### AREA COVERED | SERVICES INCLUDED | GROUP OR ORGANIZATION | WEB ADDRESS / EMAIL ADDRESS
--- | --- | --- | ---
### ENGLAND

**Nationwide**

**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.

- Broken Rainbow UK  
  Nationwide  
  08452-605-560 Office  
  mail@brokenrainbow.org.uk

**Nationwide**

**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  
  Email Support form on Website  
  www.selfinjurysupport.org.uk  
  info@selfinjurysupport.org.uk

**Nationwide**

**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.

- National Association for People Abused in Childhood (NAPAC)  
  PO Box 63632  
  London  
  SW9 1BF  
  0203- 096-7645 Office  
  www.facebook.com/NationalAssociationforPeopleAbusedinChildhood  
  www.napac.org.uk/  
  support@napac.org.uk

**Nationwide**

**Helpline 0808-2000-247.**  
helpline@womensaid.org.uk  
Women's Aid UK  
National Domestic Violence  
0808-2000-247 Office / Helpline  
Home - Women's Aid (womensaid.org.uk)  
info@womensaid.org.uk

**Nationwide**

**Helpline 0808-168-9111**  
supportline@victimsupport.org.uk  
Victim Support is the independent charity for victims and witnesses of

- Victim Support  
  www.victimsupport.org.uk/  
  supportline@victimsupport.org.uk
crime in England and Wales. We have offices across the country and we run a "Witness Service" in every court. There is a map of England on our website to help you find a Victim Support Office near you.

Accrington

**Helpline 01254-879-855**  
We have been providing services to vulnerable children and families affected by domestic violence since 1998. Our services include:  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

HARV  
PO Box 77  
Accrington  
Lancashire  
01254-879-855 Office / Helpline  
[www.harvoutreach.org.uk](http://www.harvoutreach.org.uk)  
[info@harvoutreach.org.uk](mailto:info@harvoutreach.org.uk)

Altrincham

**Helpline 0800-783-4608**  
Minority women 0800-434-6484  
Text Help 0796-7000-205  
Email dorothytrc@hotmail.co.uk  
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.

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

Ashford

**Nation DV Line 0808-2000-247**  
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  
[contactus@amicushorizon.org.uk](mailto:contactus@amicushorizon.org.uk)

Aylesbury

**Helpline 01296-719-772**  
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 affect 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  
[support@avmksaass.org.uk](mailto:support@avmksaass.org.uk)

Aylesbury

**Helpline 01296-437-777**  
Refuge for women fleeing domestic violence

Aylesbury Women's Aid  
Aylesbury
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.

Barnsley

Helpline 0808-802-9999 Women
Helpline 0808-800-5005 Men

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

Barnsley

Helpline 03000-110-110

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

Barnstaple

Helpline 01271-370-079 / 080

Offering services for women and girls who have survived rape or sexual abuse.
Face to face counselling
Therapy groups
Mutual support groups.

Basildon

Helpline 01268-729-707

Offering temporary accommodation 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.

Basingstoke

Helpline 01256-423-890

Helpline Tues to Thurs 7pm - 9pm
We endeavour to provide volunteers who understand what rape and sexual abuse is all about, they are not shockable or judgemental.
Providing practical and emotional

Buckinghamshire

01296-436-827 Office / Refuge
www.aylesburywomensaid.org.uk/
support for people over 16 who have been raped or assaulted whether yesterday or years ago.
Counselling and support groups

**Basingstoke**

**Helpline** 01256-844-844

**National DV Line** 0808-2000-247

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

Basingstoke Shared House  www.refuge.org.uk
Basingstoke 01256-844-844 Office / Helpline
BasingstokeRefuge@homegroup.org.uk

**Bath**

**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.

Next Link - Domestic Violence Services  www.nextlinkhousing.co.uk
Bath 01179-250-680 Office / Helpline
bath.enquiries@nextlinkhousing.co.uk

**Bath**

**Helpline** 0808-801-0456

Services provided for adult female survivors of rape and sexual abuse.
Mutual support groups available, please call our helpline for more details.

Survivors After Rape and Abuse (SARA)  www.sarsas.org.uk/
PO Box 4404  info@sarsas.org.uk
Bath 01179-299-556 Office

**Bedford**

**National DV Line** 0808-2000-247

Our objective is to inform, organise and involve women in Bedfordshire on issues relating to domestic violence and abuse.

Santosh Asian Women's Foundation  www.sarsas.org.uk/
Bedford 01234-405-916 Office

**Bedfordshire**

**Helpline** 01234-353-592

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

Butterfly House  www.bedsdv.org.uk/
Bedfordshire 01234-353-592 Office / helpline

**Bedfordshire**

08451-410-073 South Bedfordshire
08451-410-074 North Bedfordshire

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

Central Bedfordshire Refuges  www.bedsdv.org.uk/
08451-410-073 Office / Helpline
08451-410-074 Office / Helpline
bdap@centralbedfordshire.gov.uk

**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  www.rasamerseyside.org
Kent 02083-011-536 Office / Helpline
www.bexleywomensaid.org.uk/
helpline@bexleywomensaid.org.uk

**Birkenhead**

**Helpline** 01516-661-392

Helpline hours Mon 7pm-9pm

RASA Rape and Sexual Abuse Centre  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.

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.

Birmingham
The Arch Project in Birmingham works with children and young people between 5 - 14 years old who have emerging emotional and behavioural difficulties. Individual 12 week programmes where each child is allocated a key worker.

Birmingham
Helpline 0808-800-0028
Refuge for 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
ICAP is a registered charity providing high quality counselling services and Psychotherapy.

PO Box 35
Birkenhead
CH 42 4RX
01516-500-155 Office

Wirral Women and Children's Aid
Birkenhead
01516-439-766 Office / Helpline

Zero Centre
Birkenhead
01516-701-528 Office / Helpline

Banardo’s - Arch Project
42 rupert Street
Nechells
Birmingham
B7 4PS
01213-595-333 Office.

Birmingham & Solihull Women’s Aid
Birmingham & Solihull
0808-800-0028 Office / Helpline

ICAP - Immigrant Counselling and Psychotherapy
www.icap.org.uk
info@icap.org.uk

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

www.bswaid.org
info@bswaid.org

www.bswaid.org
info@bswaid.org

www.icap.org.uk
info@icap.org.uk
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.

**Birmingham**  
**Helpline 0800-088-4194**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support

**Jasmine Grove**  
Birmingham  
0800-111-4223 Office / Refuge

**Birmingham**  
**Helpline 01216-434-136**  
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

**Birmingham**  
**Helpline 0800-953-9666**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support  
Dedicated services for children and young people

**Roshni Women's Refuge**  
Birmingham  
0800-953-9666 Office Helpline  
admin@roshnibirmingham.org.uk

**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

**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.

**Blackburn, Dawen & District Women's Aid**  
Blackburn  
01254-260-465 Office / refuge  
info@bddwa.org.uk

**Blackpool**  
**National Helpline 0808-2000-247**  
Fylde Coast Women's Aid  
www.fcwa.co.uk/
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
IDVA: IDVA’s work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

**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
www.beaconcounselling.org/
enquire@beaconcounselling.org

**Bolton Helpline 01204-365-677**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
We have a support Centre offering:
A counselling service
Freedom Programme - For survivors to learn about healthy relationships and make the changes required.

**Fort Alice**

www.fortalice.org.uk
info@fortalice.co.uk
01204-365-677 Office / Refuge

**Bootle**

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) Sefton**

www.rasamerseyside.org
helpline@rasamerseyside.org

**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

**Boston Women's Aid**

www.bostonwomensaid.org.uk
admin@bostonwa.co.uk

PO Box 5
Boston
PE21
01205-311-272 Office / Helpline
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.

Bournemouth  Helpline 01202-410-500
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support

Bournemouth Women's Refuge
Bournemouth
01202-710-777 Office
abusesupport@bcha.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
01189-500-182 Office
www.berkshireremensaid.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
TEXT Line 07435-752-975
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  contactus@brcg.org.uk
C/O 19/25 Sunbridge Road
Bradford
BD1 2AY
01274-308-271 Office
www.facebook.com/brcg.co.uk/ www.bradfordrapecrisis.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  info@mosaic2.org.uk
The Mayfield Centre
Broadway Avenue
Bradford
BD5 9NP
01274-734-561 Office / Helpline

Bradford  National DV Line 0808-2000-247
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and

Oasis BME Domestic Abuse Services
Bradford
01274-634-850 Office /
<table>
<thead>
<tr>
<th>Location</th>
<th>Service/Support Provided</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td>Bradford</td>
<td>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.</td>
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<tr>
<td></td>
<td>Staying Put Bradford</td>
<td>Helpline 0808-280-0999 Offices: IDVA, Bradford Women's Aid</td>
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<td></td>
<td>Bradford Women's Aid, <a href="mailto:office@bradfordwomensaid.org">office@bradfordwomensaid.org</a></td>
<td>0808-280-0999 Office Helpline</td>
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<tr>
<td>Bradford</td>
<td>Refuge, <a href="mailto:office@bradfordwomensaid.org">office@bradfordwomensaid.org</a>, 01274-660-052 Office / Refuge</td>
<td>Bradford Women's Aid, <a href="mailto:office@bradfordwomensaid.org">office@bradfordwomensaid.org</a>, 01274-660-052 Office / Refuge</td>
</tr>
<tr>
<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
<td>01274-660-052 Refuge / Refuge</td>
</tr>
<tr>
<td></td>
<td>Resettlement and follow up support, Dedicated services for children and young people</td>
<td>RISE - Brighton &amp; Hove, <a href="http://www.riseuk.org.uk">www.riseuk.org.uk</a></td>
</tr>
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<td>Brighton</td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
<td>01273-622-828 Office / Helpline</td>
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<tr>
<td></td>
<td>Resettlement and follow up support, Dedicated services for children and young people</td>
<td>RISE - Brighton &amp; Hove, <a href="http://www.riseuk.org.uk">www.riseuk.org.uk</a></td>
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<td>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.</td>
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<tr>
<td>Brighton</td>
<td>Helpline 01273-720-110, Text for help 07717-999-989, Staffed 7pm-9pm Wednesdays, Drop In service Monday &amp; 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).</td>
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<td>Survivors' Network, 6a Pavilion Buildings, 01273-203-380 Office / Support @survivorsnetwork.org.uk</td>
<td>01273-720-110 Office / Helpline</td>
</tr>
<tr>
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<td>Staffed 7pm-9pm Wed and Fri, Drop In service Monday &amp; 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).</td>
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<tr>
<td>Bristol</td>
<td>CASS Women’s Self Injury Helpline 0808-800-8088 Tues &amp; 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. Text Support 07537-432-444 Self Injury Support is a national UK-wide organization that supports girls and women in emotional</td>
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<td>PO Box 3240, Bristol, BS2 2EF, Email Support form on Website</td>
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</tbody>
</table>
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.

Bristol Helpline 07867-431-242
Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Bristol Helpline 01179-087-712
Email contact@kinergy.org.uk
KINERGY
Mary Carpenter House
Kingswood Foundation Estate
Britannia Road
Kingswood
Bristol
BS15 8DB
01179-087-712 Office / Helpline
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.

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.

Bristol Helpline 0808-801-0464
Freephone 0808-801-0456
support@sarsas.org.uk
SARSAS
PO Box 2942
Bristol
BS1 9EU
01179-299-556 Office
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.

Bristol Childrens Hotline 07707-039-861
Adult Counselling 07707-038-024
The Green House - Bristol
PO Box 665
www.the-green-house.org.uk
info@the-green-house.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.
The Green House Bristol is a Bristol registered charity. We offer a range of specialist professional counselling and therapy services to help people of all ages who have experienced the trauma of sexual abuse or sexual violence at any time in their lives. All services are FREE & confidential.

One to one counselling
Therapy group work.

Bristol
Helpline 01179-166-461
Helpline 08454-582-914
See website for hepline hours
Our Bristol women’s therapy centre was established in 1986 as a registered charity. We provide counselling and on-going group work and support to women in the Bristol area.

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.

Bromley
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 accommodation for your children.

Bromley Women’s Aid
Bromley
Kent
02083-139-303 Office / Helpline

Burnley
National Helpline 0808-2000-247
Refuge for 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.

East Lancashire Women's Refuge Association
PO Box 9
Burnley
Lancashire
0808-800-4444 Shelter office
TalkToUs@lancashirewomen.org

Burton on Trent
Helpline 01283-517-185
Helpline staffed 2 hours per day
Telephone support and individual support for survivors aged 13+ of any form of sexual and or domestic abuse, rape or sexual violence whether recent or past.

Sexual & Domestic Abuse and Rape Advice Centre
Burton on Trent
DE14 1BB
01283-517-185 Office / Helpline

Bury
Helpline 01706-298-222
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. WHAG
Bury
01617-615-266 Bury Office
buryreferrals@whag.info
<table>
<thead>
<tr>
<th>Location</th>
<th>Services</th>
<th>Website/Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calderdale</td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support. Dedicated services for children and young people. Services available to male victims.</td>
<td>Calderdale Domestic Abuse <a href="http://www.krasacc.co.uk">www.krasacc.co.uk</a> <a href="mailto:anything@kcrasac.co.uk">anything@kcrasac.co.uk</a></td>
</tr>
<tr>
<td>Cambridge</td>
<td>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 is available on weekdays to give information, advice and support about reporting to the police, and the criminal justice system.</td>
<td>Cambridge Rape Crisis Centre PO Box R 12 Mill Road Cambridge CB1 2AD 01223-313-551 Office <a href="mailto:contact@cambridgerapecrisis.co.uk">contact@cambridgerapecrisis.co.uk</a> For support via email <a href="mailto:support@cambridgerapecrisis.co.uk">support@cambridgerapecrisis.co.uk</a> <a href="http://www.cambridgerapecrisis.org.uk">www.cambridgerapecrisis.org.uk</a></td>
</tr>
<tr>
<td>Cambridge</td>
<td>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.</td>
<td>Choices Counselling <a href="http://www.choicescounselling.co.uk">www.choicescounselling.co.uk</a> <a href="mailto:admin@choicescounselling.co.uk">admin@choicescounselling.co.uk</a></td>
</tr>
<tr>
<td>Cambridgeshire</td>
<td>Refuge Helpline 01223-460-947 Community Line 01223-361-214 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.</td>
<td>Cambridge Women's Aid <a href="mailto:refuge@cambridgewa.org.uk">refuge@cambridgewa.org.uk</a> <a href="http://www.cambridgewa.org.uk">www.cambridgewa.org.uk</a></td>
</tr>
<tr>
<td>Canterbury</td>
<td>Helpline 0800-458-2818 Support line 01227-450-400 <a href="mailto:support@ekrcc.org.uk">support@ekrcc.org.uk</a> 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.</td>
<td>East Kent Rape Crisis <a href="http://www.ekrcc.org.uk">www.ekrcc.org.uk</a> <a href="mailto:info@ekrcc.org.uk">info@ekrcc.org.uk</a> <a href="http://www.domesticabuservices.org.uk">www.domesticabuservices.org.uk</a></td>
</tr>
<tr>
<td>Canterbury</td>
<td>Helpline 01227-452-852 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support. Dedicated services for children and young people.</td>
<td>Canterbury Women's Refuge <a href="http://www.risingsunkent.com">www.risingsunkent.com</a> <a href="mailto:admin@risingsunkent.com">admin@risingsunkent.com</a> <a href="http://www.domesticabuservices.org.uk">www.domesticabuservices.org.uk</a></td>
</tr>
<tr>
<td>Canterbury</td>
<td>Helpline 01227-542-852</td>
<td>Rising Sun Domestic Abuse <a href="http://www.risingsunkent.com">www.risingsunkent.com</a></td>
</tr>
</tbody>
</table>
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.

**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 CA3 8RR
01228-515-859 Office / Helpline

**Cheshire**
Helpline Cheshire 0300-123-5101
Outside Cheshire 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
[www.cheshirewithoutabuse.org.uk/](http://www.cheshirewithoutabuse.org.uk/)

**Cherwell**
Helpline 0800-731-0055 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
Services for Male victims of abuse
Cherwell Women’s Refuge
Cherwell
Oxfordshire
0800-731-0055 Office / Support

**Cheshire**
Help in Cheshire 0300-123-5101
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Access to interpreters
Cheshire Women’s Services.
Cheshire
0300-123-5101 Office / Helpline
[www.cheshirewithoutabuse.org.uk/](http://www.cheshirewithoutabuse.org.uk/)

**Chester**
Freephone Help 0808-284-0484
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
01244-307-499 Counselling
[www.csass.org.uk/](http://www.csass.org.uk/)
[chestersvss@yahoo.co.uk](mailto:chestersvss@yahoo.co.uk)

**Chester**
Helpline 01606-871-523
Phoenix 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
Offering direct services to male victims of domestic abuse.
Facilities for the disabled

**Chesterfield**
**Helpline 0800-028-2678**
we serve adult female survivors of rape and sexual abuse by offering information, advocacy, counselling and mutual support groups.

**Support Services**
info@phoenixsupport.org.uk
Chester
Cheshire
01606-871-523 Office / advice
www.facebook.com/PhoenixDAaSSL

**Chichester**
**Helpline 01903-896-202**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support

**Chichester**
**Free 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

**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 volunteer counsellors during office hours.

**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 if you go to the police
Support through legal processes
information about your rights
Support at the hospital
One to one counselling

**SAIL Sexual Abuse & Incest Line**
info@sailderbyshire.org.uk
www.sailderbyshire.org.uk/

**Chichester Shared House**
info@safesussex.org.uk
www.safesussex.co.uk

**Lifecentre**
info@lifecentre.uk.com
www.lifecentre.uk.com

**The Bridgeway**
info@thebridgeway.org.uk
www.thebridgeway.org.uk/

**Centre for Action on Rape and Abuse**
info@caraessex.org.uk
www.caraessex.org.uk
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

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
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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.

Congleton
Helpline 0330-363-0063
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 East
Congleton
Cheshire
CW12 4AB
01260-697-900 Office

Congleton
Helpline 0330-363-0063
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 East
Congleton
Cheshire
CW12 4AB
01260-697-900 Office

Cornwall
01208-77-099 Rape/Sexual Abuse Support
01208-79-992 Domestic Abuse Support
WRSAC provides confidential
support and is run by women for
women. Whether you have
experienced childhood sexual
abuse, a recent sexual assault or
domestic abuse you can contact us
through our helplines or the website.
We will help you find the right

Women’s Rape & Sexual Abuse
Centre (Cornwall)
PO Box 39
Bodmin
PL31 1XF
01208-76-466 Office
admin@womenscentrecornwall.org.uk
www.womenscentrecornwall.org.uk/
support for you. See more at: www.wrsac.org.uk
Rape and sexual abuse helpline is open Mon - Thurs 10am - 1pm
Thursday evenings 7.30pm - 10pm
Domestic violence helpline is open Monday evenings 7.30pm - 10pm

Cornwall
Helpline 01872-225-629
Helpline 01872-227-814 Refuge
Cornwall Women's Refuge Trust
Cornwall
01872-225-629 Office / Helpline
www.cornwallrefugetrust.co.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
Offering direct services to male victims of domestic abuse.

Cornwall
Helpline 01726-871-244
East Cornwall Women's Refuge
East Cornwall
01726-871-244 Helpline/refuge
www.cornwallrefugetrust.co.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

Cornwall
Helpline 01736-367-539
West Cornwall Women's Aid
West Cornwall (West)
01736-367-539 Office / Helpline
support@wcwaid.co.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

Coventry
Helpline 0800-111-4998
Coventry Haven
Coventry
02476-444-077 Office
www.coventryhaven.co.uk/
info@coventryhaven.co.uk
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Drop-in service available

Coventry
Helpline 02476-277-777
helpline@crasac.org.uk
Coventry Rape and Sexual Abuse Centre Ltd
PO Box 2464
Coventry
CV1 1ZA
02476-277-772 Office
info@crasac.org.uk
Home - CRASAC - Coventry Rape and Sexual Abuse Centre
We offer a FREE and independent helpline for anyone from 5 years who has been affected by sexual violence no matter when or how it happened.
Counselling for 5 to 18 year olds
One to one counselling for women
Crisis support and advocacy
Help reporting to the police
Girl's group therapy ages 11-17
Our helpline supports boys & men
Weekly therapy groups for women
One to one counselling for men now available.

Croydon
Helpline 020-8313-9303
Beth Refuge
Croydon
info@bcwa.org.uk
Refuge for women fleeing domestic violence no matter when or how it happened.
Counselling for 5 to 18 year olds
One to one counselling for women
Crisis support and advocacy
Help reporting to the police
Girl's group therapy ages 11-17
Our helpline supports boys & men
Weekly therapy groups for women
One to one counselling for men now available.
violence. The address is not published for safety reasons. Please call the helpline to ask about accommodation for your children.

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 Helpline 020-8313-9303
National DV Line 0808-2000-247
We have three refuges in the south London area of Croydon for women and their children who are fleeing domestic violence. For safety reasons we do not publish our address. Please contact us if you need any information or are in need of help.

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.

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 Helpline 0300-222-5730
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.
**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
01332-384-379 Office
[hadhariderby@gmail.com](mailto:hadhariderby@gmail.com)

**Derby**

**Helpline 01773-746-115 24 Hours**
**Email support help@sv2.org.uk**
We provide support for anyone of any gender who are 14 years + and have been victims of any form of sexual violence at any point in their life. Support for victims wanting forensic medical exams without police involvement. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.

**SV2**
PO Box 142
Derby
DE1 1HF
01773-746-115 Office / Helpline
[www.sv2.org.uk](http://www.sv2.org.uk)

**Derbyshire**

**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

**Devon**

**Helpline 01392-204-174**
**support@devonrapecrisis.org.uk**
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 service 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 accommodation for those fleeing violence. We also offer counselling services for men and women.

**Devon Rape Crisis Service**
PO Box 765
[www.devonrapecrisis.org.uk](http://www.devonrapecrisis.org.uk)
[info@devonrapecrisis.org.uk](mailto:info@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 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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Helpline</th>
<th>Service Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Devon</td>
<td>03030-300-112</td>
<td>Devon Helpline</td>
</tr>
<tr>
<td></td>
<td>0800-328-3070</td>
<td>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.</td>
</tr>
<tr>
<td>North Devon</td>
<td>01271-370-079</td>
<td>North Devon Against Domestic Abuse</td>
</tr>
<tr>
<td></td>
<td>01271-370-080</td>
<td>North Devon Helpline</td>
</tr>
<tr>
<td>South Devon</td>
<td>01626-365-087</td>
<td>Domestic Violence Services Devon (South)</td>
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</table>

Doncaster
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

<table>
<thead>
<tr>
<th>Location</th>
<th>Counselling</th>
<th>Service Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doncaster</td>
<td>01302-360-421</td>
<td>Doncaster Rape and Sexual Abuse Counselling Service</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PO Box 470</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Doncaster DN1 3XW</td>
</tr>
<tr>
<td></td>
<td></td>
<td>01302-341-572 Office</td>
</tr>
</tbody>
</table>
Counselling for children and youth
Counselling for adult survivors
Group sessions led by one or two facilitators who are qualified and experienced counsellors.
counselling@drasacs.org.uk

Doncaster
Helpline 01302-326-411
Asian advice line 01302-340-063
Outreach and floating support
Drop-in service for victims
Dedicated services for children and young people
mail@doncaster-womens-aid.co.uk

Doncaster Women's Aid
Doncaster
01302-326-411 Office / Helpline

Dorset
Out of Hours 0300-1234-002
Refuge for women fleeing domestic violence. The address is not published for safety reasons.

North Dorset Women's Refuge
Dorset (North)
01202-410-500 Office
enquiries@bcha.org.uk

Dorset
DV Line 0800-032-5402
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

West Dorset Women's Refuge
Dorset (West)
0800-032-5402 Office / Info

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

Dover Refuge
Dover
Kent
0845-072-7625 Office / Refuge

Dudley
Helpline 01384-455-411
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
Community Safety | Dudleysafeandsound

Durham
Helpline 03000-202-525
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support

Durham Women's Refuge
County Durham
03000-202-525 Office / DV Help

Eastbourne
National DV Line 0808-2000-247
Refuge - Eastbourne

Refuge - Eastbourne
www.refuge.org.uk
<table>
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<tr>
<th>Location</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eastbourne</td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support.</td>
</tr>
<tr>
<td>East Sussex</td>
<td><a href="mailto:hello@refuge.org.uk">hello@refuge.org.uk</a></td>
</tr>
<tr>
<td>East Midlands</td>
<td><strong>Helpline 01159-414-279</strong>&lt;br&gt;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.</td>
</tr>
<tr>
<td></td>
<td>Amber House&lt;br&gt;East Midlands&lt;br&gt;01159-414-279 Office / Helpline&lt;br&gt;&lt;br&gt;www.metropolitan.org.uk/support-services/amber-house/</td>
</tr>
<tr>
<td>East Midlands</td>
<td><strong>Local DV Help 08000-198-668</strong>&lt;br&gt;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 helpline for more details.</td>
</tr>
<tr>
<td></td>
<td>Family Support Service&lt;br&gt;East Midlands&lt;br&gt;08000-198-668 Local DV Help</td>
</tr>
<tr>
<td>East Midlands</td>
<td><strong>Helpline 0345-650-5599</strong>&lt;br&gt;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.</td>
</tr>
<tr>
<td></td>
<td>Umuada Refuge&lt;br&gt;East Midlands&lt;br&gt;0345-650-1202 Office</td>
</tr>
<tr>
<td>Ellesmere Port</td>
<td><strong>Helpline 0330-363-0063</strong>&lt;br&gt;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 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.</td>
</tr>
<tr>
<td></td>
<td>Rape and Sexual Abuse Support&lt;br&gt;www.rapecentre.org.uk&lt;br&gt;<a href="mailto:support@rapecentre.org">support@rapecentre.org</a>&lt;br&gt;Ellesmere Port&lt;br&gt;CH65 9BF&lt;br&gt;01244-907-710 Office / Helpline</td>
</tr>
<tr>
<td>Essex</td>
<td><strong>Helpline 0330-333-7444</strong>&lt;br&gt;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.</td>
</tr>
<tr>
<td></td>
<td>Colchester &amp; Tendring Women's Refuge / The Next Chapter&lt;br&gt;Essex&lt;br&gt;01206-500-585 Office&lt;br&gt;<a href="mailto:info@thenextchapter.org.uk">info@thenextchapter.org.uk</a></td>
</tr>
<tr>
<td>Exeter</td>
<td><strong>Helpline 01392-204-174</strong>&lt;br&gt;Covering all Devon except Plymouth We work with women 18+ who have experienced sexual violence. We also offer the services of an Independent Sexual Violence Advisor. They will provide emotional and practical support whether the sexual violence has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police interviews and to the courts. Counselling for women affected by sexual violence. Counseling for men affected by sexual violence. A specialist young person's service Workshops and support groups. Offices in Exeter, Torbay, Tiverton, Lyme Regis and Powderham.</td>
</tr>
<tr>
<td></td>
<td>Devon Rape Crisis Service&lt;br&gt;www.devonrapecrisis.org.uk&lt;br&gt;<a href="mailto:support@devonrapecrisis.org.uk">support@devonrapecrisis.org.uk</a>&lt;br&gt;PO Box 765&lt;br&gt;Exeter&lt;br&gt;EX1 9TG</td>
</tr>
</tbody>
</table>
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 01392-204-174
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 www.devonrapecrisis.org.uk/
PO Box 325
Exeter
Devon
EX1 1WQ
01392-204-174 Office / Helpline

Fareham Hampshire Line 0330-016-5112
Portsmouth Line 02392-065-494
Refuge for 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 www.southerndas.org/
Fareham Hampshire
advice@stopdomesticabuse.uk
portsmouthreferral@stopdomesticabuse.uk
or
info@stopdomesticabuse.uk

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 Home - Ellel Ministries UK
Ellel Pierrepont
Frensham Road
Frensham
Surrey GU10 3DL
01252-794-060 Office/ Advice
info.pierrepont@ellelministries.org

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

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

Folkestone Helpline 07932-898-274
Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Folkestone Women's Refuge
Folkestone
Kent
07932-898-274 Office/ Support
Oasis Domestic Abuse Service (oasisdaservice.org)
<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Details</th>
<th>Services</th>
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<tbody>
<tr>
<td>Gateshead</td>
<td><strong>Helpline 01914-333-333</strong>&lt;br&gt;Gateshead Women's Services and Refuge Gateshead 01914-333-333 DA Support&lt;br&gt;Gateshead Women's Services&lt;br&gt;Gateshead</td>
<td>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.</td>
</tr>
<tr>
<td>Gloucester</td>
<td><strong>Helpline 01452-526-770</strong>&lt;br&gt;Gloucestershire Rape Crisis Ctr <a href="mailto:info@glosrasac.org.uk">info@glosrasac.org.uk</a> PO Box 16 Gloucester&lt;br&gt;<a href="mailto:support@glosrasac.org.uk">support@glosrasac.org.uk</a> Gloucester&lt;br&gt;www.glosrasac.org/www.glosrasac.org/</td>
<td>Gloucestershire Rape Crisis Ctr <a href="mailto:info@glosrasac.org.uk">info@glosrasac.org.uk</a> PO Box 16 Gloucester&lt;br&gt;<a href="mailto:support@glosrasac.org.uk">support@glosrasac.org.uk</a> Gloucester&lt;br&gt;www.glosrasac.org/www.glosrasac.org/ 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.</td>
</tr>
<tr>
<td>Gloucestershire South</td>
<td><strong>Helpline 01179-613-065</strong>&lt;br&gt;Survive South Gloucestershire <a href="http://www.survivedv.org.uk/">www.survivedv.org.uk/</a></td>
<td>Survive South Gloucestershire <a href="http://www.survivedv.org.uk/">www.survivedv.org.uk/</a></td>
</tr>
<tr>
<td>Grays Thurrock</td>
<td><strong>Helpline 01375-380-609</strong>&lt;br&gt;SERICC opened in 1984 and covers the area's of Basildon, Brentwood and Thurrock. We provide services to women and girls over 13 years who have been raped, sexually assaulted, experienced childhood sexual abuse or any form of sexual violence. Female sexual violence counsellors FREE short term counselling Long term one to one counselling Support 4 mother's of Child survivors&lt;br&gt;South Essex Rape and Incest Crisis Centre Grays Thurrock</td>
<td>Grays Thurrock <a href="http://www.sericc.org.uk">www.sericc.org.uk</a> <a href="http://www.sericc@sericc.org.uk">www.sericc@sericc.org.uk</a> SERICC opened in 1984 and covers the area's of Basildon, Brentwood and Thurrock. We provide services to women and girls over 13 years who have been raped, sexually assaulted, experienced childhood sexual abuse or any form of sexual violence. Female sexual violence counsellors FREE short term counselling Long term one to one counselling Support 4 mother's of Child survivors</td>
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<tr>
<td>Location</td>
<td>Helpline</td>
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<tr>
<td>Grimsby</td>
<td>01472-575-757</td>
<td>Grimsby Women's Aid</td>
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<tr>
<td>Guernsey</td>
<td>01481-721-999</td>
<td>Guernsey Women's Refuge</td>
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<tr>
<td>Guernsey</td>
<td>Helpline</td>
<td>Guernsey Women's Refuge</td>
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<tr>
<td>Guildford</td>
<td>0800-0288-022 Freephone</td>
<td>Rape and Sexual Abuse Support</td>
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<tr>
<td>Guildford</td>
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<td>Centre (RASASC)</td>
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<tr>
<td>Halifax</td>
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<td>Halton</td>
<td>01514-952-778</td>
<td>Halton &amp; District Women's Aid</td>
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<td>Halton</td>
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<td>Halton</td>
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<tr>
<td>Harlow</td>
<td>03301-025-881</td>
<td>Safer Places</td>
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<tr>
<td>Harlow</td>
<td></td>
<td>PO Box 2489</td>
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</table>

**Grimsby**
- **Support at medical appointments**
- **Support through the court system**
- **Counselling contact 01375-380-609**
- **Counselling by appointment only**

**Guernsey**
- **Refuge for 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**

**Guernsey**
- **Helpline 01481-721-999**
- **Refuge for women fleeing domestic violence. The address is not published for safety reasons.**
- **Resettlement and follow up support**

**Guildford**
- **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.**

**Guildford**
- **Or 0800-0288-022 Freephone**
- **Rape and Sexual Abuse Support**
- **Centre (RASASC)**
- **PO Box 1009**
- ** Guildford**
- **Surrey**
- **GU1 9EE**
- **01483-568-000 Office**

**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.**

**Halton**
- **Helpline 01514-952-778**
- **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.**

**Harlow**
- **Helpline 03301-025-881**
- **We have refuges in Harlow, Southend and Broxbourne. Large or small**
- **Safer Places**
- **PO Box 2489**
- **Harlow**
<table>
<thead>
<tr>
<th>Accommodations Offering Services to Women and Their Children Who Are Fleeing Domestic Violence</th>
<th>Essex</th>
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<tr>
<td><strong>Harrogate</strong></td>
<td><strong>Helpline 03000-110-110</strong></td>
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<td>Refugee for women fleeing domestic violence. The address is not published for safety reasons.</td>
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<td>Resettlement and follow up support</td>
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<td>Dedicated services for children and young people</td>
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<td></td>
<td>Harrogate &amp; District Women's Aid</td>
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<td></td>
<td><a href="mailto:info@idas.org.uk">info@idas.org.uk</a></td>
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<td></td>
<td>03301-025-812 Office</td>
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<tr>
<th>Hartlepool</th>
<th><strong>Helpline 03000-202-525</strong></th>
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<td></td>
<td>Refugee for women fleeing domestic violence. The address is not published for safety reasons.</td>
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<td></td>
<td>Dedicated services for children and young people</td>
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<td></td>
<td>Harbour Refuge</td>
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<td></td>
<td><a href="mailto:info@myharbour.org.uk">info@myharbour.org.uk</a></td>
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<td></td>
<td>03000-202-525 Office / Helpline</td>
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<th>Hartlepool</th>
<th><strong>Helpline 03000-202-525</strong></th>
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<tr>
<td></td>
<td>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.</td>
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<td></td>
<td>Support for children</td>
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<td>Group work and support groups</td>
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<td></td>
<td>Harbour Support Services</td>
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<td><a href="mailto:info@myharbour.org.uk">info@myharbour.org.uk</a></td>
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<td><a href="http://www.myharbour.org.uk">www.myharbour.org.uk</a></td>
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<tr>
<th>Hastings</th>
<th><strong>Helpline 07795-968-400 Mobile</strong></th>
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<td>Refuge - Hastings</td>
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<td>07795-968-400 Mobile</td>
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<td><a href="mailto:info@refuge.org.uk">info@refuge.org.uk</a></td>
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<td><a href="http://www.refuge.org.uk">www.refuge.org.uk</a></td>
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<td>0808-2000-247 Office / Helpline</td>
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<tr>
<th>Hatfield</th>
<th><strong>Helpline 01707-276-512</strong></th>
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<tr>
<td></td>
<td>24 Hour discreet answering service</td>
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<td></td>
<td>Calls answered by a counsellor on Thursdays 7.30 pm - 9.30 pm</td>
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<tr>
<td></td>
<td>If you are a survivor of any kind of sexual violence at any time in your life: We offer FREE confidential counselling for females who are over 18 years old no matter how or when the violence occurred.</td>
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<tr>
<td></td>
<td>Herts Area Rape Crisis and Sexual Abuse Centre</td>
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<tr>
<td></td>
<td><a href="mailto:admin@hertsrapecrisis.org.uk">admin@hertsrapecrisis.org.uk</a></td>
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<tr>
<td></td>
<td>01707-276-512 Office / Helpline</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:helpline@hertsrapecrisis.org.uk">helpline@hertsrapecrisis.org.uk</a></td>
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<tr>
<th>Havant</th>
<th><strong>Hants DV Line 0330-016-5112</strong></th>
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<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
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<td></td>
<td>Dedicated services for children and young people</td>
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<td></td>
<td>Services for Male victims of abuse</td>
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<td></td>
<td>Southern Domestic Abuse</td>
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<td></td>
<td><a href="mailto:info@southerndas.org">info@southerndas.org</a></td>
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<tr>
<td></td>
<td>0330-016-5112 Helpline</td>
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<tr>
<td></td>
<td><a href="mailto:advice@stopdomesticabuse.uk">advice@stopdomesticabuse.uk</a></td>
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<tr>
<th>Herefordshire</th>
<th><strong>Helpline 0800-783-1359</strong></th>
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<tr>
<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
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<td>Resettlement and follow up support</td>
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<td>West Mercia Women's Aid</td>
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<td><a href="mailto:info@westmerciawomensaid.org">info@westmerciawomensaid.org</a></td>
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<tr>
<td></td>
<td>0800-783-1359 Office / Helpline</td>
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</tbody>
</table>
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.

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/](http://www.nda.services/)

[office@608030.com](mailto: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
01457-856-675 Office
[admin@crossroadsderbyshire.org](mailto:admin@crossroadsderbyshire.org)

[www.crossroadsderbyshire.org](http://www.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

Hitchin

We exist to provide professional counselling and therapeutic group work for women and young people who are unable to pay private fees.

Tilehouse Counselling
Coach House
84 Tilehouse Street
Hitchin
Herts SG5 2DY
01462-440-674 Office.

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

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 its 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

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

Hoylake

**Helpline 01516-661-392**

Staffed Fridays 2pm - 4pm there is

Rape and Sexual Abuse Centre (RASA) - West Wirral
[www.rasamerseyside.org](http://www.rasamerseyside.org)
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 (ISVA) who 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.

### 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

Ressetlement and follow up support Services for male victims of abuse please contact 01484-304-318

### Huddersfield

**Text or Call 07983-628-277**

**Text or Call 07903-633-909**

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 who will advise and inform around reporting and the court procedures. They will also escort you to police and solicitor appointments. Always supporting you in your choices whether you wish to report or not.

### 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.facebook.com/Hull-Rape-Crisis-Sexual-Abuse-Service-558628517492624/

### Hull

**Helpline 01482-446-099**

Childrens services 01482-474-133

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

**Hull**

**The Trauma Recovery Service**
Provides specialist counselling and psychotherapy for adult male and female survivors of psychological and sexual abuse in childhood, adult sexual violence, domestic violence, sexual exploitation, slavery or sex trafficking. The organisation is operated entirely by dedicated professionally qualified therapists who are experienced in resolving trauma and complex PTSD. We provide a welcoming and safe environment and the choice of a male or female therapist.


**The Trauma Centre of Hull and East Riding**
Hull East Yorkshire
07966-914-254 Office

**Humberside**

**Helpline 01482-446-099**
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support

**ANAH Project**
Humberside
01482-446-099 Office / Helpline

**Ipswich**

**Helpline 01473-228-270**
We are a charitable organisation based in Suffolk providing emotional support to women and their children experiencing domestic abuse. Temporary refuge accommodation on one to one refuge support

**Lighthouse**
Westgate House
Museum Street
Ipswich
IP1 1HQ
01473-228-270 Office

**Suffolk Rape Crisis**
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](mailto:enquiries@suffolkrapecrisis.org.uk)
[www.srchelp.org.uk/home/](http://www.srchelp.org.uk/home/)

**Keighley**

**Helpline 0808-280-0999**
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

**Staying Put DV Services**
Keighley
0808-280-2999 Office / Helpline
accompany you to hearings and legal appointments and offer practical advice and planning.

**Keighley**
- **Helpline** 01535-667-352
- **Refuge** Keighley Women’s Aid
  - Keighley Women's Aid
  - 01535-667-352 Office / Refuge
  - keighleyrefuge@bradfordwomensaid.org.uk

**Kings Lynn**
- **FREE Support Group for Female Survivors of Childhood Sexual Abuse**
  - STOP-START Group
  - PO Box 1138
  - Kings Lynn
  - PE30 4WX
  - 07788-196-138

**Kingston upon Thames**
- **Helpline** 07990-021-839
- **Refuge** Kingston Asian Women’s Refuge
  - Kingston Asian Women’s Refuge
  - 07990-021-839 Office / Helpline
  - info@hestia.org

**Kirklees**
- **Refuge** Kirklees Asian & Black Women’s Welfare
  - Kirklees Asian & Black Women’s Welfare
  - 01484-450-866 Office
  - info@womencentre.org.uk
  - www.womencentre.org.uk

**Knowsley**
- **Helpline** 01515-543-333
- **The First Step**
  - The First Step Centre
  - Merseyside L32 7PR
  - 0151-543-333 Helpline
  - www.thefirststep.org.uk
  - enquiries@thefirststep.org.uk

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

<table>
<thead>
<tr>
<th>Lancaster</th>
<th>Helpline 0808-2000-247 <a href="mailto:referrals@ldwa-support.org">referrals@ldwa-support.org</a></th>
<th>Lancaster and District Women's Aid. <a href="mailto:referrals@ldwa-support.org">referrals@ldwa-support.org</a></th>
<th>We are a local charity supporting women and families who are affected by domestic abuse. We serve the districts of Lancaster and Morcombe and we deliver support services to local rural areas. IDVA: IDVA’s work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Dedicated services for children and young people</th>
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<td>SAFENET Refuge <a href="http://www.safenet.org.uk/">www.safenet.org.uk/</a> <a href="mailto:contact@safenet.org.uk">contact@safenet.org.uk</a></td>
<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
</tr>
<tr>
<td></td>
<td>Karma Nirvana <a href="http://www.karmanirvana.org.uk/">www.karmanirvana.org.uk/</a> <a href="mailto:info@karmanirvana.org.uk">info@karmanirvana.org.uk</a></td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>Leeds Refuge <a href="http://www.leedswomensaid.co.uk/">www.leedswomensaid.co.uk/</a> <a href="mailto:administration@leedswomensaid.org.uk">administration@leedswomensaid.org.uk</a></td>
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<tr>
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<td>Support After Rape and Sexual Abuse - Leeds <a href="mailto:info@sarsvl.org.uk">info@sarsvl.org.uk</a></td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>Leeds Women's Aid</td>
<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</td>
</tr>
</tbody>
</table>
young people

Leicester  
**Helpline 0808-802-0028**  
We are a registered charity based in Leicester working towards reducing rape, sexual assault and domestic violence in Leicestershire.

Leicester  
**Helpline 01162-558-852**  
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.

Leicester  
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.

Leicestershire  
**Helpline 0808-802-0028**  
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.

Leigh  
**Helpline 0300-323-0085**  
Services for victims of domestic abuse. Advice line open 24 hours

Lewes  
**Helpline 07795-968-400 Referrals**  
Refuge for women fleeing domestic violence. The address is not

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Lewes  
**Helpline 07795-968-400 Referrals**  
Refuge for women fleeing domestic violence. The address is not
Resettlement and follow up support

**Leyland**

**Helpline 01772-435-865**
**TEXT 07790-971-237**
Refuge for 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@progressgroup.org.uk

**Leyton**

The counselling support service for survivors of sexual violence, abuse and domestic violence.
Founded in 1982 by Chris Casey herself an abuse survivor we aim to reduce the many effects of suffering that victims endure after abuse.
Counselling for men and women aged 15 plus.
Waltham Forest Haven
Leyton
London
E10 6AE
020 85 200-755 Office / Helpline
www.havennetwork.org.uk/
info@wfhaven.org.uk

**Lincolnshire**

**Helpline 01522-510-041**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Please call the helpline to ask about accommodation for your children.
East Linsey Domestic Abuse
Lincolnshire
01522-510-041 Office / Helpline
www.edanlincs.org.uk/
info@edanlincs.org.uk

**Lincolnshire**

**Helpline 01472-575-757**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
West Lincolnshire Domestic Abuse Service
Lincolnshire
01522-510-041 Office / Helpline
info@wldas.org.uk

**Liverpool**

**Helpline 01517-340-083**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Dedicated services for children and young people
Amadudu Refuge
Liverpool
01517-340-083 Office / Refuge

**Liverpool**

**Helpline Free 0800-084-2744**
**TEXT Line 07562-013-316**
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.
Liverpool Domestic Abuse Service
Liverpool
01512-637-474 Office / Drop in
www.liverpooldomesticabuseservice.org.uk/

**Liverpool**

**Helpline 01516-661-392**
RASA - Liverpool
Liverpool
helpline@rasamerseyside.org
www.rasamerseyside.org
rasa@rasamerseyside.org
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.

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 01514-941-777 Office

South Liverpool 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 07803-059-337 Office

Jackie@steps2freedom.org.uk

Liverpool

Centre Helpline 01517-071-025

North Helpline 01513-052-040

South Helpline 01513-052-030

support@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

London

Helpline 02039-472-601

Text 07970-350-366

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 02076-191-350 Office

www.signhealth.org.uk

da@signhealth.org.uk

London

Helpline 0808-802-5565

advice@solacewomensaid.org

Refuge for women fleeing domestic violence

Barking & Dagenham Refuge London 02076-191-350 Office

www.solacewomensaid.org

info@solacewomensaid.org
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.

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<td>Helpline</td>
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<td>Barnet</td>
<td>Solace Women's Aid</td>
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<td>Helpline</td>
<td>02089-616-549</td>
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<td>0808-2000-247 Help &amp; Advice</td>
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<td>02073-783-100</td>
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<td>Camden - Hestia Domestic Abuse Service</td>
<td>London</td>
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<td>Helpline</td>
<td>0300-201-1868</td>
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<td>London</td>
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<td><a href="mailto:info@ciac.co.uk">info@ciac.co.uk</a></td>
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violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

**London**

**Helpline 02037-955-068**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Dedicated services for children and young people

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Dedicated services for children and young people

**London**

**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

**London**

**0800-980-1958 National Freephone Helpline 02082-939-990**
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

**London**

**Helpline 020-737-3176**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

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**London**

**Enfield Muslim Women’s Aid**
Enfield Muslim Women’s Aid
Enfield
02037-955-068 Office / Helpline
www.solacewomensaid.org/get-help/enfield/
advocacy.enfield@solacewomensaid.org

**London**

**Helpline 02037-955-068**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Dedicated services for children and young people

**London**

**Olive House**
www.solacewomensaid.org

**London**

**Helpline 02037-955-068**
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Dedicated services for children and young people

**London**

**HER Centre**
www.hercentre.org

**London**

**HER Centre**
www.hercentre.org

**London**

**MOSAC**
www.mosac.org.uk/

**London**

**Hackney Asian Women’s Refuge**
Hackney Asian Women’s Refuge
Hackney
020-737-3176 Office / Helpline
www.hestia.org/hackney

**London**

**Hammersmith North - Hestia**
Hammersmith North - Hestia Women’s Aid
www.hestia.org

**London**

**Hackney - Hestia Domestic Abuse Service**
www.hestia.org/

**London**

**Hammersmith North - Hestia**
www.hestia.org

**London**

**info@hestia.org**
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<td><strong>02073-783-100</strong></td>
<td>Hammersmith North London 02073-783-100</td>
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<tr>
<td>Hammersmith</td>
<td><strong>02073-783-100</strong></td>
<td>Hammersmith South - Hestia <a href="http://www.hestia.org">www.hestia.org</a></td>
</tr>
<tr>
<td>Haringey</td>
<td><strong>02088-853-557</strong></td>
<td>Solace Women's Aid Haringey <a href="mailto:info@solacewomensaid.org">info@solacewomensaid.org</a></td>
</tr>
<tr>
<td>Harrow</td>
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<td>Hounslow Refuge <a href="http://www.hestia.org">www.hestia.org</a></td>
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<tr>
<td>Islington</td>
<td><strong>02073-955-070</strong></td>
<td>Mary Robinson House Islington <a href="mailto:info@solacewomensaid.org">info@solacewomensaid.org</a></td>
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<td>Islington</td>
<td><strong>02073-955-070</strong></td>
<td>SeaCole House <a href="http://www.solacewomensaid.org">www.solacewomensaid.org</a></td>
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For safety reasons, the addresses are not published.

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.
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<tr>
<td>London</td>
<td>Dedicated services for children and young people</td>
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<td>Helpline 02086-960-023</td>
<td>Asha Refuge London 02086-960-023 Office / Advice</td>
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<td>London</td>
<td>24hr Helpline 07841-687-980</td>
<td>Lambeth Refuge London 02087-616-022 Office / Refuge</td>
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<td>Emmeline House London 02086-787-666 Office / Refuge</td>
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<td>Solas Anois London 02086-646-289 Office / Refuge</td>
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<td>Lewisham Refuge London 0800-112-4052 Office / Advice</td>
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<td>The Kiran Project</td>
<td><a href="http://www.kiranss.org.uk/">www.kiranss.org.uk/</a></td>
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<td></td>
<td>Refuge for women fleeing domestic violence</td>
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<td>Waltham Forest</td>
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<td>The Kiran Project</td>
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<td>Helpline 02088-712-664</td>
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</table>

Published for safety reasons.

Reachout@redbridge.gov.uk

0800-145-6410 Office / Helpline

02073-783-100 Office / Helpline

02075-931-290 Office / Refuge

02086-611-991 Office / Refuge

02085-581-986 Office / Refuge

02088-712-664 Office / Helpline

02073-783-100 Office / Helpline

02075-931-290 Office / Refuge

02086-611-991 Office / Refuge

02085-581-986 Office / Refuge
London
Helpline 02073-783-100
Wandsworth
Refuge for 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
02073-783-100 Office / Helpline
www.hestia.org/wandsworth
info@hestia.org

London
Helpline 02073-783-100
Westminster
Refuge for 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
02073-783-100 Office / Helpline
www.hestia.org/westminster

London
Helpline 02073-783-100
Westminster
Refuge for 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
02073-783-100 Office / Helpline
www.hestia.org/westminster

London
Helpline 02073-783-100
Westminster
Refuge for 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
02073-783-100 Office / Helpline
www.hestia.org/westminster

London
Helpline 02073-783-100
Westminster
Refuge for 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
02073-783-100 Office / Helpline
www.hestia.org/westminster

London
Helpline 02085-390-427
Ashiana Network
We believe everyone has the right to live free from violence and fear. Our aim is to help Asian, Turkish and Iranian women when they need it. We help to empower women experiencing domestic violence by offering safe housing and sensitive support.
01085-390-427 Office / Helpline
www.ashiana.org.uk
info@ashiana.org.uk

London
Aurora Health Foundation
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, Bodynamic massage and Reiki Support groups - groups are usually four or more participants and are
London
SW15 3RT
02085-411-951 Office
02031-741-490 Alternative No.
www.aurorahealthfoundation.org.uk
info@aurorahealthfoundation.org.uk
facilitated by a trained counsellor. Mens’ and a mixed group are planned for the near future. This entry November 2013.

London 0808-2000-247 Domestic violence 0800-160-1036 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

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 accommodation for your children.

London Helpline 01708-728-759
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
www.havering.gov.uk/info/20096/community/550/domestic_violence

London Helpline 02088-885-362
Information and advice regarding any issues on domestic violence

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

London DV Helpline 0808-801-0500
SV Helpline 0808-801-0656
We are the only specialist organisation in the UK supporting Jewish women affected by domestic violence. We offer:
Safe secure refuge

East London Rape Crisis and NIA
PO Box 58203
London
N1 3XP
02076-831-270 Office / Advice
info@niaendingviolence.org.uk

Greenwich Women's Aid
PO Box 799
London
SE7 8JD
02083-178-273 Office / Helpline

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

Hearthstone DV Advice and Information and advice regarding any issues on domestic violence
Support Centre
London
02088-885-362 Office / Helpline

ICAP - Immigrant Counselling and Psychotherapy.
London
02072-727-906 Office

Jewish Women's Aid
PO Box 2670
London
N12 92E
02084-458-060 Head Office

www.jwa.org.uk
Contact email form on website
FREE counselling with a trained professional.
A children's support worker
Community support.

**Latin American Women's Aid**
London
Spanish/English 0753-442-4826
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
London
02072-750-321 Office / helpline
info@lawadv.org.uk

**London Centre for Personal Safety (LCPS)**
London
02071-887-710 Office / Helpline
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.
PO Box 38883
W12 9XP
02087-437-827 Office
02087-401-114 Alternative No.
www.londoncentreforpersonalsafety.org.uk/
icps@londoncentreforpersonalsafety.org

**Moaic**
London
02071-887-710 Office / Helpline
Helpline 02071-887-710
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.

**National Association for People Abused in Childhood (NAPAC)**
London
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.
PO Box 63632
SW9 1BF
02030-967-645 Office
www.napac.org.uk/

**North London Rape Crisis and Solace Women's Aid.**
London
0808-802-5565 Solace Helpline 0808-801-0305
Rape Crisis Line 0808-801-0305
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.
Unit 5-7 Blenheim court
62 Brewery Road
N7 9NY
02076-191-350 Office
info@solacewomensaid.org
www.solacewomensaid.org

**One in Four**
London
0800-170-0314 Helpline
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.

0808-801-0305 Solace Women's Aid.
Unit 5-7 Blenheim court
62 Brewery Road
N7 9NY
02076-191-350 Office
info@solacewomensaid.org
www.solacewomensaid.org

0208-801-0331 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.
PO Box 63632
SW9 1BF
02030-967-645 Office
www.napac.org.uk/

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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.
Unit 5-7 Blenheim court
62 Brewery Road
N7 9NY
02076-191-350 Office
info@solacewomensaid.org
www.solacewomensaid.org

0800-170-0314 Helpline
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.
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.

**London**
**Helpline 02073-830-700**
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.

**London**
**Helpline 02035-983-898**
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.

**London**
**Helpline 0808-801-0770**
See website for helpline hours
We provide a holistic range of integrated 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.

**London**
**SA Helpline 0808-801-0770**
WGN Advice Line 0808-801-0660
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.
<table>
<thead>
<tr>
<th>Location</th>
<th>Helpline</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>London</td>
<td>02073-783-100</td>
<td>One to one counselling, Body therapies and workshops, Therapeutic group work, Domestic violence advice service.</td>
</tr>
<tr>
<td></td>
<td>Yanaba House</td>
<td>Westminster, London, 02073-783-100 Office / Helpline</td>
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<td><a href="http://www.hestia.org/westminster">www.hestia.org/westminster</a></td>
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<tr>
<td>Luton</td>
<td>01582-391-856</td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.</td>
</tr>
<tr>
<td></td>
<td>Women's Aid in Luton</td>
<td>Luton, Bedfordshire LU1 3BE, 01582-876-636 Office</td>
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<td><a href="http://www.womensaidinluton.org">www.womensaidinluton.org</a></td>
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<tr>
<td>Maidenhead</td>
<td>01753-549-865</td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.</td>
</tr>
<tr>
<td></td>
<td>Berkshire East &amp; South Bucks</td>
<td>Women's Aid, Maidenhead, 0333-344-5371 Refuge</td>
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<td><a href="http://www.thedashcharity.org.uk/">www.thedashcharity.org.uk/</a></td>
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<tr>
<td>Manchester</td>
<td>01616-367-525</td>
<td>Domestic Violence Helpline Help, support and advice, plus a local and national directory of support services. Closed 25th &amp; 26th Dec &amp; 1st Jan Christmas Eve 10am to 3pm Christmas week 10am - 4pm</td>
</tr>
<tr>
<td></td>
<td>End the Fear</td>
<td>Greater Manchester, 01616-367-525 Office / helpline</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.endthefear.co.uk">www.endthefear.co.uk</a></td>
<td></td>
</tr>
<tr>
<td>Manchester</td>
<td>01612-734-500</td>
<td>Manchester Rape Crisis, PO Box 335, Manchester, M60 2BS, 01612-734-591 Office</td>
</tr>
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</table>
Manchester

Helpline 01619-454-187
Saheli Ltd
PO Box 44
Manchester
01619-454-187 Office / Hotline
www.saheli.org.uk
info@saheli.org.uk

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

Manchester

Helpline 01616-607-999
Sojourners House Refuge
Manchester
01616-607-999 Office / Helpline
www.pankhursttrust.org/
info@manchesterwomensaid.org
referrals@manchesterwomensaid.org

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

Manchester

Helpline 0808-800-5005
Survivors Manchester
PO Box 4325
Manchester
M61 0BG
01612-362-182 Office
www.survivorsmanchester.org.uk
support@survivorsmanchester.org.uk

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.

Manchester

Helpline 0808-800-5005
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.

Manchester

Helpline 01616-367-525
Women's Domestic Abuse
Helpline
Manchester
01616-367-525 Helpline / Office
helpline@independentchoices.org.uk

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.

Middlesbrough

Helpline 01642-822-331
ARCH North East (Abuse, Rape Counselling and Help)
support@archnortheast.org
www.archnortheast.org
ARCH Teesside | Facebook
admin@archnortheast.org
A FREE and confidential service for anyone (male or female) who have suffered rape or sexual abuse at any time in their lives. The service offers counselling and an ISVA an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Female only days on Fridays. We operate from our main centre in Middlesbrough and have outreach ISVA services in Hartlepool and Stockton.

Middlesbrough  Helpline 0300-020-2525
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people

Middlesbrough  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.

Milton Keynes  Helpline 08443-754-307
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. Services for male victims provided separately from women's services.

Mole Valley  Helpline 01737-771-350
TEXT Helpline 07860-039-720
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
Our mission is to provide a variety of help based support for female victims and survivors of childhood sexual abuse. We also offer information to male survivors of childhood abuse.

**Newark**

**Helpline 01636-679-687**

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

**Newark-on-Trent**

**Helpline 01636-679-687**

We offer practical advice and planning.

**Newcastle upon Tyne**

**Helpline 0800-035-2794 Freephone [emailsupport@rctn.org.uk](mailto:emailsupport@rctn.org.uk)**

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.

**Newcastle upon Tyne**

**Helpline 01912-610-504 Free 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 upon Tyne**

**Helpline 0800-035-2794 Freephone [emailsupport@rctn.org.uk](mailto:emailsupport@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.
<table>
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<tr>
<th>Region</th>
<th>Helpline No.</th>
<th>Description</th>
<th>Website/Contact</th>
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<tbody>
<tr>
<td>New Forest</td>
<td>03300-165-112</td>
<td>New Forest Women's Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support. Dedicated services for children and young people.</td>
<td>New Forest</td>
</tr>
<tr>
<td>Norfolk</td>
<td>0300-561-0077</td>
<td>Emergency shelter for women and their children who are fleeing a domestic violence situation.</td>
<td><a href="http://www.leewaysupport.org/">www.leewaysupport.org/</a></td>
</tr>
<tr>
<td>Norfolk</td>
<td>0300-561-0077</td>
<td>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.</td>
<td><a href="mailto:admin@leewaynwa.org.uk">admin@leewaynwa.org.uk</a></td>
</tr>
<tr>
<td>Northampton</td>
<td>01604-230-311 TEXT</td>
<td>Nene Valley Christian Family Refuge</td>
<td><a href="http://www.eveda.org.uk/">www.eveda.org.uk/</a></td>
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<tr>
<td></td>
<td>Helpline 07827-239-469</td>
<td>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.</td>
<td><a href="mailto:admin@eveda.org.uk">admin@eveda.org.uk</a></td>
</tr>
<tr>
<td>Northampton</td>
<td>0300-222-5930</td>
<td>Northampton Rape and Incest Crisis Centre</td>
<td><a href="mailto:info@nricc.com">info@nricc.com</a></td>
</tr>
<tr>
<td>Northamptonshire</td>
<td>0300-012-154</td>
<td>NDAS</td>
<td><a href="http://www.ndas.co/">www.ndas.co/</a></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:advice@ndas-org.co.uk">advice@ndas-org.co.uk</a></td>
<td>Northamptonshire</td>
<td><a href="mailto:info@ndas-org.co.uk">info@ndas-org.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>0300-012-154</td>
<td>NDAS can support you if you or someone in your family is a victim of domestic violence.</td>
<td></td>
</tr>
<tr>
<td>Northumberland</td>
<td>01434-608-030</td>
<td>Northumberland Women's Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about</td>
<td><a href="http://www.nda.services/">www.nda.services/</a></td>
</tr>
<tr>
<td>North Tyneside</td>
<td>0300-020-2525</td>
<td>Harbour Refuge</td>
<td><a href="http://www.myharbour.org.uk">www.myharbour.org.uk</a></td>
</tr>
<tr>
<td></td>
<td>0300-020-2525 Office</td>
<td>North Tyneside</td>
<td><a href="mailto:info@myharbour.org.uk">info@myharbour.org.uk</a></td>
</tr>
<tr>
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<td>/ Refuge</td>
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</table>
accomodation for your children.

Norwich  **Helpline 0300-561-0077**  [adviceandsupport@leewaynwa.org.uk](mailto:adviceandsupport@leewaynwa.org.uk)  
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.

Norwich  
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 assessment is required taking around 45 minutes. The service is FREE but if you are a wage earner and can spare it, we would appreciate a contribution to our running costs.

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

Nottingham  **DA Helpline 01773-719-111**  **Text Helpline 07914-634-190**  
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

Nottingham  **Helpline 0808-2000-247**  
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.

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**Leeway - Domestic Violence and Abuse Services.**  [www.leewaysupport.org](http://www.leewaysupport.org)  [admin@leewaynwa.org.uk](mailto:admin@leewaynwa.org.uk)  
PO Box Leeway  
City Hall  
Norwich  
NR2 1NH  
0300-561-0077  Office / Helpline

Mpower  [www.suelamberttrust.org/](http://www.suelamberttrust.org/)  
The Sue Lambert Trust  
St. Julians Hall  
6 Music House Lane  
Norwich  
NR1 1QL  
01603-622-406 Office

Surviving Together  [www.suelamberttrust.org/](http://www.suelamberttrust.org/)  
The Sue Lambert Trust  
St. Julians Hall  
6 Music House Lane  
Norwich  
NR1 1QL  
07796-296-922 Contact No.  
07425-849-491 Contact No.

**Broxtowe Women's Project**  
PO Box 6660  
Nottingham  
NG16 3ZE  
01773-718-555 Office  
[enquiries@broxtowewp.org](mailto:enquiries@broxtowewp.org)  
[www.broxtowewomensproject.org.uk/](http://www.broxtowewomensproject.org.uk/)

**Nottingham Central Women's Aid**  
Nottingham  
01159-607-943 Office /  
[support@centralwomensaid.org](mailto:support@centralwomensaid.org)
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.

Nottingham

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

Nottingham

Helpline 0808-800-0340 Freephone Textphone 0808 800 0341
We are a FREE, confidential and independent charity working with women and their children who have been affected by domestic abuse. Our helpline is staffed 24/7 and our texphone is staffed Mon-Fri 9-5pm. 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.

Nottingham

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
Nottingham Rape Crisis Centre www.nottssvss.org.uk/
30 Chaucer Street
Nottingham
NG1 5LP
01159-410-440 Office / Helpline
admin@nottssvss.org.uk

Nottingham

Juno Women's Aid www.junowomensaid.org.uk/
30 Chaucer Street
Nottingham
NG1 5LP
01159-475-257 Office
enquiries@junowomensaid.org.uk

Nottinghamshire

Helpline 0808-800-0340
Advice Line 01623-683-250
Jericcho Refuge www.nidas.org.uk/
Refuge for women fleeing domestic Nottinghamshire 01623-683-250 Office/ Advice
hello@nidas.org.uk

Nottinghamshire

Jericho Refuge www.junowomensaid.org.uk/
30 Chaucer Street
Nottingham
NG1 5LP
01159-475-257 Office
enquiries@junowomensaid.org.uk

Jericho Refuge www.nidas.org.uk/
30 Chaucer Street
Nottingham
NG1 5LP
01159-475-257 Office
hello@nidas.org.uk
violence. The address is not published for safety reasons. Please call the helpline to ask about accommodation for your children.

Oldham
Helpline 0800-328-0967
Bridges / Jigsaw Support
Oldham
01613-312-552 Office
www.jigsawhomes.org.uk/
bridges@jigsawhomes.org.uk

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

Oxford
Helpline 01865-726-295 (24 hours)
Or 0800-783-6294 Freephone
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 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
Oxfordshire Sexual Abuse and Rape Crisis Centre (osarcc.org.uk)

Pendle
Helpline 01282-661-999
Angel House
Pendle
Lancashire
01282-661-999 Office / refuge

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.

Pendle
Helpline 01282-726-000
Pendle Domestic Violence Initiative
PDVI@P-A-C.ORG.UK

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 legal appointments and offer practical advice and planning. Services for Male victims

Peterborough
Helpline 01733-582-578
Peterborough Rape Crisis Care
Oasis@Rivergate
www.prccg.org.uk/
admin@prccg.org.uk

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
Helpline 08454-103-123
National DV Line 0808-2000-247
We provide safe temporary accommodation for women and their
children, who are experiencing domestic violence. 
Resettlement and aftercare 
Children’s services 
Weekly workshops 
Outreach services across Peterboro 
Freedom program - 10-12 weekly sessions exploring the issues relating to domestic violence.

<table>
<thead>
<tr>
<th>Peterlee</th>
<th>Helpline 03000-202-525</th>
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<tr>
<td></td>
<td>Harbour Refuge</td>
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<td>03000-202-525 Office / Helpline</td>
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<td><a href="http://www.myharbour.org.uk">www.myharbour.org.uk</a></td>
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<td><a href="mailto:info@myharbour.org.uk">info@myharbour.org.uk</a></td>
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<tr>
<th>Pevensey</th>
<th>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.</th>
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<td>Ellel Ministries</td>
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<td>Ellel Glyndley Manor</td>
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<td>Stone Cross</td>
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<td>Pevensey</td>
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<td>East Sussex BN24 5BS</td>
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<td>01323-440-440 Office / Advice</td>
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<td></td>
<td>Ellel Ministries UK</td>
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<td></td>
<td><a href="mailto:info.glyndley@ellelministries.org">info.glyndley@ellelministries.org</a></td>
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<th>Plymouth</th>
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<td>Plymouth Women’s Refuge</td>
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<td>01752-562-286 Office / Refuge</td>
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<td>Dorset Rape Crisis Support Ctr.</td>
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<td><a href="http://www.starsdorset.org/">www.starsdorset.org/</a></td>
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<tr>
<th>Poole</th>
<th>Helpline 01202-308-855</th>
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<tbody>
<tr>
<td>ISVA 01202-308-858</td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>Telephone support</td>
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<tr>
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<td>Face to face counselling - 6 weekly</td>
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</table>
Independent Sexual Violence Advisor
the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.
Email support forms can be found under contacts on website.

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<tr>
<th>Location</th>
<th>Contact Information</th>
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| 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  
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.**  
www.parc.org.uk  
admin@parcs.org.uk |
|          | Portsmouth Women’s Refuge  
Hampshire  
02392-291-032 Office/ Refuge |
| Portsmouth | **Helpline 02392-291-034**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support |
|          | The Treetops Centre  
Northern Road  
Cosham  
Portsmouth  
PO6 3EP  
0300-123-6616 Office Helpline |
| Preston  | **Helpline 01772-201-601**  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
IDVA: IDVA’s work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. | **Preston - Domestic Violence Services.**  
www.pdvs.org.uk  
enquiries@pdvs.org.uk |
|          | Preston  
Lancashire  
01772-201-601 Office / Helpline |
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 legal appointments and offer practical advice and planning. Services for male victims call our helpline for more details, help or advice.

**Rawtenstall**

The Star Centre
PO Box 33
Rawtenstall
Lancashire
01706-830-600 Office / Helpline
www.facebook.com/thestarcentrerossendale/

**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 legal appointments and offer practical advice and planning.

Berkshire Women's Aid
Reading
01189-500-182 Office
www.berkshirewomensaid.org.uk/

**Redcar**

**Mon - Fri Helpline 07525-591-971 Out of Hours Line 07967-577-927**

See website for helpline hours. We provide a range of quality and supportive services for women and girls who have experienced any form of sexual violence at any time in their lives. Providing FREE and confidential counselling from our centre in Redcar. You will be offered 50 mins each week, reviewed every 6 weeks to a maximum of 48 sessions, seeing the same counsellor each week. we also offer advocacy We explain the judicial process Support you when you are in court Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by

Eva- Emerging from Violence
Redcar
North East
01642-490-677 Office
info@eva.org.uk

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

**Reigate**

**National Helpline 0808-2000-247**
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people

Reigate & Banstead Women's Aid
Reigate
Surrey

**Reigate National Helpline 0808-2000-247**

**Rochdale**

**National DV Line 0808-2000-247**
Refuge for men and women fleeing domestic violence. Our address is not published for saftety reasons. Resettlement and follow up support Dedicated services for children and young people

Housing Action Group - DV Services
Rochdale
01706-298-222 Office

**Rochdale National DV Line 0808-2000-247**

**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
01708-765-200 Office / Hotline

**Romford Helpline 01708-765-200**

**Rotherham**

**Helpline 0330-2020-571**
**Helpline 08708-502-247 Refuge**
Rotherham Rise (Refuge, Information Support, Equality) provides refuge for woman and their children fleeing domestic abuse. Advice and Support to women and their children is also provided through our outreach services. We also offer support for people affected by child sexual exploitation, a dedicated Young Peoples Domestic Abuse Outreach Service, Counselling Service and work with male victims of Domestic and CSE abuse.

Rotherham RISE
Rotherham
0330-2020-571 Office Helpline
enquiries@rotherhamrise.org.uk

**Rotherham Helpline 0330-2020-571**

**Rugby**

**Helpline 01788-551-151**
Helpline hours Mon, Wed, Thurs, Fri 10am-2pm Tues 3pm-7pm and Saturdays 10am to 12 noon We are a local independent charity offering support to victims of rape, sexual violence and sexual abuse. We work with both males and females survivors from the age of 5. Specialist counselling for children Dedicated helpline for all survivors Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape

RoSA
Rugby
01788-551-150 Office

**Rugby Helpline 01788-551-151**
or abuse has been reported to the police or not. Group and family counselling All services are FREE of charge

Rugby  **DVSW Helpline 0800-408-1552**  Refuge - Rugby Warwickshire 07769-140-879 Office / Refuge DVSW@refuge.org.uk
   
   **Refuge for women fleeing domestic violence. The address is not published for safety reasons.**
   
   **Resettlement and follow up support**

Runcorn  **Helpline 0330-363-0063**  Rape and Sexual Abuse Support Centre - Halton Warwickshire
   
   **www.rapecentre.org.uk**
   
   **support@rapecentre.org**
   
   **Runcorn**
   
   **WA7 1DF**
   
   **01244-907-710 Office**
   
   **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 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**

Salford  **Helpline 01617-932-232**  Salford Women’s Aid 01617-932-232 Office / Advice
   
   [www.salfordwomensaid.org/](http://www.salfordwomensaid.org/)
   
   **Salford**
   
   **WA7 1DF**
   
   **01244-907-710 Office**
   
   **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.**
   
   **Direct services for male victims**

Salisbury  **National Helpline 0808-2000-247**  Salisbury Women’s Refuge 0808-2000-247 National DV Line
   
   **www.salisburywomensrefuge.co.uk/**
   
   **Salisbury**
   
   **Wiltshire**
   
   **0808-2000-247 National DV Line**

Sandown  **Helpline 01983-639-793**  Jig Saw 01983-639-793 Office / Helpline
   
   **Sandown**
   
   **Isle of Wight**
   
   **Hampshire**
   
   **Text Helpline 07546-564-681**
   
   **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.

**Scarborough**
**Helpline 01133-030-150**
Refuge for 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
01132-739-660 Office / Refuge
www.foundationuk.org/team/foundation-scarborough/
central@foundationuk.org

**Scarborough**
**Helpline 01723-381-811**
support@hopesurvivors.org.uk
Helpline Mon 5.30 to 8.30pm Exluding Bank Holidays
Self help and support services for adult survivors of childhood and or adult sexual abuse.

Healing Our Past Experiences
www.hopesurvivors.org.uk
office@hopesurvivors.org.uk

**Scunthorpe**
**Helpline 0800-197-4787 Freephone**
Grimsby & Scunthorpe Rape Crisis Limited / the Blue Door
The Ironstone Centre
West Street
Scunthorpe
DN15 6HX
01724-841-947 Office
www.facebook.com/TheBlueDoorSupport/

We offer services and support to adult male and female survivors of rape and sexual violence/abuse.
One to one counselling
Independent Sexual Violence Advisor
the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.

**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
help@swaca.com

**Sheffield**
**Helpline 01142-555-740**
Ashiana - Sheffield
Sheffield
01142-555-740 Office

**Helpline 07946-333-963 Mobile**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support

**Sheffield**
**Helpline 01142-130-590**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

**Sheffield**
**National Rape Line 0808-802-9999**
We are a specialist women only service offering FREE confidential support to empower women and girls over 13 years old who have experienced rape or sexual abuse at anytime in their lives.
Upto 20 FREE counselling sessions with a possibility to extend these.

Sheffield Rape and Sexual Abuse Centre
PO Box 34
Sheffield Rape and Sexual
S1 1UD
01142-421-766 Office
www.srasac.org.uk/
info@srasac.org.uk

Sheffield Rape and Sexual Abuse Centre
PO Box 34
Sheffield Rape and Sexual
S1 1UD
01142-421-766 Office
www.srasac.org.uk/
info@srasac.org.uk
Male survivors can be signposted to services more tailored to needs.

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.

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

Shrewsbury

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.

Shropshire

Helpline 0300-303-1191
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

Skelmersdale

Helpline 0808-100-3062
Our mission is to reduce the harm
done by domestic violence and to
improve the safety and health of
all survivors and their children.

Slough

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

We offer a much needed, FREE
counselling service to women in
Sheffield who have experienced
trauma or abuse.

Refuge for women fleeing domestic
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Resettlement and follow up support
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services of an Independent Sexual
Violence Advisor that will give
emotional and practical support
whether or not you choose to report
the abuse.

Helpline 0300-303-1191
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

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.

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
<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Details</th>
</tr>
</thead>
</table>
| Somerset     | **Helpline 0800-694-9999**  
 MON - FRI 8AM-8PM NOT BANK HOLS  
 Domestic abuse helpline Somerset  
 Domestic Abuse Helpline  
 Somerset  
 0800-694-9999 Office/ Helpline |
| Southampton  | **Helpline 02380-338-080**  
 We provide services for women 18 years and over who are survivors of rape and/or childhood sexual abuse.  
 We will support you whether the perpetrator was a member of the family or not and wheter it happened yesterday or years ago. We also support partners and parents of survivors.  
 Mutual support groups available please call for more details.  
 CIS'Ters (Surviving Rape and or Sexual Abuse).  
 PO Box 119  
 Southampton  
 Hampshire  
 SO50 9LF  
 02380-338-080 Office / Helpline  
 helpme@cisters.org.uk  
 www.cisters.org.uk/ |
| Southampton  | **SA Helpline 02380-636-313**  
 **DV Helpline 02380-917-917**  
 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 for 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  
 Yellow Door  
 www.yellowdoor.org.uk/  
 www.facebook.com/YellowDoorSolent/ |
| Southampton  | **Helpline 02380-917-917**  
 Outreach services and support  
 Dedicated services for children and young people  
 Southampton Women's Aid  
 www.yellowdoor.org.uk/  
 info@yellowdoor.org.uk |
| South Tyneside | **National Helpline 0808-2000-247**  
 Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
 Resettlement and follow up support  
 Dedicated services for children and young people  
 Places for People  
 South Tyneside |
| Stafford     | **Helpline 01785-225-991**  
 Helpline hours Mon 7.30pm - 10pm  
 Wed 7pm-10pm & Thurs 10am-5pm  
 EMERGE is a registered charity operating as a voluntary sector  
 EMERGE  
 Stafford  
 West Midlands  
 01785-225-991 Office / Helpline  
 Havoca | Facebook |
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.

Staffordshire

**Helpline 0300-303-3778**

**Helpline 01782-713-737 Refuge**

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

Dedicated services for children and young people

Services for male victims of abuse.

[www.newcastle-staffs.gov.uk/all-services/community/partnerships/domestic-abuse](http://www.newcastle-staffs.gov.uk/all-services/community/partnerships/domestic-abuse)

**Staffordshire Helpline 0300-330-5959**

**Staffordshire Women's Aid**

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.

Independent Sexual Violence Advisor

the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police inter-views and to the courts.

Drop In service available

**Staffordshire 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 your regarding the judicial system and will accompany you to police interviews and to the courts.

Drop In service available

**Pathways Project**

[www.pathway-project.co.uk/](http://www.pathway-project.co.uk/)

[alktoeve.pathway@virgin.net](mailto:alktoeve.pathway@virgin.net)

[www.facebook.com/pathwayprojectlichfield/](http://www.facebook.com/pathwayprojectlichfield/)

**SAVANA**

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

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

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.

**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.

**Staffordshire Helpline 0300-330-5959**

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.

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 interviews and to the courts.

Drop In service available
published for safety reasons.

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

Independent Sexual Violence Advisor
the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.

Services for male victims available

Staffordshire

Helpline 01473-228-270
Refuge for 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
01473-228-270 Office / Helpline

St. Albans

Helpline 0330-102-5811
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
07501-492-065 Hertsmere
01727-824-425 Office

www.sahwr.org.uk/
info@sahwr.org
referrals@saferplaces.co.uk

Stevenage

Support Line 01438-742-742
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
<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stevenage</td>
<td><strong>Herts DV Line 08088-088-088</strong></td>
<td>Stevenage Women's Refuge PO Box 110</td>
</tr>
<tr>
<td></td>
<td>We run a women's refuge in both Stevenage and Dacorum, where we offer safe temporary accommodation for women and children fleeing domestic abuse.</td>
<td>Stevenage Herts 0330-102-5811 Safer Places</td>
</tr>
<tr>
<td>St. Helens</td>
<td><strong>Helpline 01744-740-803</strong></td>
<td>Helena Refuge St. Helens 01744-740-803 Office / Advice</td>
</tr>
<tr>
<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
<td><a href="mailto:womensrefuge@helenapartnership.co.uk">womensrefuge@helenapartnership.co.uk</a> <a href="mailto:contact@sthelensgateway.info">contact@sthelensgateway.info</a></td>
</tr>
<tr>
<td></td>
<td>Resettlement and follow up support</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.sthelensgateway.info/organisations/helena-extra-domestic-violence-services">www.sthelensgateway.info/organisations/helena-extra-domestic-violence-services</a></td>
<td></td>
</tr>
<tr>
<td>St. Helens</td>
<td><strong>Helpline 0330-363-0063</strong></td>
<td>Rape and Sexual Abuse Centre St Helens <a href="mailto:support@rapecentre.org">support@rapecentre.org</a></td>
</tr>
<tr>
<td></td>
<td>Info line hours Mon - Fri 9am - 5pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>We also offer the services of an Independent Sexual Violence Advisor</td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Counselling for women affected by rape or sexual abuse.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Counseling for men affected by rape or sexual abuse.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A specialist young person's service</td>
<td></td>
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<tr>
<td></td>
<td>Workshops and support groups.</td>
<td></td>
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<tr>
<td></td>
<td>Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington.</td>
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</tr>
<tr>
<td>Stockport</td>
<td><strong>National DV Line 0808-2000-247</strong></td>
<td>Stockport Without Abuse Stockport</td>
</tr>
<tr>
<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
<td>01614-774-294 Office / Refuge <a href="http://www.stockportwithoutabuse.org.uk">www.stockportwithoutabuse.org.uk</a> <a href="mailto:info@stockportwithoutabuse.org.uk">info@stockportwithoutabuse.org.uk</a></td>
</tr>
<tr>
<td></td>
<td>Resettlement and follow up support</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dedicated services for children and young people</td>
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<tr>
<td></td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Services for male victims of abuse</td>
<td></td>
</tr>
<tr>
<td>Stockton on Tees</td>
<td><strong>Helpline 03000-202-525</strong></td>
<td>Harbour Refuge Stockton on Tees</td>
</tr>
<tr>
<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
<td>03000-202-525 Helpline / Office <a href="mailto:stocktonrefuge@myharbour.org.uk">stocktonrefuge@myharbour.org.uk</a></td>
</tr>
<tr>
<td>Location</td>
<td>Service Type</td>
<td>Contact Details</td>
</tr>
<tr>
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</tr>
<tr>
<td>Stoke on Trent</td>
<td>Refuge for women fleeing domestic violence</td>
<td>Helpline 01782-205-500</td>
</tr>
<tr>
<td>Stoke on Trent Staffordshire</td>
<td>24 Hour message line</td>
<td>01782-433-204 Message Line</td>
</tr>
<tr>
<td>Stoke on Trent Staffordshire</td>
<td>Dedicated services for children and young people</td>
<td>SAVANA <a href="http://www.savana.org.uk">www.savana.org.uk</a> Wood House Etruria Road Hanley Stoke on Trent ST1 5NQ 01782-433-205 Office</td>
</tr>
<tr>
<td>Sunderland</td>
<td>Outreach Office</td>
<td>01915-658-877</td>
</tr>
<tr>
<td>Sunderland</td>
<td>Helpline Freephone</td>
<td>0800-066-5555 Freephone</td>
</tr>
<tr>
<td>Swale</td>
<td>A male worker may answer phone</td>
<td>Helpline 01795-608-028</td>
</tr>
<tr>
<td>Swindon</td>
<td>TAG promotes education and raises awareness in the field of trauma, dissociation, attachment and abuse recovery. Please see website for</td>
<td>TAG - Trauma and Abuse Group The Willows Centre 11 Prospect Place Swindon</td>
</tr>
</tbody>
</table>
articles on the above and membership details.

**Swindon**

**Wilton Crt 01793-426-650**

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
01793-426-650 Office
www.firstlight.org.uk/swindonwiltshiresarc/
www.willowscounselling.org.uk

**Tameside**

**National DV Line 0808-2000-247**

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

Tameside Women's Project Ltd
Tameside
01613-398-755 Office / Refuge

**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

**Thurrock**

**Helpline 0330-333-7444**

We provide a safe haven for women and children fleeing domestic abuse. Outreach support services for women living in the Thurrock area. We can visit your home or meet at a safe location.

Drop-in service in Grays Wed morn
Support groups twice a year running for 15 weeks.
Support for children who witness abuse in the home.

Changing Pathways
www.changingpathways.org/
Thurrock
01268-729-707 Office

**Torbay**

**Helpline 0800-916-1474**

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
0800-916-1474 Office / Refuge
torbayrefuge@westcountryha.org.uk

**Trafford**

**Helpline 07534-066-029**

We are a registered charity offering

Trafford Domestic Abuse Services
Trafford

**Helpline 0845-450-0789 Refuge**

Supported Living Home page | Sanctuary Supported Living (sanctuary-supported-living.co.uk)
Manchester
01618-727-368 Office

Trowbridge
Referral line 01225-358-568
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.

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.

Truro
Helpline 01872-262-100
Helpline Mon & Tues 9am-5pm Wed, Thurs & Fri hours variable
Please leave message on machine
Our centre offers counselling to any one who is being sexually abused or has been sexually abused or raped in the past. We can talk to you over the phone or face to face. We offer accompaniment to police interviews, at doctor or hospital and through the court system.

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/

Walsall
Helpline 01213-589-052
Refuge for 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/
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.

Walsall
Helpline 01922-722-777
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 professional trained counsellor will facilitate the group.

Warrington
Helpline 0330-363-0063
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.

Warrington Women's Aid
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

Warwick
Helpline 0808-800-5005
Text Helpline 07860-027-573
Safeline
6a New Street
www.safeline.org.uk
office@safeline.org.uk
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.

<table>
<thead>
<tr>
<th>Warwickshire</th>
<th>Helpline 0800-408-1552</th>
<th>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warwick</td>
<td>CV34 4RX</td>
<td>01926-402-498 Office</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Watford</th>
<th>Helpline 01923-249-511</th>
<th>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 &amp; telephone support Listening service to male survivors who are over 16 years.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Watford Rape Crisis and Sexual Abuse Helpline</td>
</tr>
<tr>
<td></td>
<td>PO Box 2356</td>
<td>Watford</td>
</tr>
<tr>
<td></td>
<td>WD18 1QD</td>
<td>01923-249-511 Office / Helpline</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wellingborough</th>
<th>National DV Line 0808-2000-247</th>
<th>Our refuge was the first refuge to open in the country back in 1972. We offer crisis accommodation for those fleeing domestic violence. One to one counselling On-going support</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Wellingborough Women's Aid</td>
<td><a href="mailto:info@wenwomensaid.co.uk">info@wenwomensaid.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>PO Box 47</td>
<td>Wellingborough</td>
</tr>
<tr>
<td></td>
<td>01933-224-943 Office</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Welwyn Garden City</th>
<th>Women's Helpline 01707-373-743</th>
<th>Our women's refuge offers temporary crisis accommodation for women fleeing domestic violence and abuse.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Welwyn Hatfield Women's Refuge</td>
<td><a href="http://www.whwr.org.uk">www.whwr.org.uk</a></td>
</tr>
<tr>
<td></td>
<td>PO Box 486</td>
<td>Welwyn Garden City</td>
</tr>
<tr>
<td></td>
<td>Herts AL7 9GN</td>
<td>01707-373-743 Office / Helpline</td>
</tr>
</tbody>
</table>

| West Bromwich     | 24 Hr Helpline 01215-526-448   | Sandwell Women's Aid 1st Floor Lanchchard House                                                      |
|                   | Text Helpline 07384-466-181    | Victoria Street                                                                                     |
|                   | Domestic violence refuge      | West Bromwich                                                                                       |
|                   | Individual flats in the refuge| B70 8HY                                                                                             |
|                   | Support and safety planning   | 01215-530-090 Office / Advice                                                                      |
|                   | Assistance with legal issues  | www.blackcountrywomensaid.co.uk/                                                                     |
|                   | Independent DV Advisor (IDVA) | info@blackcountrywomensaid.co.uk                                                                  |
|                   | 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. |

| West Bromwich     | Sandwell Women's Aid 1st Floor Lanchchard House | Victoria Street |
|                   | West Bromwich | B70 8HY |
|                   | 01215-530-090 Office / Advice | www.blackcountrywomensaid.co.uk/ | info@blackcountrywomensaid.co.uk |
|                   | Homelessness and coercive control. West Bromwich | www.blackcountrywomensaid.co.uk/ | info@blackcountrywomensaid.co.uk |
Westcliff-on-Sea Helpline 01702-302-333 Women Helpline 01702-343-868 Men Children and Families Helpline 01702-343-868

We are a registered charity, supporting those in our community affected by domestic abuse. We provide crisis support for women, a telephone helpline, counselling for adult victims of abuse, workshops with children and families affected by domestic abuse and training for professionals.

Westcliff-on-Sea Helpline 01702-303-232

Helpline hours Wednesdays 2pm - 4pm and Fridays 10am - 12 noon

We are run by a small group of women who are committed to supporting survivors of rape and sexual abuse in their recovery. We serve Southend on Sea and the surrounding area's. Children's/young women's services Support for females aged 11-18 Women's support worker for survivors 18 years and over Face to face counselling for women 16 years + up to 20 sessions FREE

Wigan National DV Line 0808-2000-247

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

Wiltshire Helpline 01249-714-873

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

Wiltshire Helpline 01793-610-610

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

Wiltshire (West) Helpline 01793-610-610

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

Winchester Helpline 01962-868-688

RASAC
Anon TEXT Line 07860-027-793
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.

Windsor
Helpline 01189-504-003
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Woking
Helpline 01483-776-822
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.

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 legal appointments and offer practical advice and planning.

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.

Wolverhampton
Helpline 08000-194-400
The Haven
Refuge for 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.

**Worcester**

**Helpline 01905-724-514**
See website for helpline hours
WRSASC is a FREE, confidential and non-judgemental support service for survivors who have experienced rape, assault, incest, sexual abuse or any form of sexual attack whether it happened days or years ago.
Face to face counselling support
We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system.
Signposting services for survivors
Telephone helpline support for men
Information for male survivors
Our ISVA service available to men

**Worcestershire**

**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.

**Worcestershire**

**Helpline 0800-980-3331**
**Mens Helpline 0808-801-0327**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

**Worthing**

**Helpline 0330-333-7416**
**Helpline 01903-896-202**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
<table>
<thead>
<tr>
<th>Location</th>
<th>Services</th>
<th>Contact Information</th>
</tr>
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<tbody>
<tr>
<td>Wycombe</td>
<td>Resettlement and follow up support, Dedicated services for children and young people, Drop-in service for Male victims</td>
<td>Wycombe Women's Aid&lt;br&gt;Wycombe&lt;br&gt;Buckinghamshire&lt;br&gt;01494-461-367 Office / Refuge&lt;br&gt;www.wycombewomensaid.org.uk/</td>
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<tr>
<td>York</td>
<td>Helpline hours Weds 12 -4 pm&lt;br&gt;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.</td>
<td>Survive - Noth Yorkshire&lt;br&gt;15 Priory Street&lt;br&gt;York&lt;br&gt;YO1 6ET&lt;br&gt;01904-638-813 Office&lt;br&gt;<a href="mailto:survive@survive-northyorks.org.uk">survive@survive-northyorks.org.uk</a></td>
</tr>
<tr>
<td>York</td>
<td>Refug 01904-642-830&lt;br&gt;Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
<td>Yorkshire Helpline 0845-960-6011&lt;br&gt;Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
</tr>
<tr>
<td>Yorkshire</td>
<td>Independent Sexual Violence Advisor&lt;br&gt;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 interviews and to the courts. Services are also avaliable for male victims of domestic abuse.</td>
<td>ANAH Project&lt;br&gt;Yorkshire&lt;br&gt;www.anahproject.org/br&gt;<a href="mailto:help@anahproject.org">help@anahproject.org</a></td>
</tr>
</tbody>
</table>
| Yorkshire North | Helpline 03000-110-110 | Dedicated services for children and young people.
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. | Craven Independent Domestic Abuse Services | www.idas.org.uk/ Advice@cdvs.org |
|----------------|------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------|----------------------------------|

North Yorkshire
01904-646-036 Outreach Office
www.survive-northyorks.org.uk