

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>www.womensaid.org.uk/ 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</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 This entry November 2013</p>	<p>Barnsley Sexual Abuse and Rape Crisis Services The Core County Way Barnsley S70 2JW 01226-320-140 Office</p>	<p>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 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.</p>	<p>Basildon Women's Aid PO Box 51 Basildon Essex 01268-581-591 Office / Helpline</p>	<p>www.basildonwa.org enquiries@basildonwa.org</p>
Basingstoke	<p>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</p>	<p>Basingstoke Rape and Sexual Abuse Crisis Centre The Orchard White Hart Lane Basingstoke RG21 4AF 01256-423-810 Office.</p>	<p>www.brasacc.com admin@brasacc.com</p>
Basingstoke	<p>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</p>	<p>Basingstoke Shared House Basingstoke 01256-478-888 Office / Support BasingstokeRefuge@homegroup.org.uk</p>	
Bath	<p>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.</p>	<p>Next Link - Domestic Violence Services Bath 01225-466-989 Office / Refuge bath.enquiries@nextlinkhousing.co.uk</p>	<p>www.nextlinkhousing.co.uk</p>
Bath	<p>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.</p>	<p>Survivors After Rape and Abuse (SARA) PO Box 4404 Bath Avon BA1 0JS 07947-277-848 Office / Helpline</p>	<p>sara-survivors@hotmail.co.uk</p>
Bedford	<p>Helpline 01234-261-228 Our objective is to inform, organise and ivole women in Bedfordshire on issues relating to domestic violence and abuse.</p>	<p>Santosh Asian Women's Foundation Bedford 01234-405-916 Office</p>	<p>www.balaknath.org</p>
Bedfordshire	<p>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.</p>	<p>Butterfly House Bedfordshire 01234-353-592 Office / helpline www.bedford.gov.uk/advice_and_benefits/domestic_abuse.aspx</p>	
Bedfordshire	<p>08451-410-073 South Bedfordshire 08451-410-074 North Bedfordshire</p>	<p>Central Bedfordshire Refuges 08451-410-073 Office / Helpline</p>	

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

08451-410-074 Office / Helpline
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.bexleywomensaid.org.uk
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.

Zero Centre
Birkenhead
01516-701-528 Office / Helpline

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

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

Banardo's - Arch Project
42 Rupert Street
Nechells

www.barnardos.org.uk
arch.project@barnardos.org.uk

who have emerging emotional and behavioural difficulties. Individual 12 week programmes where each child is allocated a key worker.

Birmingham
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.

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

www.roshnibirmingham.org.uk

Resettlement and follow up support
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:

Fort Alice

Bolton

01204-365-677 Office / Refuge

www.fortalice.org.uk

info@fortalice.co.uk

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

Bootle	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.	Rape and Sexual Abuse Centre (RASA) Sefton Bootle Liverpool L20 4NR 01519-229-385 Office / Helpline	www.rasamerseyside.org sefton@rasamerseyside.org
Boston	Helpline 01205-361-232 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accommodation for your children.	Boston Mayflower - Domestic Abuse Service Boston Lincolnshire 01205-361-232 Office / Helpline	dasupport@bostonmayflower.org.uk www.womensaid.org.uk/domestic-abuse-directory/ www.bostonmayflower.org.uk/domestic-abuse
Boston	Helpline 01205-311-272 We exist for the benefit of all women with or without children, who are experiencing domestic abuse. Our refuge is a safe house where women can stay as long as they may need. Our floating outreach support worker's role includes supporting women who want to stay in their homes. We offer support for the children who witness abuse. Two Support groups - One in Spalding and one in Holbeach. See our website for times and locations.	Boston Women's Aid PO Box 5 Boston PE21 01205-311-272 Office / Helpline	www.bostonwomensaid.org.uk admin@bostonwa.co.uk
Bournemouth	Helpline 01202-547-755 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Bournemouth Women's Refuge Bournemouth 01202-547-755 Helpline/Refuge	www.womensaid.org.uk/
Bracknell	Helpline 01189-504-003 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Berkshire Women's Aid Bracknell 01189-504-003 Office / Helpline	www.womensaid.org.uk/domestic-abuse-directory/ www.berkshirerwomensaid.org.uk/

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.

Bradford

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.

BRC&SASS

C/O 19/25 Sunbridge Road

Bradford

BD1 2AY

01274-308-271 Office

www.facebook.com/brcg.co.uk/

contactus@brcg.org.uk

Bradford

Helpline 01274-734-561

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

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

Male survivor groups

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

Women's survivor support group

For group details 01274-734-561

Mosaic II

The Mayfield Centre

Broadway Avenue

Bradford

BD5 9NP

01274-734-561 Office / Helpline

www.mosaic2.org.uk

info@mosaic2.org.uk

Bradford

Helpline 01274-634-850

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

Dedicated services for children and young people

Oasis BME Domestic Abuse Services

Bradford

01274-634-850 Office / Refuge

Bradford

Helpline 01274-667-104

Outreach and support

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

Staying Put

Bradford

01274-667-104 Office/Outreach

Bradford

Helpline 01274-660-052 Refuge

refuge@bradfordwomensaid.org

Refuge for women fleeing domestic

Bradford Women's Aid

Bradford

01274-660-052 Office / Refuge

www.bradfordwomensaid.org

office@bradfordwomensaid.org

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

Bristol Hope Project

hopeprojectbristol@gmail.com

Refuge for women fleeing domestic violence. The address is not published for safety reasons.
www.womensaid.org.uk/domestic-abuse-directory/
www.bristol.gov.uk/schools-learning-early-years/resources-professionals/the-hope-projects

Bristol

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.

KINERGY
Mary Carpenter House
Kingswood Foundation Estate
Britannia Road
Kingswood
Bristol
BS15 8DB
01179-087-712 Office / Helpline

www.kinergy.org.uk
contact@kinergy.org.uk

Bristol

Helpline 01179-250-680

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

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

Next Link Domestic Abuse Services
Bristol
01179-250-680 Office/ Refuge
enquiries@nextlinkhousing.co.uk

www.nextlinkhousing.co.uk

Bristol

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.

SARSAS
PO Box 2942
Bristol
BS1 9EU
01179-299-556 Office

www.sarsas.org.uk
info@sarsas.org.uk

Bristol

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.

The Green House - Bristol
PO Box 665
Bristol
BS99 1XY
01179-351-707 Office

www.the-green-house.org.uk
info@the-green-house.org.uk

All services are FREE & confidential
One to one counselling
Therapy group work.

Bristol	<p>Helpline 01179-166-461 Helpline 08454-582-914 See website for helpline hours Our Bristol women's therapy centre was established in 1986 as a registered charity. We provide counselling and on-going group work and support to women in the Bristol area. One to one counselling Group therapy Services are provided FREE or subsidised for women on a low income and a full fee for women who can afford to pay.</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 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 www.womensaid.org.uk/domestic-abuse-directory/</p>	<p>www.bcwa.org.uk/</p>
Burnley	<p>Helpline 07866-510-728 helpline@elwra.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 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 www.womenscentre.org/how-we-can-help-you/our-centres-1</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 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 Services. Bury 03445-151-850 Office / Refuge</p>	<p>centralaccess@shelter.org.uk www.whag.info/</p>
Calderdale	<p>Helpline 0845-155-1485 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p>	<p>Calderdale Domestic Abuse Services Calderdale 0845-155-1485 Office / Refuge</p>	<p>www.krasacc.co.uk/</p>

Resettlement and follow up support
Dedicated services for children and young people
Services available to male victims.

www.womensaid.org.uk/domestic-abuse-directory/
www.womencentre.org.uk/services/domestic-violence-support-team/

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.womensaid.org.uk/domestic-abuse-directory/
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.womensaid.org.uk/domestic-abuse-directory/
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

Rising Sun Domestic Abuse Services
Canterbury
01227-452-852 Office / Helpline

www.risingsunkent.com
admin@risingsunkent.com

accompany you to hearings and legal appointments and offer practical advice and planning. 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.womensaid.org.uk/domestic-abuse-directory/ 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.womensaid.org.uk/domestic-abuse-directory/ 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	Phoenix Domestic Abuse Support Services Chester	info@phoenixsupport.org.uk

published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
Offering direct services to male victims of domestic abuse.
Facilities for the disabled

Cheshire
01606-871-523 Office / advice
www.facebook.com/PhoenixDAaSSL

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 email@sail1.freeseve.co.uk
PO Box 8
Chesterfield
Derbyshire
S40 1NY
01246-556-114 Office / Helpline

Chichester

Helpline 01243-839-376
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support

Chichester Shared House www.safeinsussex.org/
Chichester
West Sussex
01243-839-376 Office / refuge

Chichester

Adults helpline 08448-477-879
Under 18 helpline 08088-020-808
Text helpline 07717-989-022
Our number one purpose is to provide therapeutic services to survivors of rape and sexual abuse and their supporters. Services are for male and female survivors aged 9 years plus.
Full counselling services
Email helpline on website

Lifecentre www.lifecentre.uk.com
PO Box 58
Chichester
West Sussex
PO19 8UD
01234-786-349 Office
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

Centre for Action on Rape and Abuse www.caraessex.org.uk
info@caraessex.org.uk
PO Box 548
Colchester
CO1 1YP
01206-367-881 Office

One to one counselling
Support groups
Services also for boys and men
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 child-
hood 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 inter-
views and to the courts.
Counselling for women affected by
rape or sexual abuse.
Counseling for men affected by
rape or sexual abuse.
A specialist young person's service
Workshops and support groups.
Offices in Chester, Congleton,
Ellesmere Port, Halton, Northwich,
St Helens and Warrington.

Rape and Sexual Abuse Support
Centre - Cheshire 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

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

domestic abuse you can contact us through our helplines or the website. We will help you find the right support for you. See more at: www.wrsac.org.uk

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/wcwid/
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	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

Weekly therapy groups for women
One to one counselling for men now
available.

Crawley	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.	Rape Crisis Surrey and Sussex PO Box 1265 Crawley RH10 0JY Office 01293-538-477	www.rasasc.org.uk info@rasasc.org.uk
Croydon	Helpline 07905-362-011 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accommodation for your children.	Beth Refuge Croydon 07905-362-011 Office / refuge	www.hestia.org/ www.womensaid.org.uk/domestic-abuse-directory/ www.croydon.gov.uk/community/dabuse/services
Croydon	Helpline 02086-880-100 Helpline open Mon - Fri 10am-4pm Resettlement and follow up service IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	Croydon Family Aid Croydon London 02086-880-100 Office Helpline	www.womensaid.org.uk/domestic-abuse-directory/ www.croydon.gov.uk/community/dabuse/domestic-abuse
Croydon	Helpline 0808-802-9999 Freephone Our helpline is open everyday at 12.30pm-2.30pm and 7pm-9.30pm 365 day of the year for survivors of rape and childhood abuse. Independent Sexual Violence Advisor is available on weekdays to give information, advice and support about reporting to the police, and the criminal justice system. Counselling Monday - Friday for female survivors over 14 years who live and work in London, West Kent and North Surrey. Trauma counselling & group therapy	Rape Crisis South London PO Box 383 Croydon CR9 2AW 0208 683-3311 Office	www.rasasc.org.uk info@rasasc.org.uk
Croydon	Helpline 0800-121-6060 We have three refuges in the south London area of Croydon for women and their children who are fleeing domestic violence. For safety reasons we do not publish our address. Please contact us if you need any information or are in need	Croydon Refuge Croydon London 0800-121-6060 Office / Helpline	www.womensaid.org.uk/domestic-abuse-directory/ www.croydon.gov.uk/community/dabuse/domestic-abuse

of help.

Cumbria	Helpline 07808-772-768 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Let Go - Safe Space Cumbria 07808-772-768 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/ www.impacthousing.org.uk/let-go-domestic-violence-service	
Dagenham	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.	STEP UP 534 Rainham Road South Dagenham Essex RM10 7XD 02085-175-888 Office.	www.step-up-charity.co.uk/ step_up_shelley@hotmail.com
Darlington	Helpline 01325-364-486 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Offering direct services to male victims of domestic abuse.	Darlington Women's Refuge Darlington 01325-364-486 Office / Refuge	www.darlingtonrefuge.org.uk familyhelp@btconnect.com
Darlington	Helpline 01325-369-933 Helpline Mon - Thurs 6.30pm - 9pm The Centre offers FREE confidential counselling and support to women who have experienced any form of sexual violence. Providing face to face counselling, support and advice for all women and girls aged 13+ daytimes and evening in the Darlington area. Outreach counselling service in Durham on Wednesdays and on Saturday mornings. Email support coming soon. This entry November 2013	Rape and Sexual Abuse Counselling Centre PO Box 106 Darlington DL3 7YS 01325-354-119 Office	www.rsacc-thecentre.org.uk Email support coming soon
Derby	Helpline 01332-270-101 We run an advice line, outreach services for those who are affected by domestic abuse and a drop-in service in Derby at our advice centre.	Hadhari Nari Women's Project Derby East Midlands 01332-270-101 Office / Helpline	
Derby	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	SV2 PO Box 142 Derby DE1 1HF 01773-746-115 Office / Helpline	www.sv2.org.uk info@drconline.org.uk

police involvement.
Independent Sexual Violence Advisor
the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.
Face to face supportive counselling

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

www.next-step.org
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

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

www.devonrapecrisis.org.uk
support@devonrapecrisis.org.uk

Anonymous.

Devon	Helpline 03030-300-112 Helpline 0800-328-3070 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	STOP Abuse For Everyone Devon 03030-300-112 Office/Outreach	www.safe-services.org.uk
Devon North	Helpline 01271-370-079 Helpline 01271-321-946 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	North Devon Against Domestic Abuse North Devon 01271-370-079 Office/Outreach www.womensaid.org.uk/domestic-abuse-directory/	www.ndada.co.uk/
Devon South	Helpline 01626-365-087 Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	Domestic Violence Services Devon (South) 01626-365-087 Office / Helpline	www.safe-services.org.uk/
Doncaster	Helpline 01302-328-555 Helpline hours Tues 9.30 - 10.30am and Thursdays noon to 1pm We are an independent charity that has been helping victims of sexual violence since 1987. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Counselling for children and youth Counselling for adult survivors Group sessions led by one or two facilitators who are qualified and experienced counsellors. counselling@drasacs.org.uk	Doncaster Rape and Sexual Abuse Counselling Service PO Box 470 Doncaster DN1 3XW 01302-341-572 Office	www.drasacs.org.uk admin@drasac.org.uk
Doncaster	Helpline 01302-326-411	Doncaster Women's Aid	

	<p>Asian advice line 01302-340-063 Outreach and floating support Drop-in service for victims Dedicated services for children and young people</p>	<p>Doncaster 01302-326-411 Office / Helpline www.doncaster-womens-aid.co.uk mail@doncaster-womens-aid.co.uk www.facebook.com/SaveDoncaster/</p>
Dorset North	<p>Helpline 01747-858-555 Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p>	<p>North Dorset Women's Refuge Dorset (North) 01747-858-555 Office / Refuge www.northdorsetrefugefriends.org/?page_id=79</p>
Dorset West	<p>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</p>	<p>West Dorset Women's Refuge Dorset (West) 01305-262-444 Office / Refuge www.netmums.com/west-dorset/local/index/support-groups/domestic-violence</p>
Dover	<p>Helpline 0845-072-7625 Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p>	<p>Dover Refuge Dover Kent 0845-072-7625 Office / Refuge www.eastkenthousing.org.uk/antisocial-behaviour-asb/domestic-abuse/dover-domestic-abuse-contact-numbers/</p>
Dudley	<p>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</p>	<p>HUMDARD Dudley West Midlands 0845-607-6474 Office / Helpline www.dudleysafeandsound.org/ourwork</p>
Durham	<p>Helpline 01913-865-951 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Durham Women's Refuge County Durham 01913-865-951 Office / Refuge www.durhamlocate.org.uk/Services/4320/Durham-Women-s-Refug</p>
Eastbourne	<p>Helpline 01323-736-796 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Refuge - Eastbourne Eastbourne East Sussex 01323-736-796 Office / Refuge info@refuge.org.uk</p>

East Midlands	Helpline 01159-414-279 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.	Amber House 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. www.ashfield.gov.uk/residents/housing/homeless-and-housing-options-service/domestic-violence-and-abuse/	Umuada Refuge East Midlands 01159-753-254 Office / Helpline	umuadausers@ncha.org.uk
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 your regarding the judicial system and will accompany you to police inter-views and to the courts. Counselling for women affected by rape or sexual abuse. Counseling for men affected by rape or sexual abuse. A specialist young person's service Workshops and support groups. Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington.	Rape and Sexual Abuse Support Centre -Cheshire West & Chester Ellesmere Port Cheshire CH65 9BF 01244-907-710 Office / Helpline	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	Devon Rape Crisis Service PO Box 765 Exeter EX1 9TG	www.devonrapecrisis.org.uk info@devonrapecrisis.org.uk Email support contact address support@devonrapecrisis.org.uk

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 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 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. www.gateshead.gov.uk/People%20and%20Living/CommunitySafety/domestic/EmergencyInformation.aspx	Gateshead Women's Services and Refuge Gateshead 01914-779-309 Office / Refuge	GWS@homegroup.org.uk
Gloucester	Helpline 01452-526-770 For helpline times see website FREE confidential support for women and children who have been raped or sexually abused at any times in their lives. Advocacy, Practical advice provided regarding medical and legal processes 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	South Essex Rape and Incest Crisis Centre Grays Thurrock RM17 6LL 01375-381-322 Office	www.sericc.org.uk sericc@sericc.org.uk

sexual abuse or any form of sexual violence.
Female sexual violence counsellors
FREE short term counselling
Long term one to one counselling
Support 4 mother's of Child survivors
Support at medical appointments
Support through the court system
Counselling contact 01375-380-609
Counselling by appointment only

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.womenscentre.org.uk dvteam@womenscentre.org.uk
Halton	Helpline 0300-111-1247	Halton & District Women's Aid	

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.

Halton
Cheshire
0300-111-1247 Office / Helpline

www.merseycare.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

www.saferplaces.co.uk
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

Refuge - Hastings
Hastings
East Sussex
01424-721-490 Refuge

www.refuge.org.uk
info@refuge.org.uk

www.eastsussex1space.co.uk/Services/823/Refuge-East-Sussex

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

Herts Area Rape Crisis and Sexual Abuse Centre
PO Box 256
Hatfield
Hertfordshire
AL10 One

www.hertsrapecrisis.org.uk
hertsrapecrisis@btconnect.com

life: We offer FREE confidential counselling for females who are over 16 years no matter how or when the violence occurred. 01707-276-512 Office / Helpline

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	www.tilehouse.org counselling@tilehouse.org

Herts SG5 2DY
01462-440-674 Office.

Hove	Helpline 01273-911-680 Since 2000 we have been delivering specialist support services to men 18+ who have experienced child sexual abuse and/or adult sexual assault at any time in their lives. funded by the Big Lottery we are the only service of it's kind in the South East. We offer counselling services Therapeutic groups facilitated by 2 trained counsellors involving 2 hours once a week for 12 weeks. There is a sliding fee scale for these groups.	Mankind 1 Brunswick Road Hove East Sussex BN3 1DG 01273-911-680 Office / helpline admin@mankindcounselling.org.uk	www.mankindcounselling.org.uk
Hoylake	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.	Rape and Sexual Abuse Centre (RASA) - West Wirral Hoylake Wirral CH47 3BH 01516-661-392 Office / Helpline	www.rasamerseyside.org westwirral@rasamerseyside.org
Huddersfield	Helpline 0800-052-7222 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people Resettlement and follow up support Services for male victims of abuse please contact 01484-304-318 www.womencentre.org.uk/services/domestic-violence-support-team/	Huddersfield Women's Aid Huddersfield 0800-052-7222 Office / Helpline	huddersfieldwa@pdvg.co.uk
Huddersfield	Helpline 01484-450-040 Since 1989 we have provided support to survivors of sexual violence and more recently domestic violence. We are a FREE and confidential support and counselling service for survivors aged 16 + We offer up to 10 weekly counselling sessions. We provide an ISVA an Independent Sexual Violence Advisor The ISVA will advise and inform around reporting and the court procedures. They will also escort	Kirklees Survivors Counselling Project PO Box 230 Huddersfield HD1 1AA 01484-540-730 Office	www.krasacc.co.uk anything@krasacc.co.uk

you to police and solicitor appointments. Always supporting you in your choices whether you wish to report or not.

Hull	Helpline 01482-329-990 Helpline hours Mon-Fri 9am-5pm Answerphone for our of hours help We offer FREE confidential support and counselling services for women and girls aged 14+ who are survivors of rape and sexual abuse in Hull and the East Riding of Yorkshire. Our centre is a women only zone. www.rapecrisis.org.uk/rapecrisisspecialistservices.php	Hull Rape Crisis and Sexual Abuse Service Hull HU3 1AN 01482-329-990 Office / Helpline hullrapecrisis@hullrapecrisis.karoo.co.uk	
Hull	Helpline 01482-446-099 Childrens services 01482-474-133 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Hull Women's Aid Hull 01482-446-099 Office / Refuge	www.hullwomensaid.org/
Hull	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	Survivors - Hull & East Riding Hull East Yorkshire 01482-226-677 Office / Helpline	
Humberside	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 Humberside 0845-960-6011 Office / referrals www.hullwomensaid.org/domestic-abuse	
Huntingdon	Our Trauma and Abuse Support Centre provides a web based resource for adult survivors of child sexual abuse. Find a therapist resource.	START 83a High Street Huntingdon Cambridgeshire PE29 3DP 01480-878-409 Office	www.start-online.org.uk mail@start-online.org.uk
Ipswich	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	Lighthouse Westgate House Museum Street Ipswich IP1 1HQ 01473-220-770 Office	www.lighthousewa.org.uk admin@lighthousewa.org.uk

who at high risk of further harm of domestic abuse. The IDVA team will work with the victim through the court process.
Support groups available.

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.suffolkrapecrisis.org.uk
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 leagal 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 simular 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	Kirklees Asian & Black Women's Welfare Kirklees 0800-052-7222 Office / Helpline.	kabwwa@ntlbusiness.com www.womencentre.org.uk/

please call 01484-304-318

Kirklees	<p>Helpline 01484-353-521 Helpline 01924 465-238 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. www.connecthousing.org.uk/Support/SupportforFamilies/NorthKirkleesWomensRefuge.aspx</p>	<p>North Kirkless Women's Refuge Kirklees 01484-353-521 Office / Outreach</p>	
Knowsley	<p>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.</p>	<p>The First Step The First Step Centre Peatwood Avenue Kirkby Merseyside L32 7PR 0151-548-3333 Helpline</p>	<p>www.thefirststep.org.uk enquiries@thefirststep.org.uk</p>
Lancaster	<p>Christian Healing Ministry offering personal prayer ministry on FREE Healing Retreats and also as part of various teaching courses. suitable for those suffering the trauma of past abuse and desiring help with the subsequent dysfunction in their life.</p>	<p>Ellel Ministries Ellel Grange Bay Horse Lancaster Lancs LA2 0HN 01524 751-651 Office / Advice</p>	<p>www.ellel.org info.grange@ellelministries.org</p>
Lancaster	<p>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.</p>	<p>Lancaster and District Women's Aid. Lancaster 01524-389-637 Office / Helpline</p>	<p>www.safenet.org.uk/referrals@ldwa-support.org</p>

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

Lancaster	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	Jasmine House, Leicester Rape Crisis PO Box 7402 Leicester LE1 6WD 01162-555-962 Office	www.jasminehouse.org.uk admin@jasminehouse.org.uk

Support through the courts process

Leicester	Helpline 01162-533-383 Helpline Mon & Tues 7pm-9pm and Fridays 10am - 12 noon We aim to support women recovering from the trauma of childhood sexual abuse by offering crisis counselling and one to one counselling. Our website is currently being updated, for help or information call our office or helpline.	Quetzal 14-16 Talbot Lane Leicester LE1 4LR 01162-539-103 Office	www.quetzal.org.uk 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/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	Clare House - South Ribble Leyland Lancashire 01772-435-865 Office / Refuge	clarehouse@newprogress.co.uk

www.netmums.com/sw-lancs/local/view/support-groups/domestic-violence/clare-house-south-ribble-women-s-refuge

Leyton	<p>The counselling support service for survivors of sexual violence, abuse and domestic violence. Founded in 1982 by Chris Casey herself an abuse survivor we aim to reduce the many effects of suffering that victims endure after abuse.</p> <p>Counselling for men and women aged 15 plus.</p>	<p>Waltham Forest Haven Leyton London E10 6AE 02085-394-157 Office</p>	<p>www.havennetwork.org.uk/info@wfhaven.org.uk</p>
Lincolnshire	<p>Helpline 01507-609-830</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>www.lincolnshire.gov.uk/domestic-abuse/help-and-support/housing-and-refuge/117211.article</p>	<p>East Linsey Domestic Abuse Lincolnshire 01507-609-830 Office / Helpline</p>	
Lincolnshire North	<p>Helpline 01724-289-299</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>North Lincolnshire Refuge 01724-289-299 Office / Refuge</p>	<p>www.womensaidnel.org/</p>
Lincolnshire West	<p>Helpline 01427-616-219</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>West Lincolnshire Domestic Abuse Service Lincolnshire 01427-616-219 Office / Helpline</p>	<p>www.wldas.org.uk/</p>
Liverpool	<p>Helpline 01517-340-083</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>Amadudu Refuge Liverpool 01517-340-083 Office / Refuge</p>	<p>www.liverpooldomesticabuseservice.org.uk/</p>
Liverpool	<p>Helpline 01512-637-474</p> <p>Drop in service IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Liverpool Domestic Abuse Service Liverpool 01512-637-474 Office / Drop in</p>	<p>www.liverpooldomesticabuseservice.org.uk/</p>
Liverpool	<p>Helpline 01517-704-313</p> <p>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</p>	<p>RASA - Liverpool Liverpool L1 5AA 01517-704-313 Office / Helpline</p>	<p>www.rasamerseyside.org/liverpool@rasamerseyside.org</p>

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.

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	Barking & Dagenham Refuge London 02085-507-400 Office / Refuge	www.solacewomensaid.org/

accompany you to hearings and legal appointments and offer practical advice and planning.

London Barnet	Helpline 02084-492-591 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people.	Solace Women's Aid Barnet London 02084-492-591 Office / Refuge	www.solacewomensaid.org info@solacewomensaid.org
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 accommodation 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 accommodation for your children.	Brent Women's Refuge Brent London 02084-595-414 Office / Helpline www.asianwomensaid.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/get-help/camden/	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	Maendeleo House Ealing London 02089-911-007 Office / Helpline	www.hestia.org info@hestia.org

young people

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	Hammersmith North - Hestia Women's Aid Hammersmith North London 02087-438-518 Office / Helpline	www.hestia.org info@hestia.org

Dedicated services for children and young people

London Hammersmith	Helpline 02088-344-862 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Hammersmith South - Hestia Women's Aid Hammersmith South London 02088-344-862 Office / Helpline	www.hestia.org info@hestia.org
London Haringey	Helpline 02083-483-917 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Solace Women's Aid Haringey London 02083-483-917 Office / Refuge www.solacewomensaid.org/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	SeaCole House Islington London 02072-815-800 Office / Refuge www.solacewomensaid.org/get-help/islington/	www.solacewomensaid.org info@solacewomensaid.org

Dedicated services for children and young people

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 accomodation for your children.	Asha Refuge Lambeth London 02086-778-196 Office / helpline www.solacewomensaid.org/get-help/lambeth/
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 www.solacewomensaid.org/get-help/lambeth/
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/get-help/lambeth/ 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/get-help/lambeth/ 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 leagal 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 accomodation for your children.	Merton Refuge Ltd London 02085-428-791 Office / Helpline

<p>London Newham</p>	<p>Helpline 02074-732-813 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Beverley Lewis House Newham London 02074-732-813 Office / Helpline</p>	
<p>London Redbridge</p>	<p>Helpline 07946-872-734 Advice Line Helpline 07984-677-384 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Redbridge Women's Refuge Redbridge London 07946-872-734 Office / Helpline www.redbridge.gov.uk/crime-and-public-safety/domestic-violence/</p>	<p>outreach@raada.org</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 leagal 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</p>	<p>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>	

London Waltham Forest	Helpline 02085-581-986 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	The Kiran Project Waltham Forest London 02085-581-986 Office / Refuge www.kiranss.org.uk/ www.solacewomensaid.org/get-help/waltham-forest/	www.kiranss.org.uk/
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.thelondonvawqconsortium.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	Ashiana Network London 01085-390-427 Office / Helpline	www.ashiana.org.uk info@ashiana.org.uk

and Iranian women when they need it. We help to empower women experiencing domestic violence by offering safe housing and sensitive support.

London

We are a specialist therapy centre offering a unique combination of talking and bodywork therapies called "The Aurora Approach". Our mission is to help people who experienced abuse in childhood to heal and move on with their lives. Counselling and psychotherapy
Bodydynamic massage and Reiki
Support groups - groups are usually four or more participants and are facilitated by a trained counsellor. Mens' and a mixed group are planned for the near future. This entry November 2013.

Aurora Health Foundation
London
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	<p>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 www.havering.gov.uk/info/20096/community/550/domestic_violence</p>	<p>Havering Women's Aid London 01708-728-759 Office / Helpline</p>	
London	<p>Helpline 02088-885-362 Information and advice regarding any issues on domestic violence</p>	<p>Hearthstone DV Advice and Support Centre London 02088-885-362 Office / Helpline</p>	<p>www.haringey.gov.uk/community/community-safety-and-engagement/domestic-violence/hearthstone</p>
London	<p>ICAP is a registered charity providing high quality counselling services and psychotherapy to help people heal their lives and deal with emotional trauma. Originally founded to meet the needs of Irish immigrants now resident in Britain, today we support people from other communities. We have 2 clinical centres - London and The West Midlands.</p>	<p>ICAP - Immigrant Counselling and Psychotherapy. London 02072-727-906 Office</p>	<p>www.icap.org.uk/</p>
London	<p>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.</p>	<p>Jewish Women's Aid PO Box 2670 London N12 92E 02084-458-060 Office</p>	<p>www.jwa.org.uk Contact email form on website</p>
London	<p>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</p>	<p>Latin American Women's Aid London 02072-750-321 Office / helpline</p>	<p>www.lawadv.org.uk advice@lawadv.org.uk</p>
London	<p>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.</p>	<p>London Centre for Personal Safety (LCPS) PO Box 38883 London W12 9XP 02087-437-827 Office 02087-401-114 Alternative No.</p>	<p>www.londoncentreforpersonalsafety.org.uk/</p>
London	<p>Helpline 02071-887-710 Helpline 02071-889-181</p>	<p>Mozaic London</p>	

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. 02071-887-710 Office / Helpline www.familymosaic.co.uk/care-and-support-services/index.html

London **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

National Association for People Abused in Childhood (NAPAC)
PO Box 63632
London
SW9 1BF
02031-760-560 Office
www.napac.org.uk/

London **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.

North London Rape Crisis and Solace Women's Aid.
Unit 5-7 Blenheim court
62 Brewery Road
London
N7 9NY
020 7619-1350 Office
www.solacewomensaid.org/get-help/north-london-rape-crisis/

London **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.

One in Four
2 Shelburne Road
London
N7 6DL
02086-972-112 SE Office
07580-733-271 N london office
www.oneinfour.org.uk/

London **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.

Respond
3rd Floor
24-32 Stephenson Way
London
NW1 2 HD
0808-808-0700 Office / Helpline
www.respond.org.uk/

London **Helpline 08451-221-201**
Helpline Mon & Tues 7pm - 9.30pm

SurvivorsUK
Ground Floor
www.survivorsuk.org/

Thursdays 12 noon - 2.30pm
We help men who have been sexually violated, this includes those who have experienced childhood sexual abuse and adult sexual assault or rape. Offering both individual and group therapy from our base in Holborn, London. Our groups are for men 18 years plus and run for a 12 weeks. We also offer a supportive workshop for family and supporters. The next workshop April 5th 2014. Call our office or helpline for more details.

34 Great James Street
London
WC1N 3HB
02074-046-234Office

London

Helpline 0808-801-0770

See website for helpline hours
We provide a holistic range of intergrated services for women with experience of sexual violence aimed at promoting recovery. Services for survivors of recent or historic sexual violence.
Individual counselling from sixteen sessions up to one year
Group work and workshops
Advocacy
Refugee women's project.

West London Rape Crisis Ctr
PO Box 13095
London
W14 0FE
020-7610-4678 Office

www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/service.page?id=3vFbKciJ3vE

London

Helpline 08088-010-770

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

Women and Girls Network
PO Box 13095
London
W14 0FE
02076-104-678 Office
02076-104-678 Counselling

www.thelondonvawgconsortium.org.uk/partners/women-and-girls-network/

London

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.

Yanaba House
Westminster
London
02078-281-635 Office / Helpline

www.refuge.org.uk/

Luton

Helpline 01582-391-856

We provide safe, secure and a

Women's Aid in Luton
Luton

www.womensaidinluton.org
info@womensaidinluton.org

confidential accomodation for women and children escaping domestic violence and abuse.
One to one and group support sessions in a range of languages common to the Luton area.
Services for witnesses of abuse
Resettle ment worker to support you after you leave the refuge.

Bedfordshire LU1 3BE
01582-876-636 Office

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 leagal 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 coonfidential 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	<p>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</p>	<p>Sojourners House Refuge Manchester 01616-607-999 Office</p>	<p>www.manchesterwomensaid.org info@manchesterwomensaid.org</p>
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 it's 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@lcf.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</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>

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.

Middlesbrough	Helpline 01642-861-788 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Harbour Refuge Middlesbrough 01642-861-788 Office / Refuge	www.myharbour.org.uk 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	ISAS- Incest & Sexual Abuse Survivors 67 North Gate Newark	www.isas-notts.org.uk

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

Nottinghamshire
NG24 1HD
01636-610-314 Office

Newark

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

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

www.she-uk.org.uk
info@she-uk.org.uk

Newark-on-Trent

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.

Newark Women's Aid
PO Box 28
Newark -on-Trent
Nottinghamshire
01636-679-687 Office / Helpline
www.facebook.com/NewarkWomensAid/

nwa@womens.freeserve.co.uk

Newcastle upon Tyne

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.

GRACE
PO Box 1320
Newcastle upon Tyne
NE99 5DX
01912-220-272 Office
www.rapecrisis.org.uk/centreslist.php?area=North%20East

enquiries@rctn.org.uk

Newcastle upon Tyne

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

Newcastle Women's Aid
Newcastle
0800-923-2622 Office / Helpline
www.newcastlewomensaid.org.uk
office@newcastlewomensaid.org.uk

Newcastle upon Tyne

Helpline 0800-035-2794 Freephone
Helpline hours Tuesday, Wednesday Thursday evenings 6pm - 8.30pm

Tyneside Rape Crisis Centre
PO Box 1320
Newcastle upon Tyne

enquiries@rctn.org.uk

We are an organization run by women for women which aims to provide information, support and counselling for women 16 years and over who have been raped or abused sexually.

We are offering women survivors the opportunity to come together to develop positive supportive peer relationships in a group environment Six Tuesday evening sessions from 5pm to 8pm in December and in January in Newcastle. For further group details call 01912-220-272. Face to face counselling available in Newcastle and at our outreach office in south Tyneside.

NE99 5DX
01912-220-272 Office
www.rapecrisis.org.uk/centreslist.php?area=North%20East

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 someone in your family is a victim

Northampton Women's Aid
Northamptonshire
08451-232-311 Office / Helpline

of domestic violence.

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 Dedicated services for children and young people

Harbour Refuge
North Tyneside
01912-513-305 Office / Refuge

www.myharbour.org.uk
info@myharbour.org.uk

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.suelamberttrust.org/
admin@suelamberttrust.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

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

anymore, find the courage to call and we promise to call you back.

Nottingham

Helpline 01773-719-111

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

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

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

Nottingham Rape Crisis Centre
30 Chaucer Street
Nottingham
NG1 5LP
01159-470-064 Office

www.nottssvss.org.uk/

and Nottinghamshire area who have suffered any form of sexual violence. We offer face-to-face counselling and helpline support. We also offer women only therapeutic group support. Independent Sexual Violence Advisors are also available to give information, advice and support with reporting to the police and criminal justice system

admin@nottinghamrapecrisis.org.uk

Nottingham

**Helpline 08088-000-340 Freephone
Textphone 08088-000-341**

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

Women's Aid Integrated Services
30 Chaucer Street
Nottingham
NG1 5LP
01159-475-257 Office

www.wais.org.uk
enquiries@wais.org.uk

Nottinghamshire

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 accommodation for your children.

Jericho Refuge
Nottinghamshire
07905-362-011 Office/ Helpline

www.nidas.org.uk/

Oldham

Helpline 01616-284-991

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

Threshold Women's Services
Oldham
01616-284-991 Office / Helpline

www.thp.org.uk/
outreach@ofcg.org

Oxford

**Helpline 01865-726-295 (24 hours)
Or 0800-783-6294 Freephone
Email help support@osarcc.org.uk**

We run a support group service to provide a safe and inclusive space where survivors of sexual abuse and rape can work together towards

Oxford Sexual Abuse & Rape
Crisis Centre
PO Box 20
St. Aldates Post Office
Oxford
OX2 6GB
01865-725-311 Office / Helpline

www.oxfordrapecrisis.net
support@osarcc.org.uk
admin@osarcc.org.uk

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

Pendle	Helpline 01282-661-989 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.	Angel House Pendle Lancashire 01282-661-989 Office / refuge	
Pendle	Helpline 01282-726-000 A Male worker may answer phone Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. Services for Male victims	Pendle Domestic Violence Initiative Pendle Lancashire 01282-726-000 Office / advice	www.pdvi.org.uk/
Peterborough	Helpline 01733-317-899 If you have just been raped SARC's specialist medical and forensic services will offer their support to you whether or not you wish to report the assault to the police. If your assault is historic (more than 7 days) Our volunteer helpline is available Wednesday nights 7-9pm or Saturday mornings 10 - 12 noon We always offer anonymous individual and confidential support.	Peterborough Rape Crisis Care Oasis@Rivergate Vierson Platz Peterborough PE1 1SE 01733-317-899 Office / Helpline www.peterboroughrapecrisis.co.uk peterboroughrapecrisis@nhs.net	
Peterborough	Helpline 08454-103-123 Outreach 01733-894-455 We provide safe temporary accomodation for women and their children, who are experiencing domestic violence. Resettlement and aftercare Children's services Weekly workshops Outreach services across Peterboro Freedom program - 10-12 weekly sessionexploring the issues relating to domestic violence.	Peterborough Women's Aid Peterborough 08454-103-123 Office / Helpline www.peterboroughwomensaid.co.uk	
Peterlee	Helpline 01915-868-890 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 Peterlee County Durham 01915-868-890 Office / Refuge	www.myharbour.org.uk info@myharbour.org.uk
Pevensey	Christian Healing Ministry offering	Ellel Ministries	www.ellel.org

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 Glyndley Manor
Stone Cross
Pevensey
East Sussex BN24 5BS
01323-440-440 Office / Advice

info.glyndley@ellelministries.org

Plymouth

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.

Plymouth Women's Refuge
Plymouth
01752-562-286 Office / Refuge
www.sanctuary-supported-living.co.uk/pdas

Plymouth

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.

SARC - Twelves Company
Metropolitain House
The Millfields
Plymouth
PL1 3JB
08458-12-12-12 Office / Helpline
www.northdevonhealth.nhs.uk/sexual-assault-centre/

www.theoakcentresarc.org.uk/
admin@twelvescompany.co.uk

Plymouth

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.

SALT South West
142 Union Street
Plymouth
Devon
PL1 3HL
01752-600-599 Office / Helpline

www.saltsouthwest.co.uk
email@saltsouthwest.co.uk

Poole

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

Dorset Rape Crisis is a charity based in Poole which began 24 years ago as a helpline for girls and women who have been raped or sexually abused.
Telephone support
Face to face counselling - 6 weekly appointments initially then reviewed at regular intervals.
Independent Sexual Violence Advisor the ISVA will provide emotional and

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

www.dorsetrapecrisis.org
Email support form on website

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.

Poole	Helpline 01202-748-488 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Poole Refuge Poole Dorset 01202-748-488 Office / Refuge	
Portsmouth	Women's Helpline 02392-669-511 Men's Helpline 02392-669-516 Helpline hours Monday 1pm - 3pm Wednesdays & Fridays 7pm - 10pm PARCS was set up in 1981 and since that time we have grown to become an effective charity working with survivors of rape and childhood sexual abuse and those affected by domestic violence. Our helpline provides emotional support for survivors 18 years plus and for their family and supporters. We also have dedicated staff trained to work with young people. Counselling services Support groups being developed as of this entry November 2016	PARCS - Portsmouth Abuse and Rape Counselling Services. PO Box 3 Portsmouth Hampshire PO2 8RX 02392-669-513 Office	www.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 www.saferportsmouth.org.uk/violence-abuse/for-portsmouth-residents/hate-crime/12-domestic-abuse/157-portsmouth-women-s-refuge/	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 www.saferportsmouth.org.uk/help-in-portsmouth/?catid=0&id=105	
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	Preston - Domestic Violence Services. Preston Lancashire 01772-201-701 Office / advice	www.pdvs.org.uk enquiries@pdvs.org.uk

leagal appointments and offer practical advice and planning. Services for Male victims, these are services separate to the services for women.

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 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.

The Star Centre

PO Box 33

Rawtenstall

Lancashire

01706-830-600 Office / Helpline

www.facebook.com/thestarcentrerossendale/

office@thestarcentre.org

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.berkshirewomensaid.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.

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

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.

Reigate	Helpline 01737-771-831 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.reigate-banstead.gov.uk/info/20093/community_safety/402/domestic_abuse	Reigate & Banstead Women's Aid Reigate Surrey 01737-771-831 Office / Refuge	support@rbw-aid.org.uk
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
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	Rotherham RISE Rotherham 08442-254-411 Office / Outreach	www.rotherhamrise.org.uk/enquiries@rothwr.co.uk

and CSE abuse.

Rugby	<p>Helpline 01788-551-151 Helpline hours Mon, Wed, Thurs, Fri 10am-2pm Tues 3pm-7pm and Saturdays 10am to 12 noon We are a local independent charity offering support to victims of rape, sexual violence and sexual abuse. We work with both males and females survivors from the age of 5. Specialist counselling for children Dedicated helpline for all survivors Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Group and family counselling All services are FREE of charge</p>	<p>RoSA Rugby 01788-551-150 Office</p>	<p>www.rosasupport.org rosa.support@btconnect.com</p>
Rugby	<p>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/</p>	<p>Refuge - Rugby Warwickshire 07769-140-879 Office / Refuge</p>	
Runcorn	<p>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 your regarding the judicial system and will accompany you to police inter- views and to the courts. Counselling for women affected by rape or sexual abuse. Counseling for men affected by rape or sexual abuse. A specialist young person's service Workshops and support groups. Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington</p>	<p>Rape and Sexual Abuse Support Centre - Halton Runcorn WA7 1DF 01928-477-980 Office / Helpline</p>	<p>www.rapecentre.org.uk support@rapecentre.org</p>
Salford	<p>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</p>	<p>Salford Women's Aid Salford 01617-360-737 Office / Advice</p>	<p>www.salfordwomensaid.org/</p>

after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.
Direct services for male victims

Salisbury

Helpline 01722-324-348
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support

Salisbury Women's Refuge
Salisbury
Wiltshire
01722-324-348 Office / Refuge

**Sandown
Isle of Wight**

Helpline 01983-825-981
A Male worker may answer phone
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Island Women's Refuge
PO Box 5
Sandown
Isle of Wight
01983-825-981 Office / Helpline
www.helplines.org/helplines/island-womens-refuge/

info@islandrefuge.org.uk
www.wightdash.co.uk/

**Sandown
Isle of Wight**

Helpline 01983-400-123
Providing services for male and female survivors of rape and sexual abuse, along with support for partners of survivors.
Telephone counselling
Information and advice
Counselling and therapy groups.

Jig Saw
Sandown
Isle of Wight
Hampshire
01983-400-123 Office / Helpline
www.jigsawfamilysupport.com/

johnellison_5@hotmail.com

Scarborough

Helpline 01723-365-609
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
Services available for male victims.

Foundation Domestic Abuse
Services
Scarborough
01723-365-609 Office / Refuge
www.foundationuk.org/team/foundation-scarborough/

Scarborough

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.

Healing Our Past Experiences
Scarborough
01723-381-811 Office / Helpline

www.hopesurvivors.org.uk
office@hopesurvivors.org.uk

Scunthorpe

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

Grimsby & Scunthorpe Rape
Crisis Limited
The Ironstone Centre
West Street
Scunthorpe
DN15 6HX
01724-292-173 Office

www.itsmyright.co.uk
www.thebluedoor.org/
info@itsmyright.co.uk

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

Sefton	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	Sefton Women and Children's Aid Sefton 01519-228-606 Office / Helpline	www.swaca.com/
Sheffield	Helpline 01142-555-740 Helpline 07946-333-963 Mobile Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Ashiana - Sheffield Sheffield 01142-555-740 Office	www.ashianasheffield.org/ info@ashianasheffield.org
Sheffield	Helpline 01142-726-021	Burngreave Domestic Violence Project Sheffield 01142-726-021 Office / Helpline	www.sheffielddact.org.uk/domestic-abuse/get-help/support-for-women/
Sheffield	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	Haven House Project Sheffield 01142-739-126 Office / Refuge	www.havenorg.uk/
Sheffield	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.	Sheffield Rape and Sexual Abuse Centre PO Box 34 Sheffield Rape and Sexual S1 1UD 01142-618-990 Office	www.sheffieldrapecrisis.org.uk info@sheffieldrapecrisis.org.uk
Sheffield	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.	Sheffield Women's Counselling and Therapy Service 44 Daniel Hill Uppertorpe Sheffield S6 3JF 01142-752-157 Office / Helpline	www.swcts.org.uk office@swcts.org.uk
Sheffield	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	Sheffield Women's Aid Sheffield 01142-366-423 Office	

young people.

www.sheffielddact.org.uk/domestic-abuse/get-help/support-for-women/

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 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 Fletcher House 15 College Hill Shrewsbury SY1 1LY 01743-357-777 Office</p>	<p>www.axiscounselling.org.uk</p>
Shropshire	<p>Helpline 01691-679-491 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Refuge - Shropshire 01691-679-491 Office / Refuge www.shropstdas.org.uk/</p>	
Shropshire South	<p>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</p>	<p>South Shropshire Women's Refuge 01694-722-440 Office / Refuge www.shropstdas.org.uk/</p>	
Skelmersdale	<p>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.</p>	<p>Domestic Violence Support Services - West Lancashire Skelmersdale 0808-100-3062 Office / Helpline</p>	<p>www.dvsswl.org.uk enquiries@wlwref.org.uk</p>
Slough	<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.slough.gov.uk/crime-prevention-and-emergencies/domestic-abuse.aspx</p>	<p>Berkshire East & South Bucks Women's Aid Slough 01753-549-865 Office / Refuge www.berkshirerwomensaid.org.uk/contact-us/</p>	
Somerset	<p>Helpline 0800-694-9999 Mon - Fri 8am-8pm Not Bank Hols Domestic abuse helpline Somerset</p>	<p>Domestic Abuse Helpline Somerset 0800-694-9999 Office/ Helpline</p>	<p>www.somerset.gov.uk/adult-social-care/safeguarding/domestic-abuse/ www.somerseturvivors.org.uk/somerset-integrated-domestic-abuse-service/</p>

Southampton	<p>Helpline 02380-338-080</p> <p>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.</p> <p>Mutual support groups available please call for more details.</p>	<p>CIS'ters (Surviving Rape and or Sexual Abuse). PO Box 119 Southampton Hampshire SO50 9LF 02380-338-080 Office / Helpline</p>	<p>admin@cisters.org.uk www.cisters.org.uk/</p>
Southampton	<p>Helpline 02380-636-313</p> <p>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</p>	<p>Southampton Rape Crisis PO Box 1401 Southampton SO18 9AD 02380-636-312 Office</p>	<p>www.southamptonrapecrisis.com info@sotonrc.org.uk</p>
Southampton	<p>Helpline 08088-010-334</p> <p>Outreach services and support Dedicated services for children and young people</p>	<p>Southampton Women's Aid Southampton 02380-338-881 Office / Outreach www.southamptonwomensaid.org.uk info@southamptonwomensaid.org.uk</p>	
South Tyneside	<p>Helpline 01914-548-257</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 www.southtyneside.gov.uk/article/35248/Places-for-People-South-Tyneside-Women-s-Aid-Women-s-Refuge</p>	<p>Places for People South Tyneside 01914-548-257 Office / Refuge</p>	
Stafford	<p>Helpline 01785-225-991</p> <p>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.</p>	<p>EMERGE Stafford West Midlands 01785-225-991 Office / Helpline www.havoca.org/placemarks/emerge/</p>	
Staffordshire	<p>Helpline 01782-205-500 Helpline 01782-713-737 Refuge</p>	<p>Elizabeth House Staffordshire</p>	

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.

01782-205-500 Office / Helpline

www.newcastle-staffs.gov.uk/all-services/community/partnerships/domestic-abuse

Staffordshire

Helpline 01543-676-800

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

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

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

Pathways Project

Staffordshire

01543-676-800 Office / Helpline

www.pathway-project.co.uk

talktoeve.pathway@virgin.net

Staffordshire

**01782- 433-204 Message Line
24 Hour message line**

Savana provides info, support and confidential counselling for those aged from four years old who have been affected by sexual violence whether recently or in the past. We serve survivors in South Cheshire and Staffordshire.

We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system. Our ISVA provides practical and advocacy whether or not the offence has been reported.

SAVANA

Wood House

Etruria Road

Hanley

Stoke on Trent

ST1 5NQ

01782-433-205 Office

www.savana.org.uk

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

Staffordshire Women's Aid

01785-782-758 Office

www.staffordshirewomensaid.org

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

Helpline 01782-222-421
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

The Lighthouse
Staffordshire
01782-222-421 Office / Helpline
dv.services@archnorthstaffs.org.uk

www.lighthousewa.org.uk/

St. Albans

Helpline 08082-000-247
We aim to provide a safe, conflict-free and comfortable environment for women and their children who are suffering domestic abuse.
Emergency refuge
Outreach services
Services for male victims
Drop-in service, call 01727-824-425 for times and location.

St. Albans and Hertsmere
Women's Refuge
St. Albans
01727-824-425 St. Albans
01923-855-662 Hertsmere
01727-826-431 Office
www.stalbansandhertsmere womensrefuge.org.uk
info@sahwr.org

Stevenage

01438-742-742 (Women only)
01438-316-359 (Male victims)
Helpline hours Monday to Friday
9 am to 4 pm
One to one support for all victims of rape, sexual abuse or any form of sexual violence.
Rooms available for appointments with our local ISVA.
Independent Sexual Violence Advisor is available on weekdays to give information, advice and support about reporting to the police, and 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

Stevenage Women's Refuge
PO Box 110
Stevenage
Herts

for women and children fleeing domestic abuse. 01438-350-243 Office / Helpline
www.north-herts.gov.uk/home/housing/supported-housing/people-fleeing-domestic-violence

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 Info line hours Mon - Fri 9am - 5pm We are a registered charity who are dedicated to support people who have been affected by rape or sexual abuse at any time in their lives. We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts. Counselling for women affected by rape or sexual abuse. Counseling for men affected by rape or sexual abuse. A specialist young person's service Workshops and support groups. Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington.	Rape and Sexual Abuse Centre St Helens WA10 1DH 01744-877-987 Office / Helpline www.rapecentre.org 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	Julia House www.archnorthstaffs.org.uk

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

Stoke on Trent
01782-817-055 Office / Refuge
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 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

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 legal appointments and offer practical advice and planning.

Wearside Women In Need
Sunderland
01914-163-550 Head office

www.facebook.com/Wearside-Women-in-Need-1064492466981281/?nr

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 Referrals

www.newleafsupport.org/

Swindon

Helpline 01793-514-339
Mobile 07547-680-839
Breaking Free is a dedicated and professionally run registered charity. We are run by female

Breaking Free
Swindon
Wiltshire
01793-514-339 Office / Hotline

www.breakingfreesupport.co.uk
info@breakingfreesupport.co.uk

survivors who are qualified and trained therapists. We provide an opportunity for female survivors 18+ who have experienced rape and/or sexual abuse to break free from victimhood and become a survivor. Residential survivor weekends The weekend is highly participative, providing workshops, insight and healing with a focus on groups work. We also offer support groups One to one therapy Referrals and info on other projects Prison and court support.

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 Counselling 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 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	Tameside Women's Project Ltd Tameside 01613-398-755 Office / Refuge www.tameside.gov.uk/domesticabuse	www.thp.org.uk/services
Telford	We were formed in 1993 as a charity to meet the growing need to help people in Shropshire, Telford and Wrekin. We provide a confidential counselling service for men and women aged 11 years and over. Self Help support group is offered to survivors that have completed their one to one counselling. We have separate groups for men and women. We also have available the services of an Independent Sexual Violence Advisor that will give emotional and practical support whether or not you choose to report the abuse.	Axis Counselling The Glebe Centre Glebe Street Wellington Telford TF1 1JP 01952-278-000 Office	www.axiscounselling.org.uk
Thurrock	Helpline 01375-845-899 We provide a safe haven for women and children fleeing domestic abuse. Outreach support services for women	Thurrock Women's Aid Thurrock 01375-845-899 Office / Helpline	www.thurrock-wa.org info@thurrock-wa.org

living in the Thurrock area. We can visit your home or meet at a safe location.
Drop-in service in Grays Wed morn
Support groups twice a year running for 15 weeks.
Support for children who witness abuse in the home.

Torbay	Helpline 01803-524-594 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people	Torbay Refuge Torbay Devon 01803-524-594 Office / Refuge torbayrefuge@westcountryha.org.uk www.sanctuary-supported-living.co.uk/tdas
Trafford	Helpline 0845-241-1117 Helpline 0845-450-0789 Refuge We are a registered charity offering support services to individuals and families affected by domestic abuse. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Trafford Domestic Abuse Services Trafford Manchester 0845-241-1117 Office / Helpline www.tdas.org.uk
Trowbridge	Referral line 01225-358-568 support@revival-wiltshirerasac.org.uk We provide a non judgemental, confidential, safe and supportive atmosphere in which you will be given time and space to explore your present in relation to your past. One to one counselling On-line forum and email support See website for more details.	REVIVAL - Wiltshire RASAC PO Box 4157 Trowbridge Wiltshire BA14 4AW 01225-358-567 Office www.revival-wiltshirerasac.org.uk n@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	Cornwall Rape and Sexual Abuse Centre. Truro Cornwall 01872262-100 Office / Helpline www.crasacornwall.co.uk/vision@crasac.co.uk

over the phone or face to face.
We offer accompaniment to police interviews, at doctor or hospital and through the court system.

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 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.

Crisis Point

Blakenall Village Centre

2nd Floor

79 Thames Road

Walsall

WS3 1LZ

01922-476-153 Office / Helpline

www.crisispoint.org.uk

info@crisispoint.org.uk

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 and sexual Abuse Support

Centre (Cheshire & Merseyside)

PO Box 35

Warrington

WA1 1DW

01925-221-546 Office / Info

www.rapecentre.org

support@rapecentre.org

rape or sexual abuse.
Counseling for men affected by
rape or sexual abuse.
A specialist young person's service
Workshops and support groups.
Offices in Chester, Congleton,
Ellesmere Port, Halton, Northwich,
St Helens and Warrington.

Warrington

Helpline 01925-417-138

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

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

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

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

Warwickshire

Helpline 01788-537-112

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

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

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.swindoniscb.org.uk/wav/Pages/Domestic-Abuse.aspx	
Wiltshire West	Helpline 01225-776-955 Helpline 07866-556-398 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.	West Wiltshire Women's Refuge Wiltshire (West) 01225-776-955 Office / Refuge	www.swindonwomensaid.org/
Winchester	Helpline 01962-871-717 Helpline 01962-871-718 Helpline Mon 11.30am to 1.30pm Tuesdays 7pm - 9.30pm Thursdays 7pm - 9.30pm Calls answered by both men and women. We also offer face to face counselling for anyone who wants to talk about the effects of an 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.	RASAC The Colebrook Centre Winchester Hampshire SO23 3LH 01962-871-716 Office	www.rasac.org.uk rasac@waca.org.uk
Windsor	Helpline 01753-549-865 Refuge for women fleeing domestic violence. The address is not	Berkshire East & South Bucks Women's Aid Windsor	

published for safety reasons. 01753-549-865 Office / Refuge

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

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

www.berkshirewomensaid.org.uk/bwa-provides-help-domestic-abuse/refuge/

Woking	Helpline 01483-776-822 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Your Sanctuary Woking Surrey 01483-776-822 Office / Helpline	admin@yoursanctuary.org.uk www.yoursanctuary.org.uk/
Wokingham	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 Wokingham 01189-504-003 Office / Helpline	
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 offen 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 leagal appointments and offer practical advice and planning.	The Haven Wolverhampton 01902-572-140 Office referralpoint@havenrefuge.org.uk	www.havenrefuge.org.uk

Worcester	<p>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</p>	<p>Worcestershire Rape & Sexual Abuse Support Centre. PO Box 240 Worcester WR1 2LF 01905-611-655 Office.</p>	<p>www.wmrsasc.org.uk/office@wmrsasc.org.uk</p>
Worcestershire	<p>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.</p>	<p>West Mercia Women's Aid Worcestershire 0800-980-3331 Office / Hotline Helpline@westmerciawomensaid.org www.westmerciawomensaid.org/</p>	
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</p>	<p>Wycombe Women's Aid Wycombe Buckinghamshire 01494-461-367 Office / Refuge www.wycombewomensaid.org.uk/</p>	

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

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. 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.</p>	<p>York Women's Aid York 01904-646-036 Office / Outreach</p>	<p>www.idas.org.uk info@idas.org.uk</p>
Yorkshire	<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 Yorkshire 0845-960-6011 Office / Refuge www.idas.org.uk/our-services/other-help-available/</p>	
Yorkshire North	<p>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.</p>	<p>Craven Independent Domestic Abuse Services North Yorkshire 01756-794-400 Office/ advice www.survive-northyorks.org.uk/useful-links/</p>	<p>www.idas.org.uk/advice@cdvs.org</p>