

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
ENGLAND			
Nationwide	<p>Helpline 0300-999-5428 help@brokenrainbow.org.uk Helpline Mon & 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 www.broken-rainbow.co.uk/index.html</p>	<p>mail@brokenrainbow.org.uk</p>
Nationwide	<p>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.</p>	<p>Self Injury Support - Women PO Box 3240 Bristol BS2 2EF 01179-279-600 Office</p>	<p>www.selfinjurysupport.org.uk info@selfinjurysupport.org.uk Email Support form on Website</p>
Nationwide	<p>Helpline 0800-085-3330 Helpline 0808-801-0331 support@napac.org.uk 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. www.facebook.com/NationalAssociationforPeopleAbusedinChildhood</p>	<p>National Association for People Abused in Childhood (NAPAC) PO Box 63632 London SW9 1BF 02031-760-560 Office</p>	<p>support@napac.org.uk Or general contact form on website</p>
Nationwide	<p>Helpline 0808-2000-247. helpline@womensaid.org.uk</p>	<p>Women's Aid UK National Domestic Violence Helpline 0808-2000-247 Office / Helpline</p>	<p>info@womensaid.org.uk</p>
Nationwide	<p>Helpline 08453-030-900 supportline@victimsupport.org.uk Victim Support is the independent</p>	<p>Victim Support England 01453-030-900 Office/ Helpline</p>	<p>www.victimsupport.org.uk supportline@victimsupport.org.uk</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
info@harvoutreach.org.uk

Altrincham

Helpline 0800-783-4608

Minority women 0800-434-6484

Text Help 0796-7000-205

Email 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

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/

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

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.facebook.com/avrapecrisis/

www.avrc.org.uk
support@avrc.org.uk

Aylesbury	<p>Helpline 01296-436-827 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>Aylesbury Women's Aid Aylesbury Buckinghamshire 01296-436-827 Office / Refuge www.aylesburywomensaid.org.uk/</p>	<p>denise@awaid.demon.co.uk</p>
Barnsley	<p>Helpline 01226-249-800 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 legal appointments and offer practical advice and planning.</p>	<p>Barnsley Domestic Violence Group Barnsley 01226-249-800 Office / Helpline</p>	<p>www.barnsleydvg.org.uk/ Website under Construction Sept 2018</p>
Barnsley	<p>Helpline 01226-298-560 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</p>	<p>Barnsley Sexual Abuse and Rape Crisis Services The Core County Way Barnsley S70 2JW 01226-320-140 Office</p>	<p>www.bsarcs.org.uk/</p>
Barnsley	<p>Helpline 01226-249-800 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>	<p>www.netmums.com/barnsley/local/view/support-groups/domestic-violence/judith-house-refuge</p>
Barnstaple	<p>Helpline 01271-321-946 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>helenf@ndwomensaid.co.uk</p>
Basildon	<p>Helpline 01268-581-591</p>	<p>Basildon Women's Aid</p>	<p>www.basildonwa.org</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

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
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

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

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

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

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
www.bedford.gov.uk/advice_and_benefits/domestic_abuse.aspx

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.

www.bedford.gov.uk/advice_and_benefits/domestic_abuse.aspx

Bexleyheath

Helpline 02083-011-536

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

www.bexleyvoice.org.uk/bexley-womens-aid.html

admin@bexleywomensaid.org.uk

Birkenhead

Helpline 01516-661-392

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

www.rasamerseyside.org

rasa@rasamerseyside.org

Birkenhead

Helpline 01516-439-766

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

www.wirralwomensrefuge.co.uk

Birkenhead

Helpline 01516-701-528

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.

www.netmums.com/merseyside/local/view/support-groups/domestic-violence/zero-centre

Zero Centre

Birkenhead

01516-701-528 Office / Helpline

Birmingham

The Arch Project in Birmingham works with children and young people between 5 - 14 years old who have emerging emotional and

Banardo's - Arch Project

42 Rupert Street

Nechells

Birmingham

www.barnardos.org.uk

arch.project@barnardos.org.uk

behavioural difficulties. Individual 12 week programmes where each child is allocated a key worker.

B7 4PS
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
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
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

www.reachdomesticabusesupport.org/refuge/refuge-jasmine-grove.php

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
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

Roshni Women's Refuge
Birmingham
08707-070-098 Office / Refuge
admin@roshnibirmingham.org.uk

www.roshnibirmingham.org.uk

Dedicated services for children and young people

Birmingham

Helpline 01215 -070-707

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

The Birmingham Crisis Centre

Birmingham

01215-546-059 Office

enquiries@birminghamcrisis.org.uk

www.birminghamcrisis.org.uk

Blackburn

Helpline 01254-260-465

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 legal appointments and offer practical advice and planning.
www.netmums.com/east-lancashire/local/view/support-groups/domestic-violence/blackburn-darwen-district-womens-aid

Blackburn, Dawen & District

Women's Aid

Blackburn

01254-260-465 Office / refuge

Blackpool

Helpline 01253-596-699

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.

Fylde Coast Women's Aid

Blackpool

01253-596-699 Office / refuge

www.facebook.com/fyldecoastwomensaid/?rc=p

Bolton

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

Beacon Bolton Counselling

The Hub

Bold Street

Bolton

BL1 1LS

01204-546-100 Office

enquire@beaconcounselling.org

Bolton

Helpline 01204-365-677

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

Fort Alice

Bolton

01204-365-677 Office / Refuge

www.fortalice.org.uk

info@fortalice.co.uk

Freedom Programme - For survivors to learn about healthy relationships and make the changes required.

Bootle	<p>Helpline 01519-229-385 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 you regarding the judicial system and will accompany you to police interviews and to the courts.</p>	<p>Rape and Sexual Abuse Centre (RASA) Sefton Bootle Liverpool L20 4NR 01519-229-385 Office / Helpline</p>	<p>www.rasamerseyside.org sefton@rasamerseyside.org</p>
Boston	<p>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 accommodation for your children.</p>	<p>Boston Mayflower - Domestic Abuse Service Boston Lincolnshire 01205-361-232 Office / Helpline dasupport@bostonmayflower.org.uk</p>	
Boston	<p>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.</p>	<p>Boston Women's Aid PO Box 5 Boston PE21 01205-311-272 Office / Helpline</p>	<p>www.bostonwomensaid.org.uk admin@bostonwa.co.uk</p>
Bournemouth	<p>Helpline 01202-547-755 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support www.netmums.com/eastdorset/local/view/support-groups/domestic-violence/bournemouth-women-s-refuge</p>	<p>Bournemouth Women's Refuge Bournemouth 01202-547-755 Helpline/Refuge</p>	
Bracknell	<p>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</p>	<p>Berkshire Women's Aid Bracknell 01189-504-003 Office / Helpline www.berkshirerwomensaid.org.uk/</p>	

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

Bradford	<p>Helpline 01274-308-270 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 seeking 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.</p>	<p>BRC&SASS C/O 19/25 Sunbridge Road Bradford BD1 2AY 01274-308-271 Office www.facebook.com/brcg.co.uk/</p>	<p>contactus@brcg.org.uk</p>
Bradford	<p>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 whose children have been sexually abused Women's survivor support group For group details 01274-734-561</p>	<p>Mosaic II The Mayfield Centre Broadway Avenue Bradford BD5 9NP 01274-734-561 Office / Helpline</p>	<p>www.mosaic2.org.uk info@mosaic2.org.uk</p>
Bradford	<p>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</p>	<p>Oasis BME Domestic Abuse Services Bradford 01274-634-850 Office / Refuge</p>	
Bradford	<p>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.</p>	<p>Staying Put Bradford 01274-667-104 Office/Outreach</p>	
Bradford	<p>Helpline 01274-660-052 Refuge refuge@bradfordwomensaid.org Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Bradford Women's Aid Bradford 01274-660-052 Office / Refuge</p>	<p>www.bradfordwomensaid.org office@bradfordwomensaid.org</p>

Dedicated services for children and young people

Brighton

Helpline 01273-622-822

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.

RISE - Brighton & Hove
Brighton
East Sussex
01273-622-822 Referrals .

www.riseuk.org.uk

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
admin@survivorsnetwork.org.uk

If you need support please email
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
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

Bristol	<p>Helpline 01179-087-712 Email 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 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.</p>	<p>KINERGY Mary Carpenter House Kingswood Foundation Estate Britannia Road Kingswood Bristol BS15 8DB 01179-087-712 Office / Helpline</p>	<p>www.kinergy.org.uk contact@kinergy.org.uk</p>
Bristol	<p>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.</p>	<p>Next Link Domestic Abuse Services Bristol 01179-250-680 Office/ Refuge enquiries@nextlinkhousing.co.uk</p>	<p>www.nextlinkhousing.co.uk</p>
Bristol	<p>Helpline 01179-298-868 Freephone 0808-801-0456 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.</p>	<p>SARSAS PO Box 2942 Bristol BS1 9EU 01179-299-556 Office</p>	<p>www.sarsas.org.uk info@sarsas.org.uk</p>
Bristol	<p>caseholder@the-green-house.org.uk 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.</p>	<p>The Green House - Bristol PO Box 665 Bristol BS99 1XY 01179-351-707 Office</p>	<p>www.the-green-house.org.uk info@the-green-house.org.uk</p>

Bristol	<p>Helpline 01179-166-461 Helpline 08454-582-914</p> <p>See website for hepline hours Our Bristol women's therapy centre was established in 1986 as a registered charity. We provide counselling and on-going group work and support to women in the Bristol area.</p> <p>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.</p>	<p>Womankind 3rd floor Brunswick Court Brunswick Square Bristol BS2 8PE 01179-166-461 Office / Helpline</p>	<p>www.womankindbristol.org.uk info@womankindbristol.org.uk</p>
Bromley	<p>Helpline 02083-139-303</p> <p>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>Bromley Women's Aid Bromley Kent 02083-139-303 Office / Helpline</p>	<p>www.bcwa.org.uk/</p>
Burnley	<p>Helpline 07866-510-728 helpline@elwra.org.uk</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>East Lancashire Women's Refuge Association PO Box 9 Burnley Lancashire 01282-414-130 Office</p>	<p>www.womenscentre.org/ contact@elwra.org.uk</p>
Burton on Trent	<p>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.</p>	<p>Sexual & Domestic Abuse and Rape Advice Centre PO Box 3 Burton on Trent DE14 1BB 01283-517-185 Office / Helpline</p>	<p>www.sarac.org.uk/ staff@sarac.org.uk</p>
Bury	<p>Helpline 03445-151-850</p> <p>Refuge for men and women fleeing domestic violence. Our address is not published for saftey reasons. Resettlement and follow up support.</p>	<p>Housing Action Group - DV Sercives. Bury 03445-151-850 Office / Refuge</p>	<p>centralaccess@shelter.org.uk www.whag.info/</p>
Calderdale	<p>Helpline 0845-155-1485 Refuge</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>Calderdale Domestic Abuse Services Calderdale 0845-155-1485 Office / Refuge</p>	<p>www.krasacc.co.uk/ www.womencentre.org.uk/services/domestic-violence-support-team/</p>

Services available to male victims.

Cambridge	Helpline 01223-245-888 See website for helpline hours We are a helpline service run by women for women who have survived or are currently experiencing 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.	Cambridge Rape Crisis Centre PO Box R 12 Mill Road Cambridge CB1 2AD 01223-313-551 Office contact@cambridgerapecrisis.co.uk For support via email support@cambridgerapecrisis.co.uk www.cambridgerapecrisis.org.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	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.cambridgewa.org.uk/	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 Crisis PO Box 353 Canterbury Kent CT2 9WA 01229-451-753 Office	www.eastkentrapeline.com 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 www.domesticabuseservices.org.uk/	
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.	Rising Sun Domestic Abuse Services Canterbury 01227-452-852 Office / Helpline	www.risingsunkent.com admin@risingsunkent.com

Services for Male victims of abuse.

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 families who have experienced rape, sexual abuse or domestic violence. Information and referrals Police and court accompaniment Therapy and counselling services	Safety Net Advice & Support Ctr 1 Fisher Street Carlisle Cumbria CA3 8RR 01228-515-859 Office / Helpline	www.safetynetuk.org sncarlisle@btconnect.com
Cheshire	Helpline 01270-250-390 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	www.cheshirewithoutabuse.org.uk/
Cherwell	Helpline 0800-731-0055 Freephone Helpline 01295-267-159 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 Services for Male victims of abuse	Cherwell Women's Refuge Cherwell Oxfordshire 0800-731-0055 Office / Support	www.netmums.com/oxfordshire/local/view/support-groups/domestic-violence/cherwell-women-s-refuge
Cheshire	Helpline 01513-554-759 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	www.cheshirewithoutabuse.org.uk/
Chester	Helpline 01244-317-922 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	www.csass.org.uk/ chestersvss@yahoo.co.uk
Chester	Helpline 01606-871-523 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and	Phoenix Domestic Abuse Support Services Chester Cheshire 01606-871-523 Office / advice	info@phoenixsupport.org.uk www.facebook.com/PhoenixDAaSSL

young people
Offering direct services to male
victims of domestic abuse.
Facilities for the disabled

Chesterfield	Helpline 01246-556-114 we serve adult female survivors of rape and sexual abuse by offering information, advocacy, counselling and mutual support groups.	SAIL Sexual Abuse & Incest Line PO Box 8 Chesterfield Derbyshire S40 1NY 01246-556-114 Office / Helpline	email@sail1.freeseve.co.uk
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	www.safeinsussex.org/
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 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/	
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	Centre for Action on Rape and Abuse PO Box 548 Colchester CO1 1YP 01206-367-881 Office	www.caraessex.org.uk info@caraessex.org.uk

under the age of 19. Not at centre

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 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.

DABS
23 Wakefield Close
Colchester
Essex CO1 2SD
07854-653-118 Helpline

www.dabs.uk.com
dabs@btinternet.com

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
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

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

www.wrsac.org.uk
admin@wrsac.org.uk

support for you. See more at:

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

Cornwall	Helpline 01872-225-629 Helpline 01872-227-814 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 Offering direct services to male victims of domestic abuse.	Cornwall Women's Refuge Trust Cornwall 01872-225-629 Office / Helpline	www.cwrt.org.uk
Cornwall East	Helpline 01726-871-244 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	East Cornwall Women's Refuge East Cornwall 01726-871-244 Helpline/refuge	www.cwrt.org.uk/
Cornwall West	Helpline 01736-367-539 Helpline 01736-332-711 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 Cornwall Women's Aid Cornwall (West) 01736-367-539 Office / Helpline	www.facebook.com/wcwaid/
Coventry	Helpline 02476-444-077 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Drop-in service available	Coventry Haven Coventry 02476-444-077 Office / Refuge	www.coventryhaven.co.uk/
Coventry	Helpline 02476-277-777 helpline@crasac.org.uk 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 & men Weekly therapy groups for women One to one counselling for men now available.	Coventry Rape and Sexual Abuse Centre Ltd PO Box 2464 Coventry CV1 1ZA 02476-277-772 Office	www.crasac.org.uk info@crasac.org.uk

Crawley	<p>Freephone Line 0808-802-9999 Our helpline is open every day at 12.30pm - 2.30pm & 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 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.</p>	Rape Crisis Surrey and Sussex PO Box 1265 Crawley RH10 0JY Office 01293-538-477	www.rasasc.org.uk info@rasasc.org.uk
Croydon	<p>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.</p>	Beth Refuge Croydon 07905-362-011 Office / refuge	www.hestia.org/
Croydon	<p>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.</p>	Croydon Family Aid Croydon London 02086-880-100 Office Helpline	www.croydon.gov.uk/community/dabuse/domestic-abuse
Croydon	<p>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</p>	Rape Crisis South London PO Box 383 Croydon CR9 2AW 0208 683-3311 Office	www.rasasc.org.uk info@rasasc.org.uk
Croydon	<p>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.</p>	Croydon Refuge Croydon London 0800-121-6060 Office / Helpline	www.croydon.gov.uk/community/dabuse/domestic-abuse
Cumbria	<p>Helpline 07808-772-768</p>	Let Go - Safe Space	

	<p>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Cumbria 07808-772-768 Office / Refuge www.impacthousing.org.uk/let-go-domestic-violence-service</p>	
Dagenham	<p>Step Up was launched in 2003 as a support service for families where children have been sexually abused 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.</p>	<p>STEP UP 534 Rainham Road South Dagenham Essex RM10 7XD 02085-175-888 Office.</p>	<p>www.step-up-charity.co.uk/step_up_shelley@hotmail.com</p>
Darlington	<p>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.</p>	<p>Darlington Women's Refuge Darlington 01325-364-486 Office / Refuge</p>	<p>www.darlingtonrefuge.org.uk familyhelp@btconnect.com</p>
Darlington	<p>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</p>	<p>Rape and Sexual Abuse Counselling Centre PO Box 106 Darlington DL3 7YS 01325-354-119 Office</p>	<p>www.rsacc-thecentre.org.uk Email support coming soon</p>
Derby	<p>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.</p>	<p>Hadhari Nari Women's Project Derby East Midlands 01332-270-101 Office / Helpline</p>	
Derby	<p>Helplin 01773-746-115 24 Hours Email support 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</p>	<p>SV2 PO Box 142 Derby DE1 1HF 01773-746-115 Office / Helpline</p>	<p>www.sv2.org.uk info@drconline.org.uk</p>

practical support whether the rape or abuse has been reported to the police or not.

Face to face supportive counselling

Derbyshire
North

Helpline 01246-540-444

Helpline 0800-019-8668 Freephone

We offer a range of services to help 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

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

www.ndwa.org.uk
Contact email form on website

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

nextstep2@btconnect.com

Devon

Helpline 01392-204-174

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
support@devonrapecrisis.org.uk

Devon

Helpline 03030-300-112

STOP Abuse For Everyone

www.safe-services.org.uk

Helpline 0800-328-3070 Refuge
Devon
03030-300-112 Office/Outreach
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 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
North Devon Against Domestic Abuse
www.ndada.co.uk/
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.

Devon South
Helpline 01626-365-087
Domestic Violence Services
www.safe-services.org.uk/
Dedicated services for children and young people
Devon (South)
01626-365-087 Office / Helpline
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.

Doncaster
Helpline 01302-328-555
Doncaster Rape and Sexual Abuse Counselling Service
www.drasacs.org.uk
admin@drasac.org.uk
Helpline hours Tues 9.30 - 10.30am and Thursdays noon to 1pm
PO Box 470
We are an independent charity that Doncaster
DN1 3XW
has been helping victims of sexual 01302-341-572 Office
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

Doncaster
Helpline 01302-326-411
Asian advice line 01302-340-063
Doncaster Women's Aid
Doncaster
01302-326-411 Office / Helpline
Outreach and floating support
Drop-in service for victims

Dedicated services for children and young people
mail@doncaster-womens-aid.co.uk
www.facebook.com/SaveDoncaster/

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.northdorsetrefugefriends.org/?page_id=79	www.bcha.org.uk
Dorset West	Helpline 01305-262-444 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 Dorset Women's Refuge Dorset (West) 01305-262-444 Office / Refuge	www.netmums.com/west-dorset/local/index/support-groups/domestic-violence
Dover	Helpline 0845-072-7625 Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Dover Refuge Dover Kent 0845-072-7625 Office / Refuge	contactus@amicushorizon.org.uk
Dudley	Helpline 0845-607-6474 Helpline 01215-598-477 Refuge 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. Drop In service 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. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts	HUMDARD Dudley West Midlands 0845-607-6474 Office / Helpline www.dudleysafeandsound.org/ourwork	
Durham	Helpline 01913-865-951 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Durham Women's Refuge County Durham 01913-865-951 Office / Refuge	www.durhamlocate.org.uk/Services/4320/Durham-Women-s-Refug
Eastbourne	Helpline 01323-736-796 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Refuge - Eastbourne Eastbourne East Sussex 01323-736-796 Office / Refuge	info@refuge.org.uk
East Midlands	Helpline 01159-414-279	Amber House	

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 Midlands
01159-414-279 Office / Helpline

www.metropolitan.org.uk/support-services/amber-house/

East Midlands

Helpline 01782-287-902

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 line for more details.

Family Support Service
East Midlands
01782-287-902 Office / Helpline

www.frg.org.uk/where-to-get-further-help

East Midlands

Helpline 01159-753-254

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

umuadausers@ncha.org.uk

www.ashfield.gov.uk/residents/housing/homeless-and-housing-options-service/domestic-violence-and-abuse/

Ellesmere Port

Helpline 01244-907-710

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 West & Chester
Ellesmere Port
Cheshire
CH65 9BF
01244-907-710 Office / Helpline

www.rapecentre.org.uk
support@rapecentre.org

Essex

Helpline 01206-500-585

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

www.colchester-refuge.org.uk
info@colchester-refuge.org.uk

Exeter

Helpline 01392-204-174

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

Devon Rape Crisis Service
PO Box 765
Exeter
EX1 9TG
01392-208-756 Office

www.devonrapecrisis.org.uk
info@devonrapecrisis.org.uk
Email support contact address
support@devonrapecrisis.org.uk

harassment, regardless of how long ago it happened. We offer emotional and practical support via our Helpline, Email Service or Face to Face Sessions. We also offer support to friends, partners and family members. For Helpline and Email support the woman may remain Anonymous.

Exeter	Helpline 08088-000-188 Tues, Wed, Thurs 7pm - 10pm The service we provide is private, 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	Rape and Sexual Abuse Helpline PO Box 325 Exeter Devon EX1 1WQ 08088-000-188 Office / Helpline www.therapeandsexualabusehelpline.co.uk/
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 www.southerndas.org/
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 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 www.facebook.com/Fylde-Coast-Mens-Support-Association-108526922499691/	The Fylde Coast Men's Support Association PO Box 126 Fleetwood Lancs FY7 6WN 07932-898-274 Office / Helpline 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 www.oasisdaservice.org/get-help-now/
Gateshead	Helpline 01914-779-309	Gateshead Women's Services GWS@homegroup.org.uk

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.

and Refuge
Gateshead
01914-779-309 Office / Refuge

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
Face to face support at the centre or at home.

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

glosrapecrisis@hotmail.co.uk
www.glosrasac.org/

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 leagal appointments and offer practical advice and planning.

Survive South Gloucestershire
01179-612-999 Office / Refuge

www.survivedv.org.uk
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
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

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

www.sericc.org.uk
sericc@sericc.org.uk

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

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.womensaidnel.org/
Guernsey	Helpline 01481-721-999 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Guernsey Women's Refuge Guernsey Channel Islands 01481-721-999 Office / Refuge.	www.refuge.org.gg/
Guildford	Helpline 01483-898-600 Services for male and female survivors of ritual abuse. Telephone support Information and advice.	RAINS (Ritual Abuse Information Network and Support) Guildford Surrey 01483-898-600 Office / Helpline	joanmcoleman@btinternet.com www.rasasc.org/
Guildford	Helpline 01483-546-400 Or 0800-0288-022 Freephone Helpline Sun - Fri 7.30pm - 9.30pm Closed Saturdays & 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.	Rape and Sexual Abuse Support Centre (RASASC) PO Box 1009 Guildford Surrey GU1 9EE 01483-568-000 Office	www.rasasc.org admin@rasasc-guildford.org
Halifax	Helpline 01422-323-339 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.	The Calderdale Women's Support Services Halifax 01422-323-339 Office / Helpline	www.womencentre.org.uk dvteam@womencentre.org.uk
Halton	Helpline 0300-111-1247 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Halton & District Women's Aid Halton Cheshire 0300-111-1247 Office / Helpline	

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.

www.mersecare.nhs.uk/about-us/safeguarding/helplines/

Harlow	Helpline 08450-177-668 We have refuges in Harlow, South-end and Broxbourne. Large or small accommodations offering services to women and their children who are fleeing domestic violence.	Safer Places PO Box 2489 Harlow Essex 08450-177-668 Office / Helpline	info@saferplaces.co.uk
Harrogate	Helpline 01423-530-078 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.	Harrogate & District Women's Aid Harrogate 01423-530-078 Office / Refuge	www.idas.org.uk info@idas.org.uk
Hartlepool	Helpline 01429-277-508 Helpline 0845-602-7308 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.	Harbour Refuge Hartlepool 01429-277-508 Office / Refuge	www.myharbour.org.uk info@myharbour.org.uk
Hartlepool	Helpline 0845-602-7449 Helpline hours Mon - Fri 9 -5pm 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	Harbour Support Services Whitburn House 15 Whitburn Street Hartlepool TS24 7 QR 0845-602-7449 Office / Helpline counsellingservice@myharbour.org.uk www.facebook.com/harboursupportservices/	
Hastings	Helpline 07795-968-400 Referrals Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support www.eastsussex1space.co.uk/Services/823/Refuge-East-Sussex	Refuge - Hastings Hastings East Sussex 01424-721-490 Refuge	www.refuge.org.uk info@refuge.org.uk
Hatfield	Helpline 01707-276-512 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.	Herts Area Rape Crisis and Sexual Abuse Centre PO Box 256 Hatfield Hertfordshire AL10 One 01707-276-512 Office / Helpline	www.hertsrapecrisis.org.uk hertsrapecrisis@btconnect.com

Havant	Helpline 02392-480-246 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	Southern Domestic Abuse Services Havant Hampshire 02392-480-246 Office / Refuge	www.southerndas.org info@southerndas.org
Herefordshire	Helpline 0800-783-1359 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 Herefordshire 0800-783-1359 Office / Helpline helpline@westmerciawomensaid.org	www.westmerciawomensaid.org
Hexham	Helpline 01434-60-80-30 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	Sixty Eighty Thirty PO Box 259 Hexham Northumberland 01434-60-80-30 Office / Helpline	www.nda.services/office@608030.com
High Peak	Helpline 0800-019-8668 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	www.crossroadsderbyshire.org admin@crossroadsderbyshire.org
High Wycombe	Helpline 01494-462-222 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	www.wycomberapecrisis.org.uk
Hitchin	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.	www.tilehouse.org counselling@tilehouse.org
Hove	Helpline 01273-911-680	Mankind	www.mankindcounselling.org.uk

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.

1 Brunswick Road
Hove
East Sussex
BN3 1DG
01273-911-680 Office / helpline
admin@mankindcounselling.org.uk

Hoylake	<p>Helpline 01516-661-392 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 you regarding the judicial system and will accompany you to police interviews and to the courts.</p>	<p>Rape and Sexual Abuse Centre (RASA) - West Wirral Hoylake Wirral CH47 3BH 01516-661-392 Office / Helpline</p>	<p>www.rasamerseyside.org westwirral@rasamerseyside.org</p>
Huddersfield	<p>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 www.womencentre.org.uk/services/domestic-violence-support-team/</p>	<p>Huddersfield Women's Aid Huddersfield 0800-052-7222 Office / Helpline</p>	<p>huddersfieldwa@pdvg.co.uk</p>
Huddersfield	<p>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.</p>	<p>Kirklees Survivors Counselling Project PO Box 230 Huddersfield HD1 1AA 01484-540-730 Office</p>	<p>www.krasacc.co.uk anything@krasacc.co.uk</p>

Hull	<p>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. www.rapecrisis.org.uk/rapecrisisspecialistservices.php</p>	<p>Hull Rape Crisis and Sexual Abuse Service Hull HU3 1AN 01482-329-990 Office / Helpline hullrapecrisis@hullrapecrisis.karoo.co.uk</p>	
Hull	<p>Helpline 01482-446-099 Childrens services 01482-474-133 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>Hull Women's Aid Hull 01482-446-099 Office / Refuge</p>	<p>www.hullwomensaid.org/</p>
Hull	<p>Helpline 01482-226-677 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</p>	<p>Survivors - Hull & East Riding Hull East Yorkshire 01482-226-677 Office / Helpline</p>	
Humberside	<p>Helpline 0845-960-6011 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>ANAH Project Humberside 0845-960-6011 Office / referrals</p>	<p>www.hullwomensaid.org/domestic-abuse</p>
Huntingdon	<p>Our Trauma and Abuse Support Centre provides a web based resource for adult survivors of child sexual abuse. Find a therapist resource.</p>	<p>START 83a High Street Huntingdon Cambridgeshire PE29 3DP 01480-878-409 Office</p>	<p>www.start-online.org.uk mail@start-online.org.uk</p>
Ipswich	<p>Helpline 01473-745-111 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.</p>	<p>Lighthouse Westgate House Museum Street Ipswich IP1 1HQ 01473-220-770 Office</p>	<p>www.lighthousewa.org.uk admin@lighthousewa.org.uk</p>

Support groups available.

Ipswich	Helpline 0800-0850-520 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 enquiries@suffolkrapecrisis.org.uk	www.srchelp.org.uk/home/
Keighley	Helpline 01535-210-999 Outreach services and 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.	Domestic Violence Services Keighley 01535-210-999 Office / Outreach www.keighleydvs.wordpress.com/	
Keighley	Helpline 01535-667-352 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	Keighley Women's Aid Keighley 01535-667-352 Office / Refuge www.bradfordwomensaid.org/links.asp	
Kings Lynn	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.	www.stop-start-group.co.uk stopstart@live.co.uk
Kingston upon Thames	Helpline 02083-993-640 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	www.hestia.org info@hestia.org
Kirklees	Helpline 0800-052-7222 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.	kabwwa@ntlbusiness.com www.womencentre.org.uk/
Kirklees	Helpline 01484-353-521 Helpline 01924 465-238 Refuge	North Kirkless Women's Refuge Kirklees	

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.

www.connecthousing.org.uk/Support/SupportforFamilies/NorthKirkleesWomensRefuge.aspx

Knowsley

Helpline 01515-548-333

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 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.

The First Step

The First Step Centre

Peatwood Avenue

Kirkby

Merseyside L32 7PR

0151-548-3333 Helpline

www.thefirststep.org.uk

enquiries@thefirststep.org.uk

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

info.grange@ellelministries.org

Lancaster

Helpline 01524-389-637

Helpline 0800-612-1507 Freephone
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

Lancaster and District Women's Aid.

Lancaster

01524-389-637 Office / Helpline

www.safenet.org.uk/

referrals@ldwa-support.org

legal appointments and offer practical advice and planning. Dedicated services for children and young people

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	www.safenet.org.uk/
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	
Leeds	Helpline 01133-863-520 Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Leeds Refuge Leeds 01133-863-520 Office / Refuge	www.leedswomensaid.co.uk/
Leeds	Helpline 0808-802-3344 Freephone Text line 07797-803-211 Email support@sarsvl.org.uk 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 www.supportafterrapeleeds.org.uk	info@sarsvl.org.uk Email support support@sarsvl.org.uk
Leeds	Helpline 01132-460-401 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 administration@leedswomensaid.org.uk	www.leedswomensaid.org.uk
Leicester	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	www.freeva.org.uk Contact email form on the website
Leicester	Helpline 01162-558-852 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	www.jasminehouse.org.uk admin@jasminehouse.org.uk
Leicester	Helpline 01162-533-383 Helpline Mon & Tues 7pm-9pm	Quetzal 14-16 Talbot Lane	www.quetzal.org.uk

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.

Leicester
LE1 4LR
01162-539-103 Office
help@quetzal.org.uk

Leicestershire **Helpline 03003-031-844**
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 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.

Women's Aid - Leicestershire
03003-031-844 Office / Helpline
www.wa-leicester.org.uk
Contact email form on website.

Leigh **Helpline 01942-262-270**
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
www.wavedvcentre.com
www.wavedvcentre.com/advanced_info.html
chris@wavedvcentre.com

Lewes **Helpline 07795-968-400 Referrals**
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
www.eastsussex1space.co.uk/Services/823/Refuge-East-Sussex
www.refuge.org.uk
info@refuge.org.uk

Leyland **Helpline 01772-435-865**
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
www.netmums.com/sw-lancs/local/view/support-groups/domestic-violence/clare-house-south-ribble-women-s-refuge

Clare House - South Ribble
Leyland
Lancashire
01772-435-865 Office / Refuge
clarehouse@newprogress.co.uk

Leyton The counselling support service for survivors of sexual violence,

Waltham Forest Haven
Leyton
www.havennetwork.org.uk/
info@wfhaven.org.uk

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.

London
E10 6AE
02085-394-157 Office

Lincolnshire

Helpline 01507-609-830
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.

East Linsey Domestic Abuse
Lincolnshire
01507-609-830 Office / Helpline

**Lincolnshire
North**

Helpline 01724-289-299
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

www.womensaidnel.org/

**Lincolnshire
West**

Helpline 01427-616-219
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.

West Lincolnshire Domestic
Abuse Service
Lincolnshire
01427-616-219 Office / Helpline

www.wldas.org.uk/

Liverpool

Helpline 01517-340-083
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

www.liverpooledomesticabuseservice.org.uk/

Liverpool

Helpline 01512-637-474
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
legal appointments and offer
practical advice and planning.

Liverpool Domestic Abuse
Service
Liverpool
01512-637-474 Office / Drop in

www.liverpooledomesticabuseservice.org.uk/

Liverpool

Helpline 01517-704-313
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

RASA - Liverpool
Liverpool
L1 5AA
01517-704-313 Office / Helpline

www.rasamerseyside.org
liverpool@rasamerseyside.org

police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.

Liverpool	Helpline 01514-942-222 Helpline 0800-083-7114 Freephone Services for those fleeing domestic violence. Women may self refer using the Freephone helpline. This can be done anonymously	South Liverpool Domestic Violence Services Liverpool 01514-480-720 Office / Advice www.sl-domesticabuseservices.org.uk/	services@ldas.co.uk
Liverpool	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	www.steps2freedom.org.uk jackie@steps2freedom.org.uk
Liverpool	Helpline 01517-071-025 Email help sos@ypas.org.uk 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.	Young Person's Advisory Service 36 Bolton Street Liverpool L3 5LX 01517-071-025 Office / Helpline	www.ypas.org.uk sos@ypas.org.uk
London Balham	02087-723-241 Voice/textphone 07970-350-366 SMS TEXT 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.	DeafHope Balham London SW12 9SJ 02087-723-241 Office / Helpline	www.signhealth.org.uk deafhope@signhealth.org.uk
London Barking and Dagenham	Helpline 02085-507-400 Refuge Helpline 02085-913-498 IDVA 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.	Barking & Dagenham Refuge London 02085-507-400 Office / Refuge	www.solacewomensaid.org/
London Barnet	Helpline 02084-492-591 Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Solace Women's Aid Barnet London 02084-492-591 Office / Refuge	www.solacewomensaid.org info@solacewomensaid.org

Dedicated services for children and young people.

London Brent	Helpline 07912-555-600 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.	Brent Asian Women's Refuge Brent London 07912-555-600 Office / Helpline	
London Brent	Helpline 02084-595-414 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.	Brent Women's Refuge Brent London 02084-595-414 Office / Helpline www.asianwomenscentre.org.uk/	
London Camden	Helpline 02073-881-500 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	Camden - Hestia Domestic Abuse Service Camden London 02073-881-500 Office / Helpline	www.hestia.org/
London Camden	Helpline 08453-131-868 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	www.ciac.co.uk info@ciac.co.uk
London Camden	franceshouse@solacewomensaid.org 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 franceshouse@solacewomensaid.org	www.solacewomensaid.org
London Ealing	Helpline 02089-911-007 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	www.hestia.org info@hestia.org
London Enfield	Helpline 02089-203-565 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 www.solacewomensaid.org/get-help/enfield/	emwa@btinternet.com

London Enfield	Helpline 02089-201-470 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 www.solacewomensaid.org/get-help/enfield/	www.solacewomensaid.org info@solacewomensaid.org
London Greenwich	Helpline 02032-607-715 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	www.hercentre.org info@hercentre.org
London Lewisham	0800-980-1958 National Freephone MOSAC was formed when four 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	MOSAC Lewisham London 0800-980-1958 Helpline No. enquiries@mosac.org.uk	www.mosac.org.uk/
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 www.niaendingviolence.org.uk/index.html	
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	www.hestia.org/
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 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	Hammersmith South - Hestia Women's Aid Hammersmith South London 02088-344-862 Office / Helpline	www.hestia.org info@hestia.org

Dedicated services for children and young people

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/get-help/haringey/	www.solacewomensaid.org 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 practical advice and planning.	Harrow - Hestia Domestic Abuse Service Harrow London 02083-570-126 Office / Helpline	www.hestia.org
London Hillingdon	Helpline 01895-813-174 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	www.hestia.org
London Hounslow	Helpline 02089-953-471 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	
London Islington	Helpline 02076-071-898 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 www.solacewomensaid.org/get-help/islington/	www.solacewomensaid.org info@solacewomensaid.org
London Islington	Helpline 02072-815-800 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	SeaCole House Islington London 02072-815-800 Office / Refuge www.solacewomensaid.org/get-help/islington/	www.solacewomensaid.org info@solacewomensaid.org
London Lambeth	Helpline 02086-778-196 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about	Asha Refuge Lambeth London 02086-778-196 Office / helpline	

accommodation for your children.

London Lambeth	Helpline 02087-616-022 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	
London Lambeth	Helpline 02086-716-558 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	www.solacewomensaid.org info@solacewomensaid.org
London Lambeth	Helpline 02086-646-289 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	Solas Anois Lambeth London 02086-646-289 Office / Refuge	www.solacewomensaid.org info@solacewomensaid.org
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 legal appointments and offer practical advice and planning. www.refuge.org.uk/our-work/our-services/one-stop-shop-services/athena/	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 accommodation 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 accommodation for your children.	Beverley Lewis House Newham London 02074-732-813 Office / Helpline	
London	Helpline 07946-872-734 Advice Line	Redbridge Women's Refuge	outreach@raada.org

Redbridge	<p>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</p>	<p>Redbridge London 07946-872-734 Office / Helpline www.redbridge.gov.uk/crime-and-public-safety/domestic-violence/</p>
<p>London Richmond</p>	<p>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 legal appointments and offer practical advice and planning.</p>	<p>Richmond Refuge London 02089-792-335 Office / Refuge</p>
<p>London S. Kensington</p>	<p>Helpline 02073-523-341 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>South Kensington - Hestia Domestic Abuse Service South Kensington London 02073-523-341 Office / Helpline www.hestia.org/how-we-help/domestic-abuse/</p>
<p>London Southwark</p>	<p>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</p>	<p>Southwark Refuge London 02086-933-905 Office / Refuge www.solacewomensaid.org/get-help/southwark/</p>
<p>London Sutton</p>	<p>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</p>	<p>Sutton Women's Aid Sutton London 02086-697-608 Office / Refuge www.suttonwomen.co.uk/</p>
<p>London Tower Hamlets</p>	<p>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</p>	<p>Tower Hamlets - Hestia Domestic Abuse Service Tower Hamlets London 02078-586-500 Office / Helpline www.hestia.org/how-we-help/domestic-abuse/</p>
<p>London Waltham Forest</p>	<p>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</p>	<p>The Kiran Project Waltham Forest London 02085-581-986 Office / Refuge www.kiranss.org.uk/</p>

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 www.thelondonvawgconsortium.org.uk/partners/asian-womens-resource-centre/	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 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 www.refuge.org.uk/get-help-now/	
London Westminster	Helpline 02072-211-308 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	Harlinham House Westminster London 02072-211-308 Office / Helpline www.refuge.org.uk/get-help-now/	
London Westminster	Helpline 02078-281-635 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	Radella House Westminster London 02078-281-635 Office / Helpline www.refuge.org.uk/get-help-now/	
London Westminster	Helpline 02072-211-308 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	Rukiya House Westminster London 02072-211-308 Office / Helpline www.refuge.org.uk/get-help-now/	
London	Helpline 02085-390-427 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.	Ashiana Network London 01085-390-427 Office / Helpline	www.ashiana.org.uk info@ashiana.org.uk
London	We are a specialist therapy centre offering a unique combination of	Aurora Health Foundation London	

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.

SW15 3RT
02085-411-951 Office
02031-741-490 Alternative No.
www.aurorahealthfoundation.org.uk
info@aurorahealthfoundation.org.uk

London

0808-2000-247 Domestic violence
0207-6831-210 Sexual violence
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 and girls upwards of 14 years
supportive groups and workshops
Information-referrals for boys & men

East London Rape Crisis and NIA
PO Box 58203
London
N1 3XP
020-7683-1270 Office
www.niaendingviolence.org.uk/rape/

London

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.
The "Poppy Project" was set up in 2003 to provide high quality support, advocacy and accomodation to trafficked women.
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.

EAVES
London
SW9 6DE
02077-352-062 Office
www.facebook.com/EavesCharity/

London

Helpline 02083-178-273
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.

Greenwich Women's Aid
PO Box 799
London
SE7 8JD
02083-178-273 Office / Helpline
www.gdva.org.uk/

London

Helpline 01708-728-759
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

Havering Women's Aid
London
01708-728-759 Office / Helpline

www.havering.gov.uk/info/20096/community/550/domestic_violence

London	Helpline 02088-885-362 Information and advice regarding any issues on domestic violence	Hearthstone DV Advice and Support Centre London 02088-885-362 Office / Helpline	
		www.haringey.gov.uk/community/community-safety-and-engagement/domestic-violence/hearthstone	
London	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. London 02072-727-906 Office	www.icap.org.uk/
London	Helpline 08088-010-500 We are the only specialist organisation in the UK supporting Jewish women affected by domestic violence. We offer: Safe secure refuge FREE counselling with a trained professional. A children's support worker Community support.	Jewish Women's Aid PO Box 2670 London N12 92E 02084-458-060 Office	www.jwa.org.uk Contact email form on website
London	Helpline 02072-750-321 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	www.lawadv.org.uk advice@lawadv.org.uk
London	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.	www.londoncentreforpersonalsafety.org.uk/
London	Helpline 02071-887-710 Helpline 02071-889-181 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	www.familymosaic.co.uk/care-and-support-services/index.html

London	<p>Helpline 0800-085-3330 Helpline 0808-801-0331 support@napac.org.uk 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. www.facebook.com/NationalAssociationforPeopleAbusedinChildhood/?rc=p</p>	<p>National Association for People Abused in Childhood (NAPAC) PO Box 63632 London SW9 1BF 02031-760-560 Office</p>	<p>www.napac.org.uk/</p>
London	<p>Helpline 0808-802-5565 Freephone 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 weeks.</p>	<p>North London Rape Crisis and Solace Women's Aid. Unit 5-7 Blenheim court 62 Brewery Road London N7 9NY 020 7619-1350 Office</p>	<p>www.solacewomensaid.org/get-help/north-london-rape-crisis/</p>
London	<p>02086-972-112 South East London 07580-733-271 North London 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.</p>	<p>One in Four 2 Shelburne Road London N7 6DL 02086-972-112 SE Office 07580-733-271 N london office</p>	<p>www.oneinfour.org.uk/</p>
London	<p>Helpline 0808-808-0700 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.</p>	<p>Respond 3rd Floor 24-32 Stephenson Way London NW1 2 HD 0808-808-0700 Office / Helpline</p>	<p>www.respond.org.uk/</p>
London	<p>Helpline 08451-221-201 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</p>	<p>SurvivorsUK Ground Floor 34 Great James Street London WC1N 3HB 02074-046-234Office</p>	<p>www.survivorsuk.org/</p>

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.

London **Helpline 0808-801-0770** West London Rape Crisis Ctr
See website for helpline hours PO Box 13095
We provide a holistic range of London
intergrated services for women with W14 0FE
experience of sexual violence aimed 020-7610-4678 Office
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.
www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/service.page?id=3vFbKciJ3vE

London **Helpline 08088-010-770** Women and Girls Network
Helpline hours on website PO Box 13095
Women and Girls Network offers London
counselling and support for women W14 0FE
who have experienced gendered 02076-104-678 Office
violence. Including childhood sexual 02076-104-678 Counselling
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.
www.thelondonvawgconsortium.org.uk/partners/women-and-girls-network/

London **Helpline 02078-281-635** Yanaba House www.refuge.org.uk/
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Westminster
Resettlement and follow up support London
Dedicated services for children and young people. 02078-281-635 Office / Helpline

Luton **Helpline 01582-391-856** Women's Aid in Luton www.womensaidinluton.org
We provide safe, secure and a confidential accomodation for women and children escaping domestic violence and abuse. Luton info@womensaidinluton.org
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.

Maidenhead	Helpline 01753-549-865 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.	Berkshire East & South Bucks Women's Aid Maidenhead 01753-549-865 Office / Refuge	www.thedashcharity.org.uk/
Manchester	Helpline 01616-367-525 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 National Helpline 0800-2000-247	End the Fear Greater Manchester 01616-367-525 Office / helpline	www.endthefear.co.uk
Manchester	Helpline 01612-734-500 Helpline hours Mon to Fri 10am-4pm 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 Rape Crisis PO Box 335 Manchester M60 2BS 01612-734-591 Office	www.manchesterrapecrisis.co.uk mrcrasacs@btconnect.com
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 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 info@manchesterwomensaid.org

Manchester	<p>Helpline 01612-326-182 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.</p>	<p>Survivors Manchester PO Box 4325 Manchester M61 0BG 01612-369-025 Office</p>	<p>www.survivorsmanchester.org.uk info@manchesterwomensaid.org</p>
Manchester	<p>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 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.</p>	<p>Therapy Group Survivors Manchester & LGF Manchester area Therapy Line 0161-236-2182 LGF Helpline 08453-303030</p>	<p>www.survivorsmanchester.org.uk tom@survivorsmanchester.org.uk counselling@lgf.org.uk</p>
Manchester	<p>Helpline 01616-367-525 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.</p>	<p>Women's Domestic Abuse Helpline Manchester 01616-367-525 Helpline / Office helpline@independentchoices.org.uk</p>	<p>www.wdchoices.org.uk</p>
Middlesbrough	<p>Helpline 01642-822-331 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.</p>	<p>ARCH North East (Abuse, Rape Counselling and Help) 22 Hoylake Road Saltersgill Middlesbrough TS4 3JL 01642-822-335 Office</p>	<p>www.archnortheast.org/ admin@archnortheast.org</p>
Middlesbrough	<p>Helpline 01642-861-788</p>	<p>Harbour Refuge</p>	<p>www.myharbour.org.uk</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

Middlesbrough
01642-861-788 Office / Refuge

info@myharbour.org.uk

Middlesbrough

Helpline 01642-241-864

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

www.mysistersplace.org.uk
hello@mysistersplace.co.uk

Milton Keynes

Helpline 08443-754-307

Helpline 01908-523-720 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 leagal appointments and offer practical advice and planning.
Services for male victims provided separately from women's services.

Milton Keynes (MK ACT)
Milton Keynes
08443-754-307 Office / Helpline

www.mkact.com/

**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 leagal appointments and offer practical advice and planning.

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

www.esdas.org.uk
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

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

www.isas-notts.org.uk

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.

Newark	<p>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.</p>	<p>S.H.E. 1 Magnus Street Newark Nottinghamshire NA24 1JX 01636-611-107 Office</p>	<p>www.she-uk.org.uk info@she-uk.org.uk</p>
Newark-on-Trent	<p>Helpline 01636-679-687 We provide safe accomodation 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.</p>	<p>Newark Women's Aid PO Box 28 Newark -on-Trent Nottinghamshire 01636-679-687 Office / Helpline</p>	<p>nwa@womens.freeserve.co.uk www.facebook.com/NewarkWomensAid/</p>
Newcastle upon Tyne	<p>Helpline 0800-035-2794 Freephone 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>GRACE PO Box 1320 Newcastle upon Tyne NE99 5DX 01912-220-272 Office</p>	<p>enquiries@rctn.org.uk www.rapecrisis.org.uk/centreslist.php?area=North%20East</p>
Newcastle upon Tyne	<p>Helpline 01912-652-148 Refuge Helpline 0800-923-2622 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</p>	<p>www.newcastlewomensaid.org.uk office@newcastlewomensaid.org.uk</p>
Newcastle upon Tyne	<p>Helpline 0800-035-2794 Freephone 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</p>	<p>Tyneside Rape Crisis Centre PO Box 1320 Newcastle upon Tyne NE99 5DX 01912-220-272 Office</p>	<p>enquiries@rctn.org.uk www.rapecrisis.org.uk/centreslist.php?area=North%20East</p>

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.

New Forest	Helpline 07921-483-688 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	New Forest Women's Refuge New Forest Southern England 07921-483-688 Office / Helpline www.safer.newforest.gov.uk/article/17325/Where-can-I-get-help
Norfolk	Helpline 08454-634-142 Emergency shelter for women and their children who are fleeing a domestic violence situation.	Blossom House Norfolk 08454-634-142 Office / Helpline www.leewaysupport.org/
Norfolk	Helpline 08454-631-314 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.	Lily House Norfolk 08454-631-314 Office / Helpline www.leewaysupport.org/
Northampton	Helpline 01604-230-311 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.	Nene Valley Christian Family Refuge Northampton 01604-230-311 Office / Helpline www.eveda.org.uk/
Northampton	Helpline 01604-250-721 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 www.nricc.com info@nricc.com
Northamptonshire	Helplin 08451-232-311 NWA can support you if you or someonein your family is a victim of domestic violence.	Northampton Women's Aid Northamptonshire 08451-232-311 Office / Helpline www.northamptonwomensaid.org.uk info@northamptonwomensaid.org.uk
North Tyneside	Helpline 01912-513-305 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Harbour Refuge North Tyneside 01912-513-305 Office / Refuge www.myharbour.org.uk info@myharbour.org.uk

Dedicated services for children and young people

Northumberland	Helpline 01670-280-199 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.	Northumberland Women's Refuge Northumberland 01670-280-199 Office / Refuge www.northumberland.gov.uk/Protection/Violence.aspx
Norwich	Helpline 08452-412-717 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 www.leewayssupport.org admin@leewaynwa.org.uk
Norwich	Helpline 0808-808-4321 Helpline hours Mondays 6pm-8pm Fridays 12 noon to 2 pm We offer face to face counselling for men who have been abused. The service is offered by qualified and specially trained male, female and transgender counsellors. An initial assesement 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.	Mpower The Sue Lambert Trust St. Julians Hall 6 Music House Lane Norwich NR1 1QL 01603-622-406 Office www.suelambertrust.org/ admin@suelambertrust.org
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
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	Broxtowe Women's Project PO Box 6660 Nottingham NG16 3ZE 01773-719-111 Office Helpline

who are experiencing or have had experience of domestic violence.
Telephone & face to face support
Internet - survivors support forum

www.broxtowewomensproject.org.uk/

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 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

Nottingham

Helpline 01159-607-943

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.

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

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
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 Advicors are also available to give information, advice

Nottingham Rape Crisis Centre
30 Chaucer Street
Nottingham
NG1 5LP
01159-470-064 Office
admin@nottinghamrapecrisis.org.uk

www.nottssvss.org.uk/

and support with reporting to the police and criminal justice system

Nottingham	<p>Helpline 08088-000-340 Freephone Textphone 08088-000-341</p> <p>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 texphone is staffed Mon-Fri 9-5pm</p> <p>Zola Refuge: Safe contained flats offer temporary accomodation.</p> <p>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.</p> <p>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>Outreach services for children and young people.</p> <p>Freedom: a 12 week course to learn about healthy and non healthy relationships.</p>	<p>Women's Aid Integrated Services 30 Chaucer Street Nottingham NG1 5LP 01159-475-257 Office</p>	<p>www.wais.org.uk enquiries@wais.org.uk</p>
Nottinghamshire	<p>Helpline 07905-362-011</p> <p>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>	<p>www.nidas.org.uk/</p>
Oldham	<p>Helpline 01616-284-991</p> <p>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>www.thp.org.uk/ outreach@ofcg.org</p>
Oxford	<p>Helpline 01865-726-295 (24 hours) Or 0800-783-6294 Freephone Email help support@osarcc.org.uk</p> <p>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 & Rape Crisis Centre PO Box 20 St. Aldates Post Office Oxford OX2 6GB 01865-725-311 Office / Helpline</p>	<p>www.oxfordrapecrisis.net support@osarcc.org.uk admin@osarcc.org.uk</p>
Pendle	<p>Helpline 01282-661-989</p> <p>Refuge for women fleeing domestic violence. The address is not</p>	<p>Angel House Pendle Lancashire</p>	

published for safety reasons.
Please call the helpline to ask about
accommodation for your children. 01282-661-989 Office / refuge

Pendle **Helpline 01282-726-000** Pendle Domestic Violence www.pdvi.org.uk/
A Male worker may answer phone Initiative
Dedicated services for children and Pendle
young people Lancashire
IDVA: IDVA's work with women by 01282-726-000 Office / advice
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

Peterborough **Helpline 01733-317-899** Peterborough Rape Crisis Care
If you have just been raped SARC's Oasis@Rivergate
specialist medical and forensic Vierson Platz
services will offer their support to Peterborough
you whether or not you wish to PE1 1SE
report the assault to the police. 01733-317-899 Office / Helpline
If your assault is historic (more than www.peterboroughrapecrisis.co.uk
7 days) Our volunteer helpline is peterboroughrapecrisis@nhs.net
available Wednesday nights 7-9pm
or Saturday mornings 10 - 12 noon
We always offer anonymous
individual and confidential support.

Peterborough **Helpline 08454-103-123** Peterborough Women's Aid
Outreach 01733-894-455 Peterborough
We provide safe temporary 08454-103-123 Office / Helpline
accommodation for women and their www.peterboroughwomensaid.co.uk
children, who are experiencing
domestic violence.
Resettlement and aftercare
Children's services
Weekly workshops
Outreach services across Peterboro
Freedom program - 10-12 weekly
sessions exploring the issues
relating to domestic violence.

Peterlee **Helpline 01915-868-890** Harbour Refuge www.myharbour.org.uk
Refuge for women fleeing domestic Peterlee info@myharbour.org.uk
violence. The address is not
published for safety reasons. County Durham
Resettlement and follow up support 01915-868-890 Office / Refuge
Dedicated services for children and
young people

Pevensey Christian Healing Ministry offering Ellel Ministries www.ellel.org
personal prayer ministry on FREE Ellel Glyndley Manor info.glyndley@ellelministries.org
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. Stone Cross
Pevensey
East Sussex BN24 5BS
01323-440-440 Office / Advice

Plymouth	<p>Helpline 01752-562-286 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.</p>	<p>Plymouth Women's Refuge Plymouth 01752-562-286 Office / Refuge www.sanctuary-supported-living.co.uk/pdas</p>	
Plymouth	<p>Helpline 08458-12-12-12 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 Metropolitain House The Millfields Plymouth PL1 3JB 08458-12-12-12 Office / Helpline www.northdevonhealth.nhs.uk/sexual-assault-centre/</p>	<p>www.theoakcentresarc.org.uk/ admin@twelvescompany.co.uk</p>
Plymouth	<p>Helpline 01752-600-599 Helpline Mon & Wed 10am - 1pm We are a Plymouth based Christian 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.</p>	<p>SALT South West 142 Union Street Plymouth Devon PL1 3HL 01752-600-599 Office / Helpline</p>	<p>www.saltsouthwest.co.uk email@saltsouthwest.co.uk</p>
Poole	<p>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.</p>	<p>Dorset Rape Crisis Support Ctr. PO Box 7697 Poole Dorset BH15 9GN 01202-308848 Office / Helpline</p>	<p>www.dorsetrapecrisis.org Email support form on website</p>
Poole	<p>Helpline 01202-748-488 Refuge for women fleeing domestic</p>	<p>Poole Refuge Poole</p>	

violence. The address is not published for safety reasons. Resettlement and follow up support

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.parc.org.uk
admin@parc.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

Portsmouth

Helpline 02392-210-352
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

The Treetops Centre
Northern Road
Cosham
Portsmouth
PO6 3EP
02392-210-352 Office / Helpline

Preston

Helpline 01772-201-601
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, these are services separate to the services for women.

Preston - Domestic Violence Services.
Preston
Lancashire
01772-201-701 Office / advice

www.pdvs.org.uk
enquiries@pdvs.org.uk

Rawtenstall

Helpline 01706-830-600
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

The Star Centre
PO Box 33
Rawtenstall
Lancashire
01706-830-600 Office / Helpline

office@thestarcentre.org

www.facebook.com/thestarcentrossendale/

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.

Reading

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
Reading
01189-504-003 Office / Helpline
www.berkshireromensaid.org.uk/

Redcar

Helpline 01642-835-079

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 leagal appointments and offer practical advice and planning.

Eva- Emerging from Violence and Abuse
Redcar
North East
01642-490-677 Office

www.eva.org.uk
info@eva.org.uk
Email support address
help@eva.org.uk

Reigate

Helpline 01737-771-831

Refuge for women fleeing domestic

Reigate & Banstead Women's Aid

support@rbw-aid.org.uk

violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people
www.reigate-banstead.gov.uk/info/20093/community_safety/402/domestic_abuse

Reigate
Surrey
01737-771-831 Office / Refuge

Rochdale

Helpline 03445-151-850
Refuge for men and women fleeing domestic violence. Our address is not published for safety reasons. Resettlement and follow up support

Housing Action Group - DV Services.
Rochdale
03445-151-850 Office / Refuge

centralaccess@shelter.org.uk
www.whag.info/

Romford

Helpline 01708-765-200
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.

SupportLine
PO Box 2860
Romford
Essex RM7 1JA
01708-765-222 Office

www.supportline.org.uk
info@supportline.org.uk

Rotherham

Helpline 07914-768-473 MOBILE
Please feel free to TEXT
Helpline hours Thurs 9.30 - Noon
Fridays 12.30pm - 3pm
Counselling services for men and women who are affected by sexual violence and abuse.
Group session available.

Rotherham Women's
Counselling Service
Thornbank
38 Moorgate
Rotherham
S60 2AG
01709-835-482 Office
www.rotherhamwomenscounsellingservice.webs.com/

rwcs@live.co.uk
www.rotherhamrise.org.uk/

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

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

RoSA
Rugby
01788-551-150 Office

www.rosasupport.org
rosa.support@btconnect.com

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

Rugby	Helpline 07769-140-879 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support www.refuge.org.uk/our-work/our-services/refuge-warwickshire-domestic-violence-service/	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 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 - Halton Runcorn WA7 1DF 01928-477-980 Office / Helpline	www.rapecentre.org.uk support@rapecentre.org
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	www.salfordwomensaid.org/
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	<p>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.</p>	<p>Island Women's Refuge PO Box 5 Sandown Isle of Wight 01983-825-981 Office / Helpline www.helplines.org/helplines/island-womens-refuge/</p>	<p>info@islandrefuge.org.uk www.wightdash.co.uk/</p>
Sandown Isle of Wight	<p>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.</p>	<p>Jig Saw Sandown Isle of Wight Hampshire 01983-400-123 Office / Helpline www.jigsawfamilysupport.com/</p>	<p>johnellison_5@hotmail.com</p>
Scarborough	<p>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 young people Services available for male victims.</p>	<p>Foundation Domestic Abuse Services Scarborough 01723-365-609 Office / Refuge www.foundationuk.org/team/foundation-scarborough/</p>	
Scarborough	<p>Helpline 01723-391-811 support@hopesurvivors.org.uk 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.</p>	<p>Healing Our Past Experiences Scarborough 01723-381-811 Office / Helpline</p>	<p>www.hopesurvivors.org.uk office@hopesurvivors.org.uk</p>
Scunthorpe	<p>Helpline 0800-197-4787 Freephone 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.</p>	<p>Grimsby & Scunthorpe Rape Crisis Limited The Ironstone Centre West Street Scunthorpe DN15 6HX 01724-292-173 Office</p>	<p>www.itsmyright.co.uk www.thebluedoor.org/ info@itsmyright.co.uk</p>
Sefton	<p>Helpline 01519-228-606 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people</p>	<p>Sefton Women and Children's Aid Sefton 01519-228-606 Office / Helpline</p>	<p>www.swaca.com/</p>
Sheffield	<p>Helpline 01142-555-740</p>	<p>Ashiana - Sheffield</p>	<p>www.ashianasheffield.org/</p>

	<p>Helpline 07946-333-963 Mobile Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Sheffield 01142-555-740 Office</p>	<p>info@ashianasheffield.org</p>
Sheffield	<p>Helpline 01142-726-021</p>	<p>Burngreave Domestic Violence Project Sheffield 01142-726-021 Office / Helpline</p>	<p>www.sheffielddact.org.uk/domestic-abuse/get-help/support-for-women/</p>
Sheffield	<p>Helpline 01142-739-126 Helpline 07753-748-885 Mobile 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>Haven House Project Sheffield 01142-739-126 Office / Refuge</p>	<p>www.havenorg.uk/</p>
Sheffield	<p>Helpline 01142-447-936 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. Male survivors can be signposted to services more tailored to needs.</p>	<p>Sheffield Rape and Sexual Abuse Centre PO Box 34 Sheffield Rape and Sexual S1 1UD 01142-618-990 Office</p>	<p>www.sheffieldrapecrisis.org.uk info@sheffieldrapecrisis.org.uk</p>
Sheffield	<p>Helpline 01142-752-157 Mobile 07742-533-603 Helpline hours office hours only We offer a much needed, FREE counselling service to women in Sheffield who have experienced trauma or abuse.</p>	<p>Sheffield Women's Counselling and Therapy Service 44 Daniel Hill Upperthorpe Sheffield S6 3JF 01142-752-157 Office / Helpline</p>	<p>www.swcts.org.uk office@swcts.org.uk</p>
Sheffield	<p>Helpline 01142-362-518 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.</p>	<p>Sheffield Women's Aid Sheffield 01142-366-423 Office</p>	<p>www.sheffielddact.org.uk/domestic-abuse/get-help/support-for-women/</p>
Shrewsbury	<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</p>	<p>Axis Counselling Fletcher House 15 College Hill Shrewsbury SY1 1LY 01743-357-777 Office</p>	<p>www.axiscounselling.org.uk</p>

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.

Shropshire	Helpline 01691-679-491 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 www.shropsdas.org.uk/
Shropshire South	Helpline 01694-722-440 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 www.shropsdas.org.uk/
Skelmersdale	Helpline 0808-100-3062 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 www.dvsswl.org.uk/enquiries@wlvref.org.uk
Slough	Helpline 01753-549-865 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. www.slough.gov.uk/crime-prevention-and-emergencies/domestic-abuse.aspx	Berkshire East & South Bucks Women's Aid Slough 01753-549-865 Office / Refuge www.berkshirerwomensaid.org.uk/contact-us/
Somerset	Helpline 0800-694-9999 Mon - Fri 8am-8pm Not Bank Hols Domestic abuse helpline Somerset www.somerset.gov.uk/adult-social-care/safeguarding/domestic-abuse/ www.somersetsurvivors.org.uk/somerset-integrated-domestic-abuse-service/	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	CIS'ters (Surviving Rape and or Sexual Abuse). PO Box 119 Southampton Hampshire SO50 9LF 02380-338-080 Office / Helpline admin@cisters.org.uk www.cisters.org.uk/

please call for more details.

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.rapecrisis.org.uk/rapecrisisspecialistservices.php	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 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 www.southtyneside.gov.uk/article/35248/Places-for-People-South-Tyneside-Women-s-Aid-Women-s-Refuge	Places for People South Tyneside 01914-548-257 Office / Refuge	
Stafford	Helpline 01785-225-991 Helpline hours Mon 7.30pm - 10pm 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.	EMERGE Stafford West Midlands 01785-225-991 Office / Helpline www.havoca.org/placemarks/emerge/	
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. www.newcastle-staffs.gov.uk/all-services/community/partnerships/domestic-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.	Pathways Project Staffordshire 01543-676-800 Office / Helpline	www.pathway-project.co.uk talktoeve.pathway@virgin.net

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.

Drop In service available

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
info@savana.org.uk

Staffordshire

Helpline 0870-270-0123

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 for male victims available

Staffordshire Women's Aid
01785-782-758 Office

www.staffordshirewomensaid.org

Staffordshire

Helpline 01782-222-421

The Lighthouse

www.lighthousewa.org.uk/

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.

Staffordshire
01782-222-421 Office / Helpline
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 info@sahwr.org
St. Albans
01727-824-425 St. Albans
01923-855-662 Hertsmere
01727-826-431 Office
www.stalbansandhertsmere womensrefuge.org.uk

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

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

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.

www.north-herts.gov.uk/home/housing/supported-housing/people-fleeing-domestic-violence

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

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
www.sthelensgateway.info/organisations/helena-extra-domestic-violence-services

Helena Refuge
St. Helens
01925-226-796 Office / Advice
womensrefuge@helenapartnership.co.uk

St. Helens

Helpline 01744-877-987

Rape and Sexual Abuse Centre www.rapecentre.org

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.

St Helens
WA10 1DH
01744-877-987 Office / Helpline

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
info@stockportwithoutabuse.org.uk

Stockton on Tees

Helpline 01642-553-323
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
Stockton on Tees
01642-553-323 Office / Refuge
www.myharbour.org.uk
stocktonrefuge@myharbour.org.uk

Stoke on Trent

Helpline 01782-817-055
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support

Julia House
Stoke on Trent
01782-817-055 Office / Refuge
www.archnorthstaffs.org.uk
juliahouse@archnorthstaffs.org.uk

Stoke on Trent 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

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

www.savana.org.uk
info@savana.org.uk

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.

Stroud	Helpline 01453-764-385 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	Stroud Women's Refuge Stroud Gloucestershire 01453-764-385 Office / refuge	www.stroudwomensrefuge.org office@beresfordgroup.org
Sunderland	Helpline 01914-163-550 Helpline 0800-066-5555 Freephone 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. www.facebook.com/Wearside-Women-in-Need-1064492466981281/?nr	Wearside Women In Need Sunderland 01914-163-550 Head office	
Swale	Helpline 01795-420-042 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	Swale Women's Refuge Swale Kent 01795-420042 Refferals	www.newleafsupport.org/
Swindon	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.	TAG - Trauma and Abuse Group The Willows Centre 11 Prospect Place Swindon SN1 3LQ	www.tag-uk.net chairman@tag-uk.net
Swindon	Helpline 01789-773-579 Women for Change offers services and information to survivors of sexual abuse. We recently linked with The Willows Councelling Centre in Swindon in a new project that will offer extended counselling services to survivors of sexual abuse.	Women for Change Blunsdon Abbey Park Blunsdon St. Andrew Swindon SN25 2DU 01789-773579 Office / Helpline www.counselling-swindon.co.uk/sexual_abuse.htm	
Tameside	Helpline 0800-328-0967	Tameside Women's Project Ltd	www.thp.org.uk/services

	<p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Resettlement and follow up support</p> <p>Dedicated services for children and young people</p>	<p>Tameside</p> <p>01613-398-755 Office / Refuge</p> <p>www.tameside.gov.uk/domesticabuse</p>	
Telford	<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 emotional and practical support whether or not you choose to report the abuse.</p>	<p>Axis Counselling</p> <p>The Glebe Centre</p> <p>Glebe Street</p> <p>Wellington</p> <p>Telford</p> <p>TF1 1JP</p> <p>01952-278-000 Office</p>	<p>www.axiscounselling.org.uk</p>
Thurrock	<p>Helpline 01375-845-899</p> <p>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.</p> <p>Drop-in service in Grays Wed morn</p> <p>Support groups twice a year running for 15 weeks.</p> <p>Support for children who witness abuse in the home.</p>	<p>Thurrock Women's Aid</p> <p>Thurrock</p> <p>01375-845-899 Office / Helpline</p>	<p>www.thurrock-wa.org</p> <p>info@thurrock-wa.org</p>
Torbay	<p>Helpline 01803-524-594</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Dedicated services for children and young people</p>	<p>Torbay Refuge</p> <p>Torbay</p> <p>Devon</p> <p>01803-524-594 Office / Refuge</p> <p>torbayrefuge@westcountryha.org.uk</p> <p>www.sanctuary-supported-living.co.uk/tdas</p>	
Trafford	<p>Helpline 0845-241-1117</p> <p>Helpline 0845-450-0789 Refuge</p> <p>We are a registered charity offering support services to individuals and families affected by domestic abuse.</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Resettlement and follow up support</p> <p>Dedicated services for children and young people</p>	<p>Trafford Domestic Abuse Services</p> <p>Trafford</p> <p>Manchester</p> <p>0845-241-1117 Office / Helpline</p>	<p>www.tdas.org.uk</p>
Trowbridge	<p>Referral line 01225-358-568</p> <p>support@rival-wiltshirerasac.org.uk</p> <p>We provide a non judgemental, confidential, safe and supportive</p>	<p>REVIVAL - Wiltshire RASAC</p> <p>PO Box 4157</p> <p>Trowbridge</p> <p>Wiltshire</p>	

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.

BA14 4AW
01225-358-567 Office
www.revival-wiltshirerasac.org.uk

Truro 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

www.clearsupport.net
Email support form on website.

Truro **Helpline 01872-262-100**
Helpline Mon & Tues 9am-5pm
Wed, Thurs & 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.

Cornwall Rape and Sexual Abuse Centre.
Truro
Cornwall
01872262-100 Office / Helpline

www.crasacornwall.co.uk/vision@crasac.co.uk

Wakefield **Helpline 07843-344-457**
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
www.riverside.org.uk/in-your-neighbourhood/west-yorkshire/care-and-support/marie-house-castleford/

Marie House
Wakefield
07843-344-457 Office / Refuge

Walsall **Helpline 01922-746-574**
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
www.accordgroup.org.uk/care/customers/types-of-care/domestic-violence-services

Aven House Women's Refuge
Walsall
01922-721-859 Office/Outreach

Walsall **Helpline 01922-476-153**
Helpline open during office hours
We have been working with and

Crisis Point
Blakenall Village Centre
2nd Floor

www.crisispoint.org.uk
info@crisispoint.org.uk

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.

79 Thames Road
Walsall
WS3 1LZ
01922-476-153 Office / Helpline

Warrington

Information line 01925-221-546
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 Support Centre (Cheshire & Merseyside)
PO Box 35
Warrington
WA1 1DW
01925-221-546 Office / Info
www.rapecentre.org
support@rapecentre.org

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
www.victimservicescheshire.co.uk/agencies/warrington-women-s-aid-ltd/
www.victimservicescheshire.co.uk/agencies/refuge-warrington/

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

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

www.safeline.org.uk
office@safeline.org.uk

have experienced trauma of rape or sexual abuse recently or in the past.

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 www.refuge.org.uk/our-work/our-services/refuge-warwickshire-domestic-violence-service/	Families First Warwickshire 01788-537-112 Office/Outreach	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. Face to face & telephone support Listening service to male survivors who are over 16 years.	Watford Rape Crisis and Sexual Abuse Helpline PO Box 2356 Watford WD18 1QD 01923-249-511 Office / Helpline	www.wrc-info.org info@wrc-info.org
Wellingborough	Helpline 07879-844-451 Helpline 07767-302-742 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 www.northamptonwomensaid.org.uk/	info@wenwomensaid.co.uk
Welwyn Garden City	Helpline 01707-373-743 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	www.whwr.org.uk
West Bromwich	01215-530-090 Sexual Violence 01215-526-448 Domest Violence 07581-492-806 Text Line 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	Sandwell Women's Aid 1st Floor Lanchard House Victoria Street West Bromwich B70 8HY 01215-530-090 Office / helpline	www.sandwellwomensaid.co.uk info@sandwellwomensaid.co.uk

survivors through the criminal court system.

Support programme for the young Teenage relationship and education programme.

Westcliff-on-Sea	Helpline 01702-302-333 Women Helpline 01702-343-868 Men Children and Families Helpline 01702-343-868 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	enquiries@sosdap.org www.sosdap.org/
Westcliff-on-Sea	Helpline 01702-303-232 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 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	SOS Rape Crisis Westcliff-on-Sea Essex SS0 9DA 01702-667-590 Office	www.sosrc.org.uk info@sosrc.org.uk
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 www.wigan.gov.uk/Resident/Crime-Emergencies/Domestic-Abuse.aspx	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 www.wiltshire.gov.uk/housing-associations www.wiltshire.gov.uk/community-safety-speak-out-wiltshire	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 www.swindonlscb.org.uk/wav/Pages/Domestic-Abuse.aspx	
Wiltshire	Helpline 01225-776-955	West Wiltshire Women's	www.swindonwomensaid.org/

West	<p>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.</p>	<p>Refuge Wiltshire (West) 01225-776-955 Office / Refuge</p>	<p>www.rasac.org.uk rasac@waca.org.uk</p>
Winchester	<p>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 unwanted 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.</p>	<p>RASAC The Colebrook Centre Winchester Hampshire SO23 3LH 01962-871-716 Office</p>	<p>www.rasac.org.uk rasac@waca.org.uk</p>
Windsor	<p>Helpline 01753-549-865 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. www.berkshirewomensaid.org.uk/bwa-provides-help-domestic-abuse/refuge/</p>	<p>Berkshire East & South Bucks Women's Aid Windsor 01753-549-865 Office / Refuge</p>	<p>admin@yoursanctuary.org.uk www.yoursanctuary.org.uk/</p>
Woking	<p>Helpline 01483-776-822 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Your Sanctuary Woking Surrey 01483-776-822 Office / Helpline</p>	<p>admin@yoursanctuary.org.uk www.yoursanctuary.org.uk/</p>
Wokingham	<p>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 legal appointments and offer practical advice and planning. www.berkshirewomensaid.org.uk/bwa-provides-help-domestic-abuse/refuge/</p>	<p>Berkshire Women's Aid Wokingham 01189-504-003 Office / Helpline</p>	<p>admin@yoursanctuary.org.uk www.yoursanctuary.org.uk/</p>

Wolverhampton	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	www.sandwellvcs.info/browse/details/abused-peoples-help-in-sexual-trauma-aphist/item/593.html
Wolverhampton	We are a national survivor-led association for Dissociative Disorder. We work exclusively for and on behalf of survivors of childhood trauma most often sexual violence.	First Person Plural PO Box 2537 Wolverhampton WV4 4ZL	www.firstpersonplural.org.uk fpp@firstpersonplural.org.uk
Wolverhampton	Helpline 01902-713-001 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.	The Haven Wolverhampton 01902-572-140 Office referralpoint@havenrefuge.org.uk	www.havenrefuge.org.uk
Worcester	Helpline 01905-724-514 See website for helpline hours. 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.	Worcestershire Rape & Sexual Abuse Support Centre. PO Box 240 Worcester WR1 2LF 01905-611-655 Office.	www.wmrsasc.org.uk/ office@wmrsasc.org.uk
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 www.westmerciawomensaid.org/	

Worcestershire	<p>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 www.worcestershire.gov.uk/info/20379/domestic_violence_and_sexual_abuse/885/domestic_abuse</p>	<p>Worcestershire Domestic Abuse Services Worcestershire 0845-155-0395 Office / Referrals worcesterreferrals@homegroup.org.uk</p>	
Worthing	<p>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</p>	<p>Worthing Women's Aid Worthing West Sussex 01903-231-939 Office / Helpline www.safeinsussex.org/content/refuge-service</p>	<p>refuge@ww-aid.org.uk</p>
Wycombe	<p>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 practical advice and planning.</p>	<p>Wycombe Women's Aid Wycombe Buckinghamshire 01494-461-367 Office / Refuge www.wycombewomensaid.org.uk/</p>	
York	<p>Helpline 01904-642-830 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.</p>	<p>Survive - North Yorkshire 15 Priory Street York YO1 6ET 01904-638-813 Office survive@survive-northyorks.org.uk</p>	<p>www.survive-northyorks.org.uk</p>
York	<p>Helpline 01904-646-036 Helpline 01904-646-630 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 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>York Women's Aid York 01904-646-036 Office / Outreach</p>	<p>www.idas.org.uk info@idas.org.uk</p>

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.

Yorkshire

Helpline 0845-960-6011

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

www.idas.org.uk/our-services/other-help-available/

**Yorkshire
North**

Helpline 01756-794-400

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 [www.idas.org.uk/
advice@cdvs.org](http://www.idas.org.uk/advice@cdvs.org)

North Yorkshire

01756-794-400 Office/ advice

www.survive-northyorks.org.uk/useful-links/