line 0161-236-2182**

**LGF Helpline 08453-303030**  
Survivors Manchester and The Gay and Lesbian Foundation are launching a new therapy group for adult male survivors of childhood sexual abuse, who also identify as gay, bisexual or questioning.  
The group will be the first of its kind in the North West of the UK.  
The first ten sessions will focus on awareness and understanding of

Therapy Group  
Survivors Manchester & LGF  
Manchester area  
Therapy Line 0161-236-2182  
LGF Helpline 08453-303030

[www.survivorsmanchester.org.uk](http://www.survivorsmanchester.org.uk)  
[tom@survivorsmanchester.org.uk](mailto:tom@survivorsmanchester.org.uk)  
[counselling@lgf.org.uk](mailto:counselling@lgf.org.uk)

the common symptoms and experiences associated with CSA Childhood Sexual Abuse. Please see our website for further details or call or email the contact details given.

<b>Manchester</b>	<b>Helpline 01616-367-525</b> We are a confidential helpline for those experiencing domestic abuse. We also run an Urdu and Punjabi helpline. See website for our help line hours.	Women's Domestic Abuse Helpline Manchester 01616-367-525 Helpline / Office <a href="mailto:helpline@independentchoices.org.uk">helpline@independentchoices.org.uk</a>	<a href="http://www.wdchoices.org.uk">www.wdchoices.org.uk</a>
<b>Middlesbrough</b>	<b>Helpline 01642-822-331</b> A FREE and confidential service for anyone (male or female) who have suffered rape or sexual abuse at any time in their lives. The service offers counselling and an ISVA an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Female only days on Fridays. We operate from our main centre in Middlesbrough and have outreach ISVA services in Hartlepool and Stockton.	ARCH North East (Abuse, Rape Counselling and Help) 22 Hoylake Road Saltersgill Middlesbrough TS4 3JL 01642-822-335 Office	<a href="http://www.archnortheast.org/">www.archnortheast.org/</a> <a href="mailto:admin@archnortheast.org">admin@archnortheast.org</a>
<b>Middlesbrough</b>	<b>Helpline 01642-861-788</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Harbour Refuge Middlesbrough 01642-861-788 Office / Refuge	<a href="http://www.myharbour.org.uk">www.myharbour.org.uk</a> <a href="mailto:info@myharbour.org.uk">info@myharbour.org.uk</a>
<b>Middlesbrough</b>	<b>Helpline 01642-241-864</b> We are an independent "One Stop Shop" for women aged 16+ who have been affected by domestic violence. We offer: DV support workers & safety plans FREE one to one counselling Disabled outreach therapy service Choices programme: 6 weekly 2 hours sessions to help you make positive changes to your life. Call 01642-256-036 for more details.	My Sister's Place Middlesbrough 01642-241-864 Office	<a href="http://www.mysistersplace.org.uk">www.mysistersplace.org.uk</a> <a href="mailto:hello@mysistersplace.co.uk">hello@mysistersplace.co.uk</a>
<b>Milton Keynes</b>	<b>Helpline 08443-754-307</b> <b>Helpline 01908-523-720 Refuge</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people IDVA: IDVA's work with women by	Milton Keynes (MK ACT) Milton Keynes 08443-754-307 Office / Helpline	

offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Services for male victims provided separately from women's services.

**Mole Valley  
Surrey**

**Helpline 01737-771-350**

We offer services to those affected by any form of domestic violence. Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

East Surrey Domestic Abuse Services. - Mole Valley Surrey  
01737-77-350 Office / Support

[www.esdas.org.uk](http://www.esdas.org.uk)  
[support@esdas.org.uk](mailto:support@esdas.org.uk)

**Newark**

**Helpline 01636-610-313**

ISAS is currently offering one to one and group therapy for males and females aged 16+ who have been affected by sexual violence in their lives. City Service is available to any one who lives in Nottingham city. We also run a County service for survivors in the County of Nottingham and Bassetlaw.  
Male therapeutic group - facilitated on a weekly basis, the sessions last for 2 hours  
The Rape Project - 8 sessions of one to one counselling, access to female only venues, choice of male or female counsellor. For more information on any of the above call the office on 01636-610314.

ISAS- Incest & Sexual Abuse Survivors  
67 North Gate  
Newark  
Nottinghamshire  
NG24 1HD  
01636-610-314 Office

[www.isas-notts.org.uk](http://www.isas-notts.org.uk)

**Newark**

Our mission is to provide a variety of help based support for female victims and survivors of childhood sexual abuse.  
Survivor led support groups  
Facilitated creative therapy groups  
Personal development groups  
We also offer information to male survivors of childhood abuse.

S.H.E.  
1 Magnus Street  
Newark  
Nottinghamshire  
NA24 1JX  
01636-611-107 Office

[www.she-uk.org.uk](http://www.she-uk.org.uk)  
[info@she-uk.org.uk](mailto:info@she-uk.org.uk)

**Newark-on-Trent**

**Helpline 01636-679-687**

We provide safe accommodation with support services for women who are experiencing or have experienced any form of abuse. We have services for children who witness abuse. Outreach services for those who can not at this time leave their homes.

Newark Women's Aid  
PO Box 28  
Newark -on-Trent  
Nottinghamshire  
01636-679-687 Office / Helpline  
[www.facebook.com/NewarkWomensAid/about/?ref=page\\_internal](https://www.facebook.com/NewarkWomensAid/about/?ref=page_internal)

[nwa@womens.freeserve.co.uk](mailto:nwa@womens.freeserve.co.uk)

**Newcastle upon**

**Helpline 0800-035-2794 Freephone**

GRACE

[www.gracenrc.org.uk](http://www.gracenrc.org.uk)

<b>Tyne</b>	<p>Helpline hours Tuesday, Wednesday Thursday evenings 6pm - 8.30pm Our aim is to provide counselling at as many different venues as possible so you don't have too far to travel. We currently have counselling bases in Alnwick, Berwick, Blyth, Hexham and Morpeth. GRACE takes referrals direct from women as well as from rape crisis services. To make a referral please call 01912-220-272.</p>	<p>PO Box 1320 Newcastle upon Tyne NE99 5DX 01912-220-272 Office</p>	<p><a href="mailto:enquiries@rctn.org.uk">enquiries@rctn.org.uk</a></p>
<b>Newcastle upon Tyne</b>	<p><b>Helpline 01912-652-148 Refuge Helpline 0800-923-2622</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Newcastle Women's Aid Newcastle 0800-923-2622 Office / Helpline <a href="http://www.newcastlewomensaid.org.uk">www.newcastlewomensaid.org.uk</a> <a href="mailto:office@newcastlewomensaid.org.uk">office@newcastlewomensaid.org.uk</a></p>	
<b>Newcastle upon Tyne</b>	<p><b>Helpline 0800-035-2794 Freephone</b> Helpline hours Tuesday, Wednesday Thursday evenings 6pm - 8.30pm We are an organization run by women for women which aims to provide information, support and counselling for women 16 years and over who have been raped or abused sexually. We are offering women survivors the opportunity to come together to develop positive supportive peer relationships in a group environment Six Tuesday evening sessions from 5pm to 8pm in December and in January in Newcastle. For further group details call 01912-220-272. Face to face counselling available in Newcastle and at our outreach office in south Tyneside.</p>	<p>Tyneside Rape Crisis Centre PO Box 1320 Newcastle upon Tyne NE99 5DX 01912-220-272 Office</p>	<p><a href="http://www.tynesidercc.org.uk">www.tynesidercc.org.uk</a> <a href="mailto:enquiries@rctn.org.uk">enquiries@rctn.org.uk</a></p>
<b>New Forest</b>	<p><b>Helpline 07921-483-688</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>New Forest Women's Refuge New Forest Southern England 07921-483-688 Office / Helpline</p>	
<b>Norfolk</b>	<p><b>Helpline 08454-634-142</b> Emergency shelter for women and their children who are fleeing a domestic violence situation.</p>	<p>Blossom House Norfolk 08454-634-142 Office / Helpline</p>	
<b>Norfolk</b>	<p><b>Helpline 08454-631-314</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about</p>	<p>Lily House Norfolk 08454-631-314 Office / Helpline</p>	



accommodation for your children.

<b>Northampton</b>	<b>Helpline 01604-230-311</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accommodation for your children.	Nene Valley Christian Family Refuge Northampton 01604-230-311 Office / Helpline	
<b>Northampton</b>	<b>Helpline 01604-250-721</b> Helpline hours Mondays to Fridays 9am to 3pm and 7pm - 9pm We offer counselling and support for anybody who has been abused sexually whether it was 2 weeks ago or 40 years ago. One to one counselling Appointments that allow for women only space	Northampton Rape and Incest Crisis Centre Northampton NN1 5RU 01604-250-721 Office / Helpline	<a href="http://www.nricc.com">www.nricc.com</a> <a href="mailto:info@nricc.com">info@nricc.com</a>
<b>Northamptonshire</b>	<b>Helpline 08451-232-311</b> NWA can support you if you or someone in your family is a victim of domestic violence.	Northampton Women's Aid Northamptonshire 08451-232-311 Office / Helpline <a href="http://www.northamptonwomensaid.org.uk">www.northamptonwomensaid.org.uk</a> <a href="mailto:info@northamptonwomensaid.org.uk">info@northamptonwomensaid.org.uk</a>	
<b>North Tyneside</b>	<b>Helpline 01912-513-305</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Harbour Refuge North Tyneside 01912-513-305 Office / Refuge	<a href="http://www.myharbour.org.uk">www.myharbour.org.uk</a> <a href="mailto:info@myharbour.org.uk">info@myharbour.org.uk</a>
<b>Northumberland</b>	<b>Helpline 01670-280-199</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accommodation for your children.	Northumberland Women's Refuge Northumberland 01670-280-199 Office / Refuge	
<b>Norwich</b>	<b>Helpline 08452-412-717</b> We are a specialist domestic violence charity supporting adults, children and young people across Norfolk and Suffolk. We have three emergency refuges, a drop in center for support in both counties, call the helpline for locations and times. We offer a IDVA service which is a one to one support service for those who at high risk of further harm of domestic abuse. The IDVA team will work with the victim through the court process.	Leeway - domestic Violence and Abuse Services. PO Box Leeway City Hall Norwich NR2 1NH 08452-412-171 Office / Helpline	<a href="http://www.leewayssupport.org">www.leewayssupport.org</a> <a href="mailto:admin@leewaynwa.org.uk">admin@leewaynwa.org.uk</a>
<b>Norwich</b>	<b>Helpline 0808-808-4321</b> Helpline hours Mondays 6pm-8pm Fridays 12 noon to 2 pm We offer face to face counselling	Mpower The Sue Lambert Trust St. Julians Hall 6 Music House Lane	<a href="http://www.suelamberttrust.org/">www.suelamberttrust.org/</a> <a href="mailto:admin@suelamberttrust.org">admin@suelamberttrust.org</a>

for men who have been abused. The service is offered by qualified and specially trained male, female and transgender counsellors. An initial assessment is required taking around 45 minutes. The service is FREE but if you are a wage earner and can spare it, we would appreciate a contribution to our running costs.

Norwich  
NR1 1QL  
01603-622-406 Office

**Norwich**

We are a women only, non religious, self help group for female survivors of childhood sexual abuse. We offer a FREE, relaxed, safe and confidential environment for you to come and talk and listen to other survivors. Our daytime meetings are on 1st & 2nd Thursdays of month at 11 am to 1 pm. Our evening meetings are on 1st & 3rd Wednesdays of the month at 7 pm to 9 pm. Don't feel isolated anymore, find the courage to call and we promise to call you back.

Surviving Together  
The Sue Lambert Trust  
St. Julians Hall  
6 Music House Lane  
Norwich  
NR1 1QL  
07796-296-922 Contact No.  
07425-849-491 Contact No.

[www.survivingtogether.org.uk](http://www.survivingtogether.org.uk)

**Nottingham**

**Helpline 01773-719-111**  
We were set up in 2001 to provide an information and support service for women living in the north of Broxtowe borough and Stapleford who are experiencing or have had experience of domestic violence. Telephone & face to face support  
Internet - survivors support forum

Broxtowe Women's Project  
PO Box 6660  
Nottingham  
NG16 3ZE  
01773-719-111 Office Helpline

**Nottingham**

**Helpline 01636-610-313**  
ISAS is currently offering one to one and group therapy for males and females aged 16+ who have been affected by sexual violence in their lives. City Service is available to any one who lives in Nottingham city. We also run a County service for survivors in the County of Nottingham and Bassetlaw. Male therapeutic group - facilitated on a weekly basis, the sessions last for 2 hours  
The Rape Project - 8 sessions of one to one counselling, access to to female only venues, choice of male or female counsellor. For more information on any of the above call us on 01636-610314

ISAS- Incest & Sexual Abuse Survivors  
St. Nicholas Court  
27 Castle Gate  
Nottingham  
NG1 7AR  
01158-240-314 Office

[www.isas-notts.org.uk](http://www.isas-notts.org.uk)

**Nottingham**

**Helpline 01159-607-943**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Nottingham Central Women's Aid  
Nottingham  
01159-607-943 Office / Helpline

Please call the helpline to ask about accommodation for your children.

### Nottingham

Please don't feel that you are all alone - The Sexual Abuse Project is here to help. Our short term counselling group runs for 2 hours on a Monday morning and lasts for ten weeks. An on-going counselling group runs for an hour and a half on a Wednesday morning. Women joining this group can have up to 18 months of group therapy. Each group is facilitated by two therapists who are professionals and very experienced in working with survivors of childhood sexual abuse.

NCS - Sexual Abuse Project  
Kent Street  
Nottingham  
NG1 3LZ  
01159-501-743 Office  
[www.nottinghamcounsellingcentre.org.uk](http://www.nottinghamcounsellingcentre.org.uk)  
[info@nottinghamcounsellingcentre.org.uk](mailto:info@nottinghamcounsellingcentre.org.uk)

### Nottingham

**Helpline 01159-410-440**  
See website / facebook for helpline opening hours. We are a registered charity that supports men and women aged 13+ in the Nottingham and Nottinghamshire area who have suffered any form of sexual violence. We offer face-to-face counselling and helpline support. We also offer women only therapeutic group support. Independent Sexual Violence Advisors are also available to give information, advice and support with reporting to the police and criminal justice system

Nottingham Rape Crisis Centre [www.nottssvss.org.uk/](http://www.nottssvss.org.uk/)  
30 Chaucer Street  
Nottingham  
NG1 5LP  
01159-470-064 Office  
[admin@nottinghamrapecrisis.org.uk](mailto:admin@nottinghamrapecrisis.org.uk)

### Nottingham

**Helpline 08088-000-340 Freephone  
Textphone 08088-000-341**  
We are a FREE, confidential and independent charity working with women and their children who have been affected by domestic abuse. Our helpline is staffed 24/7 and our textphone is staffed Mon-Fri 9-5pm  
Zola Refuge: Safe contained flats offer temporary accommodation.  
Sanctuary Scheme for those who will remain in their homes, support security alarms, reinforced doors and windows and locks and links to the emergency services offered.  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.  
Outreach services for children and young people.  
Freedom: a 12 week course to learn about healthy and non healthy relationships.

Women's Aid Integrated Services [www.wais.org.uk](http://www.wais.org.uk)  
30 Chaucer Street  
Nottingham  
NG1 5LP  
01159-475-257 Office  
[enquiries@wais.org.uk](mailto:enquiries@wais.org.uk)

<b>Nottinghamshire</b>	<p><b>Helpline 07905-362-011</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Jericho Refuge  Nottinghamshire  07905-362-011 Office/ Helpline</p>	
<b>Oldham</b>	<p><b>Helpline 01616-284-991</b>  Our key aims are the prevention of social exclusion, homelessness and domestic abuse. At the heart of our services is the Women's Refuge which is staffed 24 hours a day. Resettlement and follow up support</p>	<p>Threshold Women's Services  Oldham  01616-284-991 Office / Helpline</p>	<p><a href="http://www.thp.org.uk/">www.thp.org.uk/</a>  <a href="mailto:outreach@ofcg.org">outreach@ofcg.org</a></p>
<b>Oxford</b>	<p><b>Helpline 01865-726-295 (24 hours)  Or 0800-783-6294 Freephone  Email help support@osarcc.org.uk</b>  We run a support group service to provide a safe and inclusive space where survivors of sexual abuse and rape can work together towards their recovery. Women 18 years and over only. For more support group details call 07506-412-422 or email us at groups@osarcc.org.uk</p>	<p>Oxford Sexual Abuse &amp; Rape  Crisis Centre  PO Box 20  St. Aldates Post Office  Oxford  OX2 6GB  01865-725-311 Office / Helpline</p>	<p><a href="http://www.oxfordrapecrisis.net">www.oxfordrapecrisis.net</a>  <a href="mailto:support@osarcc.org.uk">support@osarcc.org.uk</a>  <a href="mailto:admin@osarcc.org.uk">admin@osarcc.org.uk</a></p>
<b>Pendle</b>	<p><b>Helpline 01282-661-989</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Angel House  Pendle  Lancashire  01282-661-989 Office / refuge</p>	
<b>Pendle</b>	<p><b>Helpline 01282-726-000</b>  A Male worker may answer phone  Dedicated services for children and young people  IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.  Services for Male victims</p>	<p>Pendle Domestic Violence  Initiative  Pendle  Lancashire  01282-726-000 Office / advice</p>	
<b>Peterborough</b>	<p><b>Helpline 01733-317-899</b>  If you have just been raped SARC's specialist medical and forensic services will offer their support to you whether or not you wish to report the assault to the police. If your assault is historic (more than 7 days) Our volunteer helpline is available Wednesday nights 7-9pm or Saturday mornings 10 - 12 noon  We always offer anonymous individual and confidential support.</p>	<p>Peterborough Rape Crisis Care  <a href="mailto:Oasis@Rivergate">Oasis@Rivergate</a>  Vierson Platz  Peterborough  PE1 1SE  01733-317-899 Office / Helpline  <a href="http://www.peterboroughrapecrisis.co.uk">www.peterboroughrapecrisis.co.uk</a>  <a href="mailto:peterboroughrapecrisis@nhs.net">peterboroughrapecrisis@nhs.net</a></p>	

<b>Peterborough</b>	<p><b>Helpline 08454-103-123</b>  <b>Outreach 01733-894-455</b>  We provide safe temporary accommodation for women and their children, who are experiencing domestic violence.  Resettlement and aftercare  Children's services  Weekly workshops  Outreach services across Peterboro  Freedom program - 10-12 weekly sessionexploring the issues relating to domestic violence.</p>	<p>Peterborough Women's Aid  Peterborough  08454-103-123 Office / Helpline  <a href="http://www.peterboroughwomensaid.co.uk">www.peterboroughwomensaid.co.uk</a></p>	<p><a href="http://www.myharbour.org.uk">www.myharbour.org.uk</a>  <a href="mailto:info@myharbour.org.uk">info@myharbour.org.uk</a></p>
<b>Peterlee</b>	<p><b>Helpline 01915-868-890</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people</p>	<p>Harbour Refuge  Peterlee  County Durham  01915-868-890 Office / Refuge</p>	<p><a href="http://www.myharbour.org.uk">www.myharbour.org.uk</a>  <a href="mailto:info@myharbour.org.uk">info@myharbour.org.uk</a></p>
<b>Pevensey</b>	<p>Christian Healing Ministry offering personal prayer ministry on FREE Healing Retreats and also as part of various teaching courses. suitable for those suffering the trauma of past abuse and desiring help with the subsequent dysfunction in their life.</p>	<p>Ellel Ministries  Ellel Glyndley Manor  Stone Cross  Pevensey  East Sussex BN24 5BS  01323-440-440 Office / Advice</p>	<p><a href="http://www.ellel.org">www.ellel.org</a>  <a href="mailto:info.glyndley@ellelministries.org">info.glyndley@ellelministries.org</a></p>
<b>Plymouth</b>	<p><b>Helpline 01752-562-286</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Dedicated services for children and young people  IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Plymouth Women's Refuge  Plymouth  01752-562-286 Office / Refuge</p>	
<b>Plymouth</b>	<p><b>Helpline 08458-12-12-12</b>  Our expert team has over 80 years combined experience providing high quality support to men, women, children and young people, who have been affected by rape and serious sexual assault. We acknowledge all forms of sexual violence including, rape, sexual assault, childhood sexual abuse, rape in marriage, trafficking, sexual exploitation and ritual abuse.</p>	<p>SARC - Twelves Company  Metropolitan House  The Millfields  Plymouth  PL1 3JB  08458-12-12-12 Office / Helpline  <a href="http://www.northdevonhealth.nhs.uk/sexual-assault-centre/">www.northdevonhealth.nhs.uk/sexual-assault-centre/</a></p>	<p><a href="mailto:admin@twelvescompany.co.uk">admin@twelvescompany.co.uk</a></p>
<b>Plymouth</b>	<p><b>Helpline 01752-600-599</b>  Helpline Mon &amp; Wed 10am - 1pm  We are a Plymouth based Christian</p>	<p>SALT South West  142 Union Street  Plymouth</p>	<p><a href="http://www.saltsouthwest.co.uk">www.saltsouthwest.co.uk</a>  <a href="mailto:email@saltsouthwest.co.uk">email@saltsouthwest.co.uk</a></p>

voluntary organization offering direct services to adult survivors of childhood sexual abuse. Therapeutic listening sessions for both male and female survivors. Coffee drop-in facilitated by 2 female listeners for female clients on Thursdays once a month. Groups work available, please see website for more details.

Devon  
PL1 3HL  
01752-600-599 Office / Helpline

**Poole**

**Helpline 01202-308-855  
ISVA 01202-308-858**

Dorset Rape Crisis is a charity based in Poole which began 24 years ago as a helpline for girls and women who have been raped or sexually abused.  
Telephone support  
Face to face counselling - 6 weekly appointments initially then reviewed at regular intervals.  
Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.  
Email support forms can be found under contacts on website.

Dorset Rape Crisis Support Ctr.  
PO Box 7697  
Poole  
Dorset  
BH15 9GN  
01202-308848 Office / Helpline

[www.dorsetrapecrisis.org](http://www.dorsetrapecrisis.org)  
Email support form on website

**Poole**

**Helpline 01202-748-488**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
[www.bcha.org.uk/our-services/support-to-stay-safe/domestic-abuse/](http://www.bcha.org.uk/our-services/support-to-stay-safe/domestic-abuse/)

Poole Refuge  
Poole  
Dorset  
01202-748-488 Office / Refuge

**Portsmouth**

**Women's Helpline 02392-669-511  
Men's Helpline 02392-669-516**

Helpline hours Monday 1pm - 3pm  
Wednesdays & Fridays 7pm - 10pm  
PARCS was set up in 1981 and since that time we have grown to become an effective charity working with survivors of rape and childhood sexual abuse and those affected by domestic violence. Our helpline provides emotional support for survivors 18 years plus and for their family and supporters. We also have dedicated staff trained to work with young people.  
Counselling services  
Support groups being developed as of this entry November 2016

PARCS - Portsmouth Abuse and Rape Counselling Services.  
PO Box 3  
Portsmouth  
Hampshire  
PO2 8RX  
02392-669-513 Office

[www.parcs.org.uk](http://www.parcs.org.uk)  
[admin@parcs.org.uk](mailto:admin@parcs.org.uk)

**Portsmouth**

**Helpline 02392-291-034**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support

Portsmouth women's Refuge  
Portsmouth  
Hampshire  
02392-291-032 Office/ Refuge

<b>Portsmouth</b>	<p><b>Helpline 02392-210-352</b>          Helpline open 7 days 8am - 6pm          We provide a team of staff to help victims deal with the trauma of rape and sexual assault. Specially trained doctors and project workers. Signposting to other services</p>	<p>The Treetops Centre          Northern Road          Cosham          Portsmouth          PO6 3EP          02392-210-352 Office / Helpline  <a href="http://www.saferportsmouth.org.uk/help-in-portsmouth/?catid=0&amp;id=105">www.saferportsmouth.org.uk/help-in-portsmouth/?catid=0&amp;id=105</a></p>
<b>Preston</b>	<p><b>Helpline 01772-201-601</b>          Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support          Dedicated services for children and young people          IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.          Services for Male victims, these are services separate to the services for women.</p>	<p>Preston - Domestic Violence Services.          Preston          Lancashire          01772-201-701 Office / advice  <a href="http://www.pdvs.org.uk">www.pdvs.org.uk</a>  <a href="mailto:enquiries@pdvs.org.uk">enquiries@pdvs.org.uk</a></p>
<b>Rawtenstall</b>	<p><b>Helpline 01706-830-600</b>          Since 1996 we have been providing support services for women and their families who have experienced domestic violence. We are very committed to supporting the safety of women and children, however we recognise that men can be victims of domestic violence too.          IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.          Services for male victims call our helpline for more details, help or advice.</p>	<p>The Star Centre          PO Box 33          Rawtenstall          Lancashire          01706-830-600 Office / Helpline  <a href="http://www.facebook.com/thestarcentrerosendale/">www.facebook.com/thestarcentrerosendale/</a>  <a href="mailto:office@thestarcentre.org">office@thestarcentre.org</a></p>
<b>Reading</b>	<p><b>Helpline 01189-504-003</b>          Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support          Dedicated services for children and young people          IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Berkshire Women's Aid          Reading          01189-504-003 Office / Helpline</p>
<b>Redcar</b>	<p><b>Helpline 01642-835-079</b></p>	<p>Eva- Emerging from Violence  <a href="http://www.eva.org.uk">www.eva.org.uk</a></p>



**Email support help@eva.org.uk**

See website for helpline hours.

We provide a range of quality and supportive services for women and girls who have experienced any form of sexual violence at any time in their lives.

Providing FREE and confidential counselling from our centre in Redcar. You will be offered 50 mins each week, reviewed every 6 weeks to a maximum of 48 sessions, seeing the same counsellor each week.

we also offer advocacy

We explain the judicial process

Support you when you are in court

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

Dedicated services for children and young people

IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

and Abuse  
Redcar  
North East  
01642-490-677 Office

[info@eva.org.uk](mailto:info@eva.org.uk)

Email support address

[help@eva.org.uk](mailto:help@eva.org.uk)

<b>Reigate</b>	<p><b>Helpline 01737-771-831</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Reigate &amp; Banstead Women's Aid Reigate Surrey 01737-771-831 Office / Refuge</p>	<p><a href="mailto:support@rbw-aid.org.uk">support@rbw-aid.org.uk</a></p>
<b>Rochdale</b>	<p><b>Helpline 03445-151-850</b> Refuge for men and women fleeing domestic violence. Our address is not published for safety reasons. Resettlement and follow up support</p>	<p>Housing Action Group - DV Services. Rochdale 03445-151-850 Office / Refuge</p>	<p><a href="mailto:centralaccess@shelter.org.uk">centralaccess@shelter.org.uk</a></p>
<b>Romford</b>	<p><b>Helpline 01708-765-200</b> Helpline hours: Call for details Supportline offers a confidential telephone, postal and email support service to help people before they reach the point of crisis. We are open to callers of any age and are able to take calls on a wide range of issues such as child abuse, bullying, rape, domestic violence sexual assault and stalking.</p>	<p>SupportLine PO Box 2860 Romford Essex RM7 1JA 01708-765-222 Office</p>	<p><a href="http://www.supportline.org.uk">www.supportline.org.uk</a> <a href="mailto:info@supportline.org.uk">info@supportline.org.uk</a></p>
<b>Rotherham</b>	<p><b>Helpline 07914-768-473 MOBILE</b> Please feel free to TEXT Helpline hours Thurs 9.30 - Noon Fridays 12.30pm - 3pm</p>	<p>Rotherham Women's Counselling Service Thornbank 38 Moorgate</p>	<p><a href="mailto:rwcs@live.co.uk">rwcs@live.co.uk</a></p>

Counselling services for men and women who are affected by sexual violence and abuse.  
Group session available.

Rotherham  
S60 2AG  
01709-835-482 Office

**Rotherham**

**Helpline 08442-254-411**  
**Helpline 08708-502-247 Refuge**  
Rotherham Rise (Refuge, Information Support, Equality) provides refuge for woman and their children fleeing domestic abuse. Advice and Support to women and their children is also provided through our outreach services. We also offer support for people affected by child sexual exploitation, a dedicated Young Peoples Domestic Abuse Outreach Service, Counselling Service and work with male victims of Domestic and CSE abuse.

Rotherham RISE  
Rotherham  
08442-254-411 Office / Outreach

[www.rotherhamrise.org.uk/  
enquiries@rothwr.co.uk](http://www.rotherhamrise.org.uk/enquiries@rothwr.co.uk)

**Rugby**

**Helpline 01788-551-151**  
Helpline hours Mon, Wed, Thurs, Fri 10am-2pm Tues 3pm-7pm and Saturdays 10am to 12 noon  
We are a local independent charity offering support to victims of rape, sexual violence and sexual abuse. We work with both males and females survivors from the age of 5. Specialist counselling for children  
Dedicated helpline for all survivors  
Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.  
Group and family counselling  
All services are FREE of charge

RoSA  
Rugby  
01788-551-150 Office

[www.rosasupport.org](http://www.rosasupport.org)  
[rosa.support@btconnect.com](mailto:rosa.support@btconnect.com)

**Rugby**

**Helpline 07769-140-879**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support

Refuge - Rugby  
Warwickshire  
07769-140-879 Office / Refuge

**Runcorn**

**Helpline 10928-477-980**  
We are a registered charity who are dedicated to support people who have been affected by rape or sexual abuse at any time in their lives. We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.

Rape and Sexual Abuse Support Centre - Halton  
Runcorn  
WA7 1DF  
01928-477-980 Office / Helpline

[www.rapecentre.org.uk/  
support@rapecentre.org](http://www.rapecentre.org.uk/support@rapecentre.org)

Counselling for women affected by rape or sexual abuse.

Counseling for men affected by rape or sexual abuse.

A specialist young person's service

Workshops and support groups.

Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington

**Salford**

**Helpline 01617-360-737**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Dedicated services for children and young people

IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Direct services for male victims

Salford Women's Aid

Salford

01617-360-737 Office / Advice

**Salisbury**

**Helpline 01722-324-348**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

Salisbury Women's Refuge

Salisbury

Wiltshire

01722-324-348 Office / Refuge

**Sandown**

**Isle of Wight**

**Helpline 01983-825-981**

A Male worker may answer phone

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support  
Dedicated services for children and young people

IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Island Women's Refuge

PO Box 5

Sandown

Isle of Wight

01983-825-981 Office / Helpline

[info@islandrefuge.org.uk](mailto:info@islandrefuge.org.uk)

**Sandown**

**Isle of Wight**

**Helpline 01983-400-123**

Providing services for male and female survivors of rape and sexual abuse, along with support for partners of survivors.

Telephone counselling

Information and advice

Counselling and therapy groups.

Jig Saw

Sandown

Isle of Wight

Hampshire

01983-400-123 Office / Helpline

[johnellison\\_5@hotmail.com](mailto:johnellison_5@hotmail.com)

**Scarborough**

**Helpline 01723-365-609**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

Dedicated services for children and

foundation Domestic Abuse

Services

Scarborough

01723-365-609 Office / Refuge

young people  
Services available for male victims.

<b>Scarborough</b>	<b>Helpline 01723-391-811</b> <a href="mailto:support@hopesurvivors.org.uk">support@hopesurvivors.org.uk</a> Helpline Mon 5.30 to 8.30pm Excluding Bank Holidays Self help and support services for adult survivors of childhood and or adult sexual abuse	Healing Our Past Experiences Scarborough 01723-381-811 Office / Helpline	<a href="http://www.hopesurvivors.org.uk">www.hopesurvivors.org.uk</a> <a href="mailto:office@hopesurvivors.org.uk">office@hopesurvivors.org.uk</a>
<b>Scunthorpe</b>	<b>Helpline 0800-197-4787 Freephone</b> We offer services and support to adult male and female survivors of rape and sexual violence/abuse. One to one counselling Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.	Grimsby & Scunthorpe Rape Crisis Limited The Ironstone Centre West Street Scunthorpe DN15 6HX 01724-292-173 Office	<a href="http://www.itsmyright.co.uk">www.itsmyright.co.uk</a> <a href="http://www.thebluedoor.org/">www.thebluedoor.org/</a> <a href="mailto:info@itsmyright.co.uk">info@itsmyright.co.uk</a>
<b>Sefton</b>	<b>Helpline 01519-228-606</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people	Sefton Women and Children's Aid Sefton 01519-228-606 Office / Helpline	
<b>Sheffield</b>	<b>Helpline 01142-555-740</b> <b>Helpline 07946-333-963 Mobile</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Ashiana - Sheffield Sheffield 01142-555-740 Office	<a href="http://www.ashianasheffield.org/">www.ashianasheffield.org/</a> <a href="mailto:info@ashianasheffield.org">info@ashianasheffield.org</a>
<b>Sheffield</b>	<b>Helpline 01142-726-021</b>	Burngreave Domestic Violence Project Sheffield 01142-726-021 Office / Helpline	
<b>Sheffield</b>	<b>Helpline 01142-739-126</b> <b>Helpline 07753-748-885 Mobile</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Haven House Project Sheffield 01142-739-126 Office / Refuge	
<b>Sheffield</b>	<b>Helpline 01142-447-936</b> Helpline hours Tues & Thurs 1-8pm We are a specialist women only service offering FREE confidential support to empower women and girls over 13 years old who have experienced rape or sexual abuse at anytime in their lives. Upto 20 FREE counselling sessions with a possibility to extend these.	Sheffield Rape and Sexual Abuse Centre PO Box 34 Sheffield Rape and Sexual S1 1UD 01142-618-990 Office	<a href="http://www.sheffieldrapecrisis.org.uk">www.sheffieldrapecrisis.org.uk</a> <a href="mailto:info@sheffieldrapecrisis.org.uk">info@sheffieldrapecrisis.org.uk</a>

Male survivors can be signposted to services more tailored to needs.

<b>Sheffield</b>	<b>Helpline 01142-752-157</b> <b>Mobile 07742-533-603</b> Helpline hours office hours only We offer a much needed, FREE counselling service to women in Sheffield who have experienced trauma or abuse.	Sheffield Women's Counselling and Therapy Service 44 Daniel Hill Upperthorpe Sheffield S6 3JF 01142-752-157 Office / Helpline	<a href="http://www.swcts.org.uk">www.swcts.org.uk</a> <a href="mailto:office@swcts.org.uk">office@swcts.org.uk</a>
<b>Sheffield</b>	<b>Helpline 01142-362-518</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.	Sheffield Women's Aid Sheffield 01142-366-423 Office <a href="http://www.womensaid.org.uk/domestic-abuse-directory/">www.womensaid.org.uk/domestic-abuse-directory/</a>	
<b>Shrewsbury</b>	We were formed in 1993 as a charity to meet the growing need to help people in Shropshire, Telford and Wrekin. We provide a confidential counselling service for men and women aged 11 years and over. Self Help support group is offered to survivors that have completed their one to one counselling. We have separate groups for men and women. We also have available the services of an Independent Sexual Violence Advisor that will give emotional and practical support whether or not you choose to report the abuse.	Axis Counselling Fletcher House 15 College Hill Shrewsbury SY1 1LY 01743-357-777 Office	<a href="http://www.axiscounselling.org.uk">www.axiscounselling.org.uk</a>
<b>Shropshire</b>	<b>Helpline 01691-679-491</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Refuge - Shropshire 01691-679-491 Office / Refuge	
<b>Shropshire South</b>	<b>Helpline 01694-722-440</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	South Shropshire Women's Refuge 01694-722-440 Office / Refuge	
<b>Skelmersdale</b>	<b>Helpline 0808-100-3062</b> Our mission is to reduce the harm done by domestic violence and to improve the safety and health of all survivors and their children.	Domestic Violence Support Services - West Lancashire Skelmersdale 0808-100-3062 Office / Helpline	<a href="http://www.dvsswl.org.uk">www.dvsswl.org.uk</a> <a href="mailto:enquiries@wlwref.org.uk">enquiries@wlwref.org.uk</a>
<b>Slough</b>	<b>Helpline 01753-549-865</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Berkshire East & South Bucks Women's Aid Slough 01753-549-865 Office / Refuge	

Resettlement and follow up support  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

**Somerset**

**Helpline 0800-694-9999**

Mon - Fri 8am-8pm Not Bank Hols  
Domestic abuse helpline Somerset

Domestic Abuse Helpline  
Somerset  
0800-694-9999 Office/ Helpline

**Southampton**

**Helpline 02380-338-080**

We provide services for women 18 years and over who are survivors of rape and/or childhood sexual abuse. We will support you whether the perpetrator was a member of the family or not and whether it happened yesterday or years ago. We also support partners and parents of survivors.  
Mutual support groups available please call for more details.

CIS'ters (Surviving Rape and or Sexual Abuse).  
PO Box 119  
Southampton  
Hampshire  
SO50 9LF  
02380-338-080 Office / Helpline

[admin@cisters.org.uk](mailto:admin@cisters.org.uk)

**Southampton**

**Helpline 02380-636-313**

Helpline Sunday 7pm to 10pm  
Tues 10am-1pm & Thurs 1pm-4pm  
We offer counselling to both males and females who have experienced childhood sexual abuse/adult sexual abuse or both. Young persons counselling to those aged 12-18 who have experienced any form of sexual abuse including rape. Independent Sexual Violence Advisor is available on weekdays to give information, advice and support about reporting to the police, and the criminal justice system.  
STAR education program

Southampton Rape Crisis  
PO Box 1401  
Southampton  
SO18 9AD  
02380-636-312 Office

[www.southamptonrapecrisis.com](http://www.southamptonrapecrisis.com)  
[info@sotonrc.org.uk](mailto:info@sotonrc.org.uk)

**Southampton**

**Helpline 08088-010-334**

Outreach services and support  
Dedicated services for children and young people

Southampton Women's Aid  
Southampton  
02380-338-881 Office / Outreach  
[www.southamptonwomensaid.org.uk](http://www.southamptonwomensaid.org.uk)  
[info@southamptonwomensaid.org.uk](mailto:info@southamptonwomensaid.org.uk)

**South Tyneside**

**Helpline 01914-548-257**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people

Places for People  
South Tyneside  
01914-548-257 Office / Refuge

**Stafford**

**Helpline 01785-225-991**

Helpline hours Mon 7.30pm - 10pm

EMERGE  
Stafford

Wed 7pm-10pm & Thurs 10am-5pm  
EMERGE is a registered charity  
operating as a voluntary sector  
service in partnership with South  
Staffordshire & Shropshire Health  
Care NHS Trust. We provide support  
to male and female adult survivors  
of sexual abuse and violence.  
Support groups available.

West Midlands  
01785-225-991 Office / Helpline

**Staffordshire**

**Helpline 01782-205-500**  
**Helpline 01782-713-737 Refuge**  
Refuge for women fleeing domestic  
violence. The address is not  
published for safety reasons.  
Dedicated services for children and  
young people  
Services for male victims of abuse.

Elizabeth House  
Staffordshire  
01782-205-500 Office / Helpline

**Staffordshire**

**Helpline 01543-676-800**  
Refuge for women fleeing domestic  
violence. The address is not  
published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and  
young people  
IDVA: IDVA's work with women by  
offering support before, during and  
after the court process. They can  
accompany you to hearings and  
leagal appointments and offer  
practical advice and planning.  
Independent Sexual Violence Advisor  
the ISVA will provide emotional and  
practical support whether the rape  
or abuse has been reported to the  
police or not. They will advise your  
regarding the judicial system and  
will accompany you to police inter-  
views and to the courts.  
Drop In service available

Pathways Project  
Staffordshire  
01543-676-800 Office / Helpline

[www.pathway-project.co.uk](http://www.pathway-project.co.uk)  
[talktoeve.pathway@virgin.net](mailto:talktoeve.pathway@virgin.net)

**Staffordshire**

**01782- 433-204 Message Line**  
**24 Hour message line**  
Savana provides info, support and  
confidential counselling for those  
aged from four years old  
who have been affected by sexual  
violence whether recently or in the  
past. We serve survivors in South  
Cheshire and Staffordshire.  
We provide an Independent Sexual  
Violence Advisor. Our ISVA provides  
support and advocacy to victims and  
survivors through the criminal court  
system. Our ISVA provides practical  
and advocacy whether or not the  
offence has been reported.

SAVANA  
Wood House  
Etruria Road  
Hanley  
Stoke on Trent  
ST1 5NQ  
01782-433-205 Office

[www.savana.org.uk](http://www.savana.org.uk)  
[info@savana.org.uk](mailto:info@savana.org.uk)

**Staffordshire**

**Helpline 0870-270-0123**

Stafforshire Women's Aid

[www.staffordshirewomensaid.org](http://www.staffordshirewomensaid.org)



Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.  
Independent Sexual Violence Advisor  
the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police inter-views and to the courts.  
Services for male victims available

01785-782-758 Office

#### Staffordshire

##### **Helpline 01782-222-421**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.

The Lighthouse  
Staffordshire  
01782-222-421 Office / Helpline  
[dv.services@archnorthstaffs.org.uk](mailto:dv.services@archnorthstaffs.org.uk)

#### St. Albans

##### **Helpline 08082-000-247**

We aim to provide a safe, conflict-free and comfortable environment for women and their children who are suffering domestic abuse.  
Emergency refuge  
Outreach services  
Services for male victims  
Drop-in service, call 01727-824-425 for times and location.

St. Albans and Hertsmere  
Women's Refuge  
St. Albans  
01727-824-425 St. Albans  
01923-855-662 Hertsmere  
01727-826-431 Office  
[www.stalbansandhertsmere womensrefuge.org.uk](http://www.stalbansandhertsmere womensrefuge.org.uk)  
[info@sahwr.org](mailto:info@sahwr.org)

#### Stevenage

##### **01438-742-742 (Women only)**

##### **01438-316-359 (Male victims)**

Helpline hours Monday to Friday  
9 am to 4 pm  
One to one support for all victims of rape, sexual abuse or any form of sexual violence.  
Rooms available for appointments with our local ISVA.  
Independent Sexual Violence Advisor  
is available on weekdays to give information, advice and support about reporting to the police, and

Herts Women's Center  
37-39 The Hyde  
Shephall  
Stevenage  
SG2 9SB  
01438-742-742 Office / Helpline  
[www.facebook.com/Hertswomenscentre](http://www.facebook.com/Hertswomenscentre)

the criminal justice system.  
Short and long term counselling  
Personal advocacy  
Domestic abuse info and support  
FREE legal advice  
Courses, workshops and groups

**Stevenage**

**Helpline 01438-350-243**

We run a women's refuge in both Stevenage and Dacorum, where we offer safe temporary accommodation for women and children fleeing domestic abuse.

Stevenage Women's Refuge  
PO Box 110  
Stevenage  
Herts  
01438-350-243 Office / Helpline

[www.hpcha.org.uk](http://www.hpcha.org.uk)

**St. Helens**

**Helpline 01925-226-796**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support

Helena Refuge  
St. Helens  
01925-226-796 Office / Advice  
[womensrefuge@helenapartnership.co.uk](mailto:womensrefuge@helenapartnership.co.uk)

**St. Helens**

**Helpline 01744-877-987**

Info line hours Mon - Fri 9am - 5pm  
We are a registered charity who are dedicated to support people who have been affected by rape or sexual abuse at any time in their lives.  
We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.  
Counselling for women affected by rape or sexual abuse.  
Counseling for men affected by rape or sexual abuse.  
A specialist young person's service  
Workshops and support groups.  
Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington.

Rape and Sexual Abuse Centre  
St Helens  
WA10 1DH  
01744-877-987 Office / Helpline  
[www.rapecentre.org](http://www.rapecentre.org)  
[support@rapecentre.org](mailto:support@rapecentre.org)

**Stockport**

**Helpline 01614-774-271**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.  
Services for male victims of abuse

Stockport Without Abuse  
Stockport  
01614-774-271 Office / Helpline  
[www.stockportwithoutabuse.org.uk](http://www.stockportwithoutabuse.org.uk)  
[info@stockportwithoutabuse.org.uk](mailto:info@stockportwithoutabuse.org.uk)

<b>Stockton on Tees</b>	<p><b>Helpline 01642-553-323</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people</p>	<p>Harbour Refuge  Stockton on Tees  01642-553-323 Office / Refuge  <a href="mailto:stocktonrefuge@myharbour.org.uk">stocktonrefuge@myharbour.org.uk</a></p>	<p><a href="http://www.myharbour.org.uk">www.myharbour.org.uk</a></p>
<b>Stoke on Trent</b>	<p><b>Helpline 01782-817-055</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support</p>	<p>Julia House  Stoke on Trent  01782-817-055 Office / Refuge  <a href="mailto:juliahouse@archnorthstaffs.org.uk">juliahouse@archnorthstaffs.org.uk</a></p>	<p><a href="http://www.archnorthstaffs.org.uk">www.archnorthstaffs.org.uk</a></p>
<b>Stoke on Trent Staffordshire</b>	<p><b>01782-433-204 Message Line 24 Hour message line</b>  Savana provides info, support and confidential counselling for those aged from four years old who have been affected by sexual violence whether recently or in the past. We serve survivors in South Cheshire and Staffordshire.  We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system. Our ISVA provides practical and advocacy whether or not the offence has been reported.</p>	<p>SAVANA  Wood House  Etruria Road  Hanley  Stoke on Trent  ST1 5NQ  01782-433-205 Office</p>	<p><a href="http://www.savana.org.uk">www.savana.org.uk</a>  <a href="mailto:info@savana.org.uk">info@savana.org.uk</a></p>
<b>Stroud</b>	<p><b>Helpline 01453-764-385</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people</p>	<p>Stroud Women's Refuge  Stroud  Gloucestershire  01453-764-385 Office / refuge</p>	<p><a href="http://www.stroudwomensrefuge.org">www.stroudwomensrefuge.org</a>  <a href="mailto:office@beresfordgroup.org">office@beresfordgroup.org</a></p>
<b>Sunderland</b>	<p><b>Helpline 01914-163-550 Helpline 0800-066-5555 Freephone</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people  IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.</p>	<p>Wearside Women In Need  Sunderland  01914-163-550 Head office</p>	
<b>Swale</b>	<p><b>Helpline 01795-420-042</b>  A male worker may answer phone  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support</p>	<p>Swale Women's Refuge  Swale  Kent  01795-420042 Referrals</p>	

Dedicated services for children and young people

<b>Swindon</b>	<p><b>Helpline 01793-514-339</b> <b>Mobile 07547-680-839</b> Breaking Free is a dedicated and professionally run registered charity. We are run by female survivors who are qualified and trained therapists. We provide an opportunity for female survivors 18+ who have experienced rape and/or sexual abuse to break free from victimhood and become a survivor. Residential survivor weekends The weekend is highly participative, providing workshops, insight and healing with a focus on groups work. We also offer support groups One to one therapy Referrals and info on other projects Prison and court support.</p>	<p>Breaking Free Swindon Wiltshire 01793-514-339 Office / Hotline</p>	<p><a href="http://www.breakingfreesupport.co.uk">www.breakingfreesupport.co.uk</a> <a href="mailto:info@breakingfreesupport.co.uk">info@breakingfreesupport.co.uk</a></p>
<b>Swindon</b>	<p>TAG promotes education and raises awareness in the field of trauma, dissociation, attachment and abuse recovery. Please see website for articles on the above and membership details.</p>	<p>TAG - Trauma and Abuse Group The Willows Centre 11 Prospect Place Swindon SN1 3LQ</p>	<p><a href="http://www.tag-uk.net">www.tag-uk.net</a> <a href="mailto:chairman@tag-uk.net">chairman@tag-uk.net</a></p>
<b>Swindon</b>	<p><b>Helpline 01789-773-579</b> Women for Change offers services and information to survivors of sexual abuse. We recently linked with The Willows Counselling Centre in Swindon in a new project that will offer extended counselling services to survivors of sexual abuse.</p>	<p>Women for Change Blunsdon Abbey Park Blunsdon St. Andrew Swindon SN25 2DU 01789-773579 Office / Helpline <a href="http://www.counselling-swindon.co.uk/sexual_abuse.htm">www.counselling-swindon.co.uk/sexual_abuse.htm</a></p>	
<b>Tameside</b>	<p><b>Helpline 0800-328-0967</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Tameside Women's Project Ltd Tameside 01613-398-755 Office / Refuge</p>	
<b>Telford</b>	<p>We were formed in 1993 as a charity to meet the growing need to help people in Shropshire, Telford and Wrekin. We provide a confidential counselling service for men and women aged 11 years and over. Self Help support group is offered to survivors that have completed their one to one counselling. We have separate groups for men and women. We also have available the services of an Independent Sexual Violence Advisor that will give</p>	<p>Axis Counselling The Glebe Centre Glebe Street Wellington Telford TF1 1JP 01952-278-000 Office</p>	<p><a href="http://www.axiscounselling.org.uk">www.axiscounselling.org.uk</a></p>

emotional and practical support  
whether or not you choose to report  
the abuse.

<b>Thurrock</b>	<b>Helpline 01375-845-899</b> We provide a safe haven for women and children fleeing domestic abuse. Outreach support services for women living in the Thurrock area. We can visit your home or meet at a safe location. Drop-in service in Grays Wed morn Support groups twice a year running for 15 weeks. Support for children who witness abuse in the home.	Thurrock Women's Aid Thurrock 01375-845-899 Office / Helpline	<a href="http://www.thurrock-wa.org">www.thurrock-wa.org</a> <a href="mailto:info@thurrock-wa.org">info@thurrock-wa.org</a>
<b>Torbay</b>	<b>Helpline 01803-524-594</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people	Torbay Refuge Torbay Devon 01803-524-594 Office / Refuge <a href="mailto:torbayrefuge@westcountryha.org.uk">torbayrefuge@westcountryha.org.uk</a>	
<b>Trafford</b>	<b>Helpline 0845-241-1117</b> <b>Helpline 0845-450-0789 Refuge</b> We are a registered charity offering support services to individuals and families affected by domestic abuse. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Trafford Domestic Abuse Services Trafford Manchester 0845-241-1117 Office / Helpline	<a href="http://www.tdas.org.uk">www.tdas.org.uk</a>
<b>Trowbridge</b>	<b>Referral line 01225-358-568</b> <a href="mailto:support@revival-wiltshirerasac.org.uk">support@revival-wiltshirerasac.org.uk</a> We provide a non judgemental, confidential, safe and supportive atmosphere in which you will be given time and space to explore your present in relation to your past. One to one counselling On-line forum and email support See website for more details.	REVIVAL - Wiltshire RASAC PO Box 4157 Trowbridge Wiltshire BA14 4AW 01225-358-567 Office <a href="http://www.revival-wiltshirerasac.org.uk">www.revival-wiltshirerasac.org.uk</a> <a href="mailto:n@revival-wiltshirerasac.org.uk">n@revival-wiltshirerasac.org.uk</a>	
<b>Truro</b>	Our mission is to provide a service to address the issues of abused children and young people through a supportive and therapeutic environment. Group work with peers enables children to have some fun and experience some positive feedback as they share their concerns with others who have had similar experiences. Please use the contact form on the website for more info about these peer led groups.	CLEAR PO Box 706 Truro Cornwall TR4 9FN	<a href="http://www.clearsupport.net">www.clearsupport.net</a> Email support form on website.

<b>Truro</b>	<p><b>Helpline 01872-262-100</b>          Helpline Mon &amp; Tues 9am-5pm          Wed, Thurs &amp; Fri hours variable          Please leave message on machine          Our centre offers counselling to any one who is being sexually abused or has been sexually abused or raped in the past. We can talk to you over the phone or face to face.          We offer accompaniment to police interviews, at doctor or hospital and through the court system.</p>	<p>Cornwall Rape and Sexual Abuse Centre.          Truro          Cornwall          01872262-100 Office / Helpline</p>	<p><a href="http://www.crasaccornwall.co.uk/vision@crasac.co.uk">www.crasaccornwall.co.uk/vision@crasac.co.uk</a></p>
<b>Wakefield</b>	<p><b>Helpline 07843-344-457</b>          Refuge for women fleeing domestic violence. The address is not published for safety reasons.          Resettlement and follow up support          Dedicated services for children and young people</p>	<p>Marie House          Wakefield          07843-344-457 Office / Refuge</p>	
<b>Walsall</b>	<p><b>Helpline 01922-746-574</b>          Refuge for women fleeing domestic violence. The address is not published for safety reasons.          Resettlement and follow up support          Dedicated services for children and young people          IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning</p>	<p>Aven House Women's Refuge          Walsall          01922-721-859 Office/Outreach</p>	
<b>Walsall</b>	<p><b>Helpline 01922-476-153</b>          Helpline open during office hours          We have been working with and delivering specialist support to victims of sexual crime since 2000.          Independent Sexual Violence Advisor          the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.          Psychotherapy and counselling          Group counselling - A professionally trained counsellor will facilitate the group.</p>	<p>Crisis Point          Blakenall Village Centre          2nd Floor          79 Thames Road          Walsall          WS3 1LZ          01922-476-153 Office / Helpline</p>	<p><a href="http://www.crisispoint.org.uk">www.crisispoint.org.uk</a>  <a href="mailto:info@crisispoint.org.uk">info@crisispoint.org.uk</a></p>
<b>Warrington</b>	<p><b>Information line 01925-221-546</b>          Info line hours Mon - Fri 9am - 5pm          We are a registered charity who are dedicated to support people who have been affected by rape or sexual abuse at any time in their lives.          We also offer the services of an Independent Sexual Violence Advisor          the ISVA will provide emotional and practical support whether the rape</p>	<p>Rape and sexual Abuse Support Centre (Cheshire &amp; Merseyside)          PO Box 35          Warrington          WA1 1DW          01925-221-546 Office / Info</p>	<p><a href="http://www.rapecentre.org">www.rapecentre.org</a>  <a href="mailto:support@rapecentre.org">support@rapecentre.org</a></p>

or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police interviews and to the courts.

Counselling for women affected by rape or sexual abuse.

Counseling for men affected by rape or sexual abuse.

A specialist young person's service

Workshops and support groups.

Offices in Chester, Congleton,

Ellesmere Port, Halton, Northwich,

St Helens and Warrington.

## Warrington

### **Helpline 01925-417-138**

We are a charitable organisation that provides services to women and their children who are or have experienced any form of abuse. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people

Warrington Women's Aid  
Warrington  
01925-417-138 Office / Refuge

[office@warringtonwomensaid.fsnet.co.uk](mailto:office@warringtonwomensaid.fsnet.co.uk)

## Warwick

### **Helpline 0300-123-2028 Freephone**

Helpline Mon - Fri 7.30pm-9.30pm Safeline services are delivered in the main by a team of volunteers who support staff in providing a professional service to all survivors of sexual violence and abuse aged 11 years and over. Support groups for survivors who have experienced trauma of rape or sexual abuse recently or in the past.

Safeline  
6a New Street  
Warwick  
CV34 4RX  
01926-402-498 Office

[www.safeline.org.uk](http://www.safeline.org.uk)  
[office@safeline.org.uk](mailto:office@safeline.org.uk)

## Warwickshire

### **Helpline 01788-537-112**

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people

Families First  
Warwickshire  
01788-537-112 Office/Outreach

[outreach@warksdvss.org.uk](mailto:outreach@warksdvss.org.uk)

## Warwickshire

### **Helpline 07920-799-720**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Refuge - Warwickshire  
07920-799-720 Office / Refuge

## Watford

### **Helpline 01923-249-511 or 0845-301-1165**

We are a women centered voluntary organization offering help and non judgemental support to women who have been raped or sexually abused no matter when or how it happened. We are a referral centre for survivors of satanic and ritualistic abuse.

Watford Rape Crisis and Sexual Abuse Helpline  
PO Box 2356  
Watford  
WD18 1QD  
01923-249-511 Office / Helpline

[www.wrc-info.org](http://www.wrc-info.org)  
[info@wrc-info.org](mailto:info@wrc-info.org)

Face to face & telephone support  
Listening service to male survivors  
who are over 16 years.

<b>Wellingborough</b>	<b>Helpline 07879-844-451</b> <b>Helpline 07767-302-742</b> Our refuge was the first refuge to open in the country back in 1972. We offer crisis accomodation for those fleeing domestic violence. One to one counselling On-going support	Wellingborough Women's Aid PO Box 47 Wellingborough 07879-844-451 Office / Helpline <a href="http://www.northamptonwomensaid.org.uk/">www.northamptonwomensaid.org.uk/</a>	<a href="mailto:info@wenwomensaid.co.uk">info@wenwomensaid.co.uk</a>
<b>Welwyn Garden City</b>	<b>Helpline 01707-373-743</b> Our women's refuge offers temporary crisis accomodation for women fleeing domestic violence and abuse	Welwyn Hatfield Women's Refuge PO Box 486 Welwyn Garden City Herts AL7 9GN 01707-373-743 Office / Helpline	<a href="http://www.whwr.org.uk">www.whwr.org.uk</a>
<b>West Bromwich</b>	<b>01215-530-090 Sexual Violence</b> <b>01215-526-448 Domest Violence</b> <b>07581-492-806 Text Line</b> Domestic violence refuge Individual flats in the refuge Support and safety planning Assistance with legal issues Idependent DV Advisor (IDVA) to help with legal and court proceedings Domestic violence support groups One to one counselling We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system. Support programme for the young Teenage relationship and education programme.	Sandwell Women's Aid 1st Floor Lanchard House Victoria Street West Bromwich B70 8HY 01215-530-090 Office / helpline	<a href="http://www.sandwellwomensaid.co.uk">www.sandwellwomensaid.co.uk</a> <a href="mailto:info@sandwellwomensaid.co.uk">info@sandwellwomensaid.co.uk</a>
<b>Westcliff-on-Sea</b>	<b>Helpline 01702-302-333 Women</b> <b>Helpline 01702-343-868 Men</b> <b>Children and Faimilies Helpline</b> <b>01702-343-868</b> We are a registered charity, supporting those in our community affected by domestic abuse. We provide crisis support for women, a telephone helpline, counselling for adult victims of abuse, workshops with children and families affected by domestic abuse and training for professionals.	SOS Domestic Abuse Projects 4 West Road Westcliff-on-Sea Essex SS0 9DA 01702-868-026 Office	<a href="mailto:enquiries@sosdap.org">enquiries@sosdap.org</a>
<b>Westcliff-on-Sea</b>	<b>Helpline 01702-303-232</b> Helpline hours Wednesdays 2pm - 4pm and Fridays 10am - 12 noon We are run by a small group of women who are committed to supporting survivors of rape and	SOS Rape Crisis Westcliff-on-Sea Essex SS0 9DA 01702-667-590 Office	<a href="http://www.sosrc.org.uk">www.sosrc.org.uk</a> <a href="mailto:info@sosrc.org.uk">info@sosrc.org.uk</a>



sexual abuse in their recovery. We serve Southend on Sea and the surrounding area's.

Children's/young women's services

Support for females aged 11-18

Women's support worker for

survivors 18 years and over

Face to face counselling for women

16 years + up to 20 sessions FREE

**Wigan**

**Helpline 01942-867-986**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

Dedicated services for children and

young people

Arena Options - Domestic

Abuse Services

Wigan

01942-867-986 Office / Refuge

**Wiltshire**

**Helpline 01380-723-815**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

Dedicated services for children and

young people

Kennet House Refuge

Wiltshire

01380-723-815 Helpline/Refuge

[sally.wright@asterliving.co.uk](mailto:sally.wright@asterliving.co.uk)

**Wiltshire  
North**

**Helpline 0800-707-6561**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

North Wiltshire Women's Refuge

Wiltshire North

0800-707-6561 Office / Refuge

**Wiltshire  
West**

**Helpline 01225-776-955**

**Helpline 07866-556-398 Refuge**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

Dedicated services for children and

young people.

West Wiltshire Women's

Refuge

Wiltshire (West)

01225-776-955 Office / Refuge

**Winchester**

**Helpline 01962-871-717**

**Helpline 01962-871-718**

Helpline Mon 11.30am to 1.30pm

Tuesdays 7pm - 9.30pm

Thursdays 7pm - 9.30pm

Calls answered by both men and

women. We also offer face to face

counselling for anyone who wants

to talk about the effects of an un -

wanted sexual encounter.

Hampshire ISVA available

Independent Sexual Violence Advisor

the ISVA will provide emotional and

practical support whether the rape

or abuse has been reported to the

police or not.

RASAC

The Colebrook Centre

Winchester

Hampshire

SO23 3LH

01962-871-716 Office

[www.rasac.org.uk](http://www.rasac.org.uk)

[rasac@waca.org.uk](mailto:rasac@waca.org.uk)

**Windsor**

**Helpline 01753-549-865**

Refuge for women fleeing domestic

Berkshire East & South Bucks

Women's Aid

violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.

Windsor  
01753-549-865 Office / Refuge

<b>Woking</b>	<b>Helpline 01483-776-822</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Your Sanctuary Woking Surrey 01483-776-822 Office / Helpline	<a href="mailto:admin@yoursanctuary.org.uk">admin@yoursanctuary.org.uk</a>
<b>Wokingham</b>	<b>Helpline 01189-504-003</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	Berkshire Women's Aid Wokingham 01189-504-003 Office / Helpline	
<b>Wolverhampton</b>	We run a group for survivors of childhood sexual abuse. The group is run solely by survivors. We meet three times a week in a safe and friendly environment.	Abused People's Help in Sexual Trauma (APHIST) Wolverhampton WV10 0UL 01902-445-628 Contact number	
<b>Wolverhampton</b>	We are a national survivor-led association for Dissociative Disorder We work exclusively for and on behalf of survivors of childhood trauma most offen sexual violence.	First Person Plural PO Box 2537 Wolverhampton WV4 4ZL	<a href="http://www.firstpersonplural.org.uk">www.firstpersonplural.org.uk</a> <a href="mailto:fpp@firstpersonplural.org.uk">fpp@firstpersonplural.org.uk</a>
<b>Wolverhampton</b>	<b>Helpline 01902-713-001</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	The Haven Wolverhampton 01902-572-140 Office <a href="mailto:referralpoint@havenrefuge.org.uk">referralpoint@havenrefuge.org.uk</a>	<a href="http://www.havenrefuge.org.uk">www.havenrefuge.org.uk</a>
<b>Worcester</b>	<b>Helpline 01905-724-514</b> See website for helpline hours	Worcestershire Rape & Sexual Abuse Support Centre.	<a href="http://www.wmrsasc.org.uk/">www.wmrsasc.org.uk/</a> <a href="mailto:office@wmrsasc.org.uk">office@wmrsasc.org.uk</a>

WRSASC is a FREE, confidential and non-judgemental support service for survivors who have experienced rape, assault, incest, sexual abuse or any form of sexual attack whether it happened days or years ago.

Face to face counselling support  
We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system.

Signposting services for survivors  
Telephone helpline support for men  
Information for male survivors

Our ISVA service available to men

PO Box 240  
Worcester  
WR1 2LF  
01905-611-655 Office.

**Worcestershire**

**Helpline 0800-980-3331**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

West Mercia Women's Aid  
Worcestershire  
0800-980-3331 Office / Hotline  
[Helpline@westmerciawomensaid.org](mailto:Helpline@westmerciawomensaid.org)

**Worcestershire**

**Helpline 0845-155-0395**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people

Worcestershire Domestic Abuse Services  
Worcestershire  
0845-155-0395 Office / Referrals  
[worcesterrreferrals@homegroup.org.uk](mailto:worcesterreferrals@homegroup.org.uk)  
[www.homegroup.org.uk/Care-and-Support](http://www.homegroup.org.uk/Care-and-Support)

**Worthing**

**Helpline 01903-231-939**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
Drop-in service for Male victims

Worthing Women's Aid  
Worthing  
West Sussex  
01903-231-939 Office / Helpline

[refuge@ww-aid.org.uk](mailto:refuge@ww-aid.org.uk)

**Wycombe**

**Helpline 01494-461-367**

**Helpline 01494-446-366 Asian Line**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer

Wycombe Women's Aid  
Wycombe  
Buckinghamshire  
01494-461-367 Office / Refuge

practical advice and planning.

<b>York</b>	<b>Helpline 01904-642-830</b> Helpline hours Weds 12 -4 pm We seek to support both men and women who have experienced rape, sexual assault as adults or sexual abuse in childhood. One to one support meetings Support group for women survivors of childhood sexual abuse. This group is for 6-8 women and is led by an experienced counsellor. For more group details 01904-638-813.	Survive - North Yorkshire 15 Priory Street York YO1 6ET 01904-638-813 Office <a href="mailto:survive@survive-northyorks.org.uk">survive@survive-northyorks.org.uk</a>	<a href="http://www.survive-northyorks.org.uk">www.survive-northyorks.org.uk</a>
<b>York</b>	<b>Helpline 01904-646-036</b> <b>Helpline 01904-646-630 Refuge</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts. Services are also available for male victims of domestic abuse.	York Women's Aid York 01904-646-036 Office / Outreach	<a href="http://www.idas.org.uk">www.idas.org.uk</a> <a href="mailto:info@idas.org.uk">info@idas.org.uk</a>
<b>Yorkshire</b>	<b>Helpline 0845-960-6011</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	ANAH Project Yorkshire 0845-960-6011 Office / Refuge	
<b>Yorkshire North</b>	<b>Helpline 01756-794-400</b> Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	Craven Independent Domestic Abuse Services North Yorkshire 01756-794-400 Office/ advice	<a href="http://www.idas.org.uk/advice@cdvs.org">www.idas.org.uk/ advice@cdvs.org</a>