

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
ENGLAND			
Nationwide	<p>Helpline 0300-999-5428 help@brokenrainbow.org.uk Helpline Mon & Thurs 10am - 8pm Tues and Wed 10am - 5pm We are a LGBT domestic violence service. We offer advice, support and referrals to LGBT who are or have experienced domestic violence.</p>	<p>Broken Rainbow UK Nationwide 08452-605-560 Office</p>	<p>www.brokenrainbow.org.uk/ mail@brokenrainbow.org.uk</p>
Nationwide	<p>CASS Women's Self Injury Helpline 0808-800-8088 Tues & Weds 7pm to 10pm, Thurs 3pm to 6pm TESS support for young women up to age 24. 07800-472-908 open Sunday to Friday 7pm to 9pm. Self Injury Support is a national UK-wide organization that supports girls and women in emotional distress. We particularly help those that harm themselves, often called self injury. We run CASS self injury helpline and TESS text and email support. We produce info and publications about self injury. We provide information about many self injury support groups across the UK. Please see website for a nationwide self injury support group list of locations.</p>	<p>Self Injury Support - Women PO Box 3240 Bristol BS2 2EF 01179-279-600 Office</p>	<p>www.selfinjurysupport.org.uk info@selfinjurysupport.org.uk Email Support form on Website</p>
Nationwide	<p>Helpline 0800-085-3330 Helpline 0808-801-0331 support@napac.org.uk See website for helpline hours and mobile call charges. We are the only national organization focused on supporting adults who have been abused in anyway as children. We provide a local support and specialist search facility so you can find help in your area. www.facebook.com/NationalAssociationforPeopleAbusedinChildhood</p>	<p>National Association for People Abused in Childhood (NAPAC) PO Box 63632 London SW9 1BF 0203- 096-7645 Office</p>	<p>www.napac.org.uk/ support@napac.org.uk</p>
Nationwide	<p>Helpline 0808-2000-247. helpline@womensaid.org.uk</p>	<p>Women's Aid UK National Domestic Violence Helpline 0808-2000-247 Office / Helpline</p>	<p>info@womensaid.org.uk</p>
Nationwide	<p>Helpline 0808-168-9111 supportline@victimsupport.org.uk Victim Support is the independent</p>	<p>Victim Support England supportline@victimsupport.org.uk</p>	<p>www.victimsupport.org.uk/</p>

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

Accrington

Helpline 01254-879-855

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

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

www.harvoutreach.org.uk
info@harvoutreach.org.uk

Altrincham

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

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

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

www.traffordrapecrisis.com

Andover

Helpline 01264-366-122

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

Andover Crisis and Support Ctr
Andover
Hampshire
01264-366-122 Office / Drop in
www.andovercrisisandsupportcentre.org.uk/

Ashford

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

www.refuge.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 affected by abuse
Free limitless counseling
Personal advocacy
Court and medical advocacy.

Aylesbury Vale Rape Crisis
PO Box 268
Aylesbury
HP22 6SA
01296-392-468 Office
support@avmksaass.org.uk

www.avrc.org.uk

Aylesbury	<p>Helpline 01296-437-777 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.</p>	<p>Aylesbury Women's Aid Aylesbury Buckinghamshire 01296-436-827 Office / Refuge www.aylesburywomensaid.org.uk/</p>	
Barnsley	<p>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</p>	<p>Barnsley Sexual Abuse and Rape Crisis Services The Core County Way Barnsley S70 2JW 01226-320-140 Office</p>	<p>www.bsarcs.org.uk/</p>
Barnsley	<p>Helpline 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</p>	<p>Judith House Barnsley 03000-110-110 Helpline</p>	<p>www.idas.org.uk info@idas.org.uk</p>
Barnstaple	<p>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.</p>	<p>North Devon Women's Aid PO Box 141 Barnstaple Devon EX32 7YN 01271-370-079 / 080 Helpline</p>	<p>www.ndada.co.uk/</p>
Basildon	<p>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.</p>	<p>Changing Pathways PO Box 51 Basildon Essex 01268-729-707 Office / Helpline www.changingpathways.org/ welcome@changingpathways.org</p>	
Basingstoke	<p>Helpline 01256-423-890 Helpline Tues to Thurs 7pm - 9pm</p>	<p>Basingstoke Rape and Sexual Abuse Crisis Centre</p>	<p>www.brasacc.org.uk/ admin@brasacc.com</p>

We endeavour to provide volunteers who understand what rape and sexual abuse is all about, they are not shockable or judgemental. Providing practical and emotional support for people over 16 who have been raped or assaulted whether yesterday or years ago. Counselling and support groups

The Orchard
White Hart Lane
Basingstoke
RG21 4AF
01256-423-810 Office.

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 www.nextlinkhousing.co.uk
Services
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/info@sarsas.org.uk
PO Box 4404
Bath
Avon
BA1 0JS
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.balagnath.org
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
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.

Bexley Women's Aid
Bexleyheath
Kent
DA7 4BS
02083-011-536 Office / Helpline

Community outreach support
Freedom: a 12 week course to learn about healthy and non healthy relationships.

www.bexleywomensaid.org.uk/
helpline@bexleywomensaid.org.uk

Birkenhead

Helpline 01516-661-392
Helpline hours Mon 7pm-9pm
Wed 2pm-5pm Thurs 7pm-9pm
and Sundays 3pm - 5pm
RASA Birkenhead is located in a safe house at a secret location. Only clients accessing our services are advised of the location once an appointment has been made. We offer one to support for survivors and anyone affected by sexual violence. One to one counselling
Accompaniment at police interviews
Accompaniment at court
RASA male survivors on Fridays
We do not have male counsellors or advocates in our service. Men and boys will work with experienced females.

RASA Rape and Sexual Abuse Centre
PO Box 35
Birkenhead
CH 42 4RX
01516-500-155 Office

www.rasamerseyside.org
rasa@rasamerseyside.org

Birkenhead

Helpline 01516-439-766
Our domestic abuse refuge is safe, and comfortable. We welcome women with or without children. Resettlement and follow up support
Dedicated services for children and young people

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

www.wirralwomensrefuge.co.uk

Birkenhead

Helpline 01516-701-528
We offer a range of confidential services for women, children and young people affected by domestic abuse.
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Zero Centre
Birkenhead
01516-701-528 Office / Helpline

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.

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

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

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 .

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

www.bswaid.org
info@bswaid.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.

Birmingham

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

ICAP - Immigrant Counselling and Psychotherapy.
Birmingham
01216-667-707 Office
info@icapbirmingham.org.uk

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

Birmingham

Helpline 0800-088-4194
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
www.reachdomesticabusesupport.org/refuge/refuge-jasmine-grove.php

Jasmine Grove
Birmingham
0800-111-4223 Office / Refuge

Birmingham

Helpline 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

www.rsvporg.co.uk
info@rsvporg.co.uk

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

www.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

www.birminghamcrisis.org.uk

Blackburn	<p>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.</p>	<p>Blackburn, Dawen & District Women's Aid Blackburn 01254-260-465 Office / refuge info@bddwa.org.uk</p>	
Blackpool	<p>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.</p>	<p>Fylde Coast Women's Aid Blackpool 01253-752-014 Office</p>	<p>www.fcwa.co.uk/ info@fcwa.co.uk</p>
		<p>www.facebook.com/fyldecoastwomensaid/</p>	
Bolton	<p>Group counselling for survivors of sexual abuse. Survivors often gain strength and courage for realizing they are not alone and hearing about the journeys others have made and what has helped them survive. Group meets on a fortnightly basis on Mondays 7pm - 8.30 pm for more group details call 01204-546-100</p>	<p>Beacon Bolton Counselling The Hub Bold Street Bolton BL1 1LS 01204-546-100 Office www.beaconcounselling.org/ enquire@beaconcounselling.org</p>	
Bolton	<p>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.</p>	<p>Fort Alice Bolton 01204-365-677 Office / Refuge</p>	<p>www.fortalice.org.uk info@ortalice.co.uk</p>
Bootle	<p>Helpline 01516-661-392 Staffed Fridays 2pm - 4pm there is an answer machine all other times We strive to provide a safe and welcoming environment for male and female survivors of all sexual violence. We offer support for women in female only safe places. Specialist counselling support We also offer the services of an Independent Sexual Violence Advisor</p>	<p>Rape and Sexual Abuse Centre (RASA) Sefton Bootle Liverpool L20 4NR 01515-581-801 Office helpline@rasamerseyside.org</p>	<p>www.rasamerseyside.org</p>

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.

Boston	Helpline 01205-311-272 We exist for the benefit of all women with or without children, who are experiencing domestic abuse. Our refuge is a safe house where women can stay as long as they may need. Our floating outreach support worker's role includes supporting women who want to stay in their homes. We offer support for the children who witness abuse. Two Support groups - One in Spalding and one in Holbeach. See our website for times and locations.	Boston Women's Aid PO Box 5 Boston PE21 01205-311-272 Office / Helpline	www.bostonwomensaid.org.uk admin@bostonwa.co.uk
Bournemouth	Helpline 01202-410-500 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 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 Bracknell 01189-500-182 Office www.berkshirerwomensaid.org.uk/	
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 C/O 19/25 Sunbridge Road Bradford BD1 2AY 01274-308-271 Office www.facebook.com/brcg.co.uk/ www.bradfordrapecrisis.org.uk/	contactus@brcg.org.uk
Bradford	Helpline 01274-734-561	Mosaic II	

Hellpline 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

The Mayfield Centre
Broadway Avenue
Bradford
BD5 9NP
01274-734-561 Office / Helpline

info@mosaic2.org.uk

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
young people

Oasis BME Domestic Abuse
Services
Bradford
01274-634-850 Office /

Bradford

Helpline 0808-280-0999
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
leagal appointments and offer
practical advice and planning.

Staying Put
Bradford
0808-280-0999 Office Helpline
enquiries@stayingput.uk.net

www.stayingput.uk.net/

Bradford

Helpline 01274-660-052 Refuge
refuge@bradfordwomensaid.org
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

Bradford Women's Aid
Bradford
01274-660-052 Office / Refuge

office@bradfordwomensaid.org

Brighton

Helpline 01273-622-828
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people
IDVA: IDVA's work with women by
offering support before, during and
after the court process. They can
accompany you to hearings and
leagal appointments and offer
practical advice and planning.
Services for Male victims of abuse.

RISE - Brighton & Hove
Brighton
East Sussex
01273-622-828 Office / Helpline

www.riseuk.org.uk

Brighton

Helpline 01273-720-110
Staffed 7pm-9pm Wednesdays
Text for help 07717-999-989
Staffed 7pm-9pm Wed and Fri
Drop In service Monday & Thursday
Between 7pm and 9pm. Please call
for details. Advocacy services.
Young peoples services.
FREE counselling for women 14-18

Survivors' Network
6a Pavilion Buildings
Brighton
East Sussex BN1 1EE
01273-203-380 Office

www.survivorsnetwork.org.uk/
info@survivorsnetwork.org.uk

If you need support please email
help@survivorsnetwork.org.uk

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).

Bristol	<p>CASS Women's Self Injury Helpline 0808-800-8088 Tues & Weds 7pm to 10pm, Thurs 3pm to 6pm TESS support for young women up to age 24. 07800-472-908 open Sunday to Friday 7pm to 9pm. Text Support 07537-432-444 Self Injury Support is a national UK-wide organization that supports girls and women in emotional distress. We particularly help those that harm themselves, often called self injury. We run CASS self injury helpline and TESS text and email support. We produce info and publications about self injury. We provide information about many self Injury support groups across the UK. Please see website for a nationwide self injury support group list of locations.</p>	<p>Self Injury Support - Women PO Box 3240 Bristol BS2 2EF 01179-279-600 Office</p>	<p>www.selfinjurysupport.org.uk info@selfinjurysupport.org.uk</p> <p>Email Support form on Website</p>
Bristol	<p>Helpline 07867-431-242 Refuge for women fleeing domestic violence. The address is not published for safety reasons. www.bristol.gov.uk/schools-learning-early-years/resources-professionals/the-hope-projects</p>	<p>Bristol Hope Project Bristol 07867-431-242 Helpline/refuge info@bristolplaysmusic.org</p>	<p>hopeprojectbristol@gmail.com</p>
Bristol	<p>Helpline 01179-087-712 Email contact@kinergy.org.uk We have been providing services to survivors of sexual abuse and rape since 1996. We are a member of BACP our team of 24 counsellors consists of 19 volunteer and 5 paid counsellors. One to one counselling to 48 weeks Groups therapy - facilitated by an experienced counsellor, groups are usually 5 to 10 men and women and are an hour and a half in duration.</p>	<p>KINERGY Mary Carpenter House Kingswood Foundation Estate Britannia Road Kingswood Bristol BS15 8DB 01179-087-712 Office / Helpline</p>	<p>www.kinergy.org.uk contact@kinergy.org.uk</p>
Bristol	<p>Helpline 01179-250-680 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people. IDVA: IDVA's work with women by</p>	<p>Next Link Domestic Abuse Services Bristol 01179-250-680 Office/ Refuge enquiries@nextlinkhousing.co.uk</p>	<p>www.nextlinkhousing.co.uk</p>

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

Bristol	<p>Helpline 0808-801-0464 Freephone 0808-801-0456 support@sarsas.org.uk</p> <p>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.</p> <p>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.</p>	<p>SARSAS PO Box 2942 Bristol BS1 9EU 01179-299-556 Office</p>	<p>www.sarsas.org.uk info@sarsas.org.uk</p>
Bristol	<p>Childrens Hotline 07707-039-861 Adult Counselling 07707-038-024</p> <p>The Green House Bristol is a registered charity. We offer a range of specialist professional counselling and therapy services to help people of all ages who have experienced the trauma of sexual abuse or sexual violence at any time in their lives. All services are FREE & confidential</p> <p>One to one counselling Therapy group work.</p>	<p>The Green House - Bristol PO Box 665 Bristol BS99 1XY</p>	<p>www.the-green-house.org.uk info@the-green-house.org.uk</p>
Bristol	<p>Helpline 01179-166-461 Helpline 08454-582-914</p> <p>See website for helpline hours</p> <p>Our Bristol women's therapy centre was established in 1986 as a registered charity. We provide counselling and on-going group work and support to women in the Bristol area.</p> <p>One to one counselling Group therapy</p> <p>Services are provided FREE or subsidised for women on a low income and a full fee for women who can afford to pay.</p>	<p>Womankind 3rd floor Brunswick Court Brunswick Square Bristol BS2 8PE 01179-166-461 Office / Helpline</p>	<p>www.womankindbristol.org.uk info@womankindbristol.org.uk</p>
Bromley	<p>Helpline 02083-139-303</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accommodation for your children.</p>	<p>Bromley Women's Aid Bromley Kent 02083-139-303 Office / Helpline</p>	<p>www.bcwa.org.uk info@bcwa.org.uk</p>
Burnley	<p>National Helpline 0808-2000-247</p> <p>Refuge for women fleeing domestic violence. The address is not</p>	<p>East Lancashire Women's Refuge Association PO Box 9</p>	<p>www.womenscentre.org/ contact@elwra.org.uk</p>

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.

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 PO Box 3 Burton on Trent DE14 1BB 01283-517-185 Office / Helpline	www.sarac.org.uk/ staff@sarac.org.uk
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	whag@whag.info www.whag.info/
Calderdale	Call or Text 07983-628-227 Call or Text 07903-633-909 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services available to male victims.	Calderdale Domestic Abuse Services Calderdale	www.krasacc.co.uk/ anything@kcrasac.co.uk
Cambridge	Helpline 01223-245-888 See website for helpline hours We are a helpline service run by women for women who have survived or are currently experiencing sexual violence. Our helpline is also open to supporter of survivors Short term face to face counselling Independent Sexual Violence Advisor is available on weekdays to give information, advice and support about reporting to the police, and the criminal justice system.	Cambridge Rape Crisis Centre PO Box R 12 Mill Road Cambridge CB1 2AD 01223-313-551 Office contact@cambridgerapecrisis.co.uk For support via email support@cambridgerapecrisis.co.uk www.cambridgerapecrisis.org.uk/	
Cambridge	24 Hour answerphone out of hours We are a confidential counselling service in Cambridge and the surrounding areas for those whose lives are affected by child sexual abuse. We can offer up to two years of counselling for male and female survivors of all ages.	Choices Counselling Alex Wood Hall Norfolk Street Cambridge CB1 2LD 01223-358-149 Office admin@choicescounselling.co.uk	www.choicescounselling.co.uk
Cambridgeshire	Refuge Helpline 01223-460-947 Community Line 01223-361-214	Cambridge Women's Aid Cambridgeshire	refuge@cambridgewa.org.uk

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children. 01223-460-947 Office / Helpline www.cambridgewa.org.uk/

Canterbury	Helpline 0800-458-2818 Support line 01227-450-400 support@ekrcc.org.uk We support survivors of rape and childhood sexual abuse by providing an Independent Sexual Violence Advisor. Our ISVA will offer emotional and pratical support. FREE face to face counselling for survivors of rape and childhood abuse.	East Kent Rape Crisis PO Box 353 Canterbury Kent CT2 9WA 01229-451-753 Office	www.ekrcc.org.uk/ info@ekrcc.org.uk
Canterbury	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	Canterbury Women's Refuge Canterbury Kent 01227-452-852 Office / Helpline www.domesticabuseservices.org.uk/	www.risingsunkent.com/ admin@risingsunkent.com
Canterbury	Helpline 01227-542-852 Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. Services for Male victims of abuse.	Rising Sun Domestic Abuse Services Canterbury 01227-452-852 Office / Helpline	www.risingsunkent.com admin@risingsunkent.com
Carlisle	Helpline 01228-515-859 Helpline hours Mon - Fri 9am - 5pm Out of hours answering machine We are a registered charity working with children, young people and families who have experienced rape, sexual abuse or domestic violence. Information and referrals Police and court accompaniment Therapy and counselling services	Safety Net Advice & Support Ctr 1 Fisher Street Carlisle Cumbria CA3 8RR 01228-515-859 Office / Helpline	www.safetynetuk.org office@safetynetuk.org
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/	
Cherwell	Helpline 0800-731-0055 Freephone Refuge for women fleeing domestic	Cherwell Women's Refuge Cherwell	

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

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/

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/
chestersvss@yahoo.co.uk

Chester **Helpline 01606-871-523**
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
Offering direct services to male victims of domestic abuse.
Facilities for the disabled

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

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

SAIL Sexual Abuse & Incest Line
PO Box 8
Chesterfield
Derbyshire
S40 1NY
01246-559-889 Office

info@sailderbyshire.org.uk
www.sailderbyshire.org.uk/

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 Shared House
Chichester
West Sussex
0330-333-7416 Office

www.safeinsussex.co.uk
info@safeinsussex.org.uk

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.

Lifecentre
PO Box 58
Chichester
West Sussex
PO19 8UD
01234-786-349 Office

www.lifecentre.uk.com
info@lifecentre.uk.com

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.

The Bridgeway
Cockermouth
Cumbria
CA13 0RJ
0808-118-6432 Office / helpline
www.thebridgeway.org.uk/
info@thebridgeway.org.uk

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
Support groups
Services also for boys and men under the age of 19. Not at centre

Centre for Action on Rape and Abuse
PO Box 548
Colchester
CO1 1YP
01206-367-881 Office

www.caraessex.org.uk
info@caraessex.org.uk

Colchester

24 Hour Helpline 07854-653-118
From abroad +44-7854-653-118
DABS is a not-for-profit organisation. The DABS book list of over 450 titles on the subjects of abuse and sexual violence is still maintained however sales are no longer commercially viable for us. DABS produces National Resource Directories of approximately 550 charities, organisations and groups throughout the UK and Ireland that work in various ways to support survivors of abuse and sexual violence. There is a helpline offering a signposting service providing FREE support and information regarding issues to do with childhood abuse, incest and sexual violence. DABS also offers in-house counselling and training to complement the other services it provides.

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

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

Congleton

Helpline 0330-363-0063

Rape and Sexual Abuse Support www.rapecentre.org

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.

Centre - Cheshire East
Congleton
Cheshire
CW12 4AB
01260-697-900 Office

support@rapecentre.org

Cornwall

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

WRSAC provides confidential support and is run by women for women. Whether you have experienced childhood sexual abuse, a recent sexual assault or domestic abuse you can contact us through our helplines or the website. We will help you find the right support for you. See more at:
www.wrsac.org.uk

Rape and sexual abuse helpline is open Mon - Thurs 10am - 1pm
Thursday evenings 7.30pm - 10pm
Domestic violence helpline is open Monday evenings 7.30pm - 10pm

Women's Rape & Sexual Abuse Centre (Cornwall)
PO Box 39
Bodmin
PL31 1XF
01208-76-466 Office
admin@womenscentrecornwall.org.uk
www.womenscentrecornwall.org.uk/

Cornwall

Helpline 01872-225-629
Helpline 01872-227-814 Refuge
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
Offering direct services to male victims of domestic abuse.

Cornwall Women's Refuge Trust
Cornwall
01872-225-629 Office / Helpline
www.cornwallrefugetrust.co.uk/

Cornwall East

Helpline 01726-871-244
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

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

Cornwall West	<p>Helpline 01736-367-539 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>West Cornwall Women's Aid Cornwall (West) 01736-367-539 Office / Helpline support@wcwaid.co.uk</p>	<p>www.facebook.com/wcwaid/</p>
Coventry	<p>Helpline 0800-111-4998 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Drop-in service available</p>	<p>Coventry Haven Coventry 02476-444-077 Office</p>	<p>www.coventryhaven.co.uk/ info@coventryhaven.co.uk</p>
Coventry	<p>Helpline 02476-277-777 helpline@crasac.org.uk See website for helpline hours We offer a FREE and independent helpline for anyone from 5 years who has been affected by sexual violence no matter when or how it happened. Counselling for 5 to 18 year olds One to one counselling for women Crisis support and advocacy Help reporting to the police Girl's group therapy ages 11-17 Our helpline supports boys & men Weekly therapy groups for women One to one counselling for men now available.</p>	<p>Coventry Rape and Sexual Abuse Centre Ltd PO Box 2464 Coventry CV1 1ZA 02476-277-772 Office</p>	<p>www.crasac.org.uk info@crasac.org.uk</p>
Crawley	<p>Freephone Line 0808-802-9999 Our helpline is open every day at 12.30pm - 2.30pm & 7pm - 9.30pm 365 days of the year for survivors of rape and childhood abuse. Independent Sexual Violence Advisor is available on weekdays to give information, advice and support about reporting to the police and the criminal justice system. Counselling is available Monday to Friday for female survivors over 14 years who live or work in Surrey or Sussex.</p>	<p>Rape Crisis Surrey and Sussex PO Box 1265 Crawley RH10 0JY Office 01293-538-477</p>	<p>www.rcsas.org.uk/ info@rasasc.org.uk</p>
Croydon	<p>Helpline 020-8313-9303 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Beth Refuge Croydon 020-8313-9303</p>	<p>www.bcwa.org.uk/ info@bcwa.org.uk</p>
Croydon	<p>Helpline 02086-880-100 Helpline open Mon - Fri 10am-4pm Resettlement and follow up service IDVA: IDVA's work with women by offering support before, during and</p>	<p>Croydon Family Aid Croydon London 02086-880-100 Office Helpline</p>	

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

Croydon	<p>Helpline 0808-802-9999 Freephone Our helpline is open everyday at 12.30pm-2.30pm and 7pm-9.30pm 365 day of the year for survivors of rape and childhood abuse. Independent Sexual Violence Advisor is available on weekdays to give information, advice and support about reporting to the police, and the criminal justice system. Counselling Monday - Friday for female survivors over 14 years who live and work in London, West Kent and North Surrey. Trauma counselling & group therapy</p>	<p>Rape Crisis South London PO Box 383 Croydon CR9 2AW 01293-538-477 Office</p>	<p>www.rcsas.org.uk/ info@rcsas.org.uk</p>
Croydon	<p>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.</p>	<p>Croydon Refuge Croydon London 020-8313-9303 Office / Helpline</p>	<p>www.bcwa.org.uk/ info@bcwa.org.uk</p>
Cumbria	<p>Helpline 03448-736-290 TEXT Line 07946-336-336 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support www.impacthousing.org.uk/let-go-domestic-violence-service</p>	<p>Let Go - Safe Space Cumbria 03448-736-290 Office / Helpline</p>	
Dagenham	<p>Step Up was launched in 2003 as a support service for families where children have been sexually abused or raped. We aim to provide a safe place for parents, offering practical and emotional support. If you feel that counselling for yourself or your child would be beneficial please call Shelley on 02085-178-888. We also run a drop in service during term time only Call office for details.</p>	<p>STEP UP 534 Rainham Road South Dagenham Essex RM10 7XD 02085-175-888 Office.</p>	<p>step_up_shelley@hotmail.com</p>
Darlington	<p>Helpline 01325-364-486 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Offering direct services to male</p>	<p>Darlington Women's Refuge Darlington 01325-364-486 Office / Refuge</p>	<p>www.familyhelp.org.uk/ info@familyhelp.org.uk</p>

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.	Rape and Sexual Abuse Counselling Centre PO Box 106 Darlington DL3 7YS 01325-354-119 Office www.rsacc-thecentre.org.uk/
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@googlemail.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. Face to face supportive counselling	SV2 PO Box 142 Derby DE1 1HF 01773-746-115 Office / Helpline www.sv2.org.uk
Derbyshire North	Helpline 01246-540-444 Helpline 0800-019-8668 Freephone We offer a range of services to help support men and women and their children who are affected by domestic abuse. Offering a drop-in service without an appointment on Mondays to Fridays 10am-4pm. We can put you in contact with a safe refuge if you are fleeing from your situation. FREE counselling, art therapy, a 12 week domestic abuse awareness course. And we have the services of an Independent domestic violence Advisor to support you through the courts	North Derbyshire Women's Aid North Derbyshire
Derbyshire South	Text Helpline 07557-800-313 Helpline 0800-019-8668 Freephone We provide practical and emotional support for victims of domestic	Next Step PO Box 6256 Swadlincote South Derbyshire nextstep2@btconnect.com

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

01283-229-854 Office / Helpline
derbyshireDAhelpline@actionorg.uk

Devon

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

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

www.devonrapecrisis.org.uk
info@devonrapecrisis.org.uk

Devon

Helpline 03030-300-112
Helpline 0800-328-3070 Refuge
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people
Resettlement and follow up support
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.

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

www.safe-services.org.uk

**Devon
North**

Helpline 01271-370-079
Helpline 01271-370-080
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

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

www.ndada.co.uk/

practical advice and planning.

Devon South	Helpline 01626-365-087 Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	Domestic Violence Services Devon (South) 01626-365-087 Office / Helpline	www.safe-services.org.uk/
Doncaster	Counselling 01302-360-421 We are an independent charity that has been helping victims of sexual violence since 1987. Independent Sexual Violence Advisor The ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Counselling for children and youth Counselling for adult survivors Group sessions led by one or two facilitators who are qualified and experienced counsellors. counselling@drasacs.org.uk	Doncaster Rape and Sexual Abuse Counselling Service PO Box 470 Doncaster DN1 3XW 01302-341-572 Office	www.drasacs.org.uk admin@drasac.org.uk
Doncaster	Helpline 01302-326-411 Asian advice line 01302-340-063 Outreach and floating support Drop-in service for victims Dedicated services for children and young people	Doncaster Women's Aid Doncaster 01302-326-411 Office / Helpline	mail@doncaster-womens-aid.co.uk
Dorset North	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	www.bcha.org.uk
Dorset West	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	info@casasupport.org.uk
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	Safe and Sound Dudley West Midlands 01384-455-411 DV Assistance www.dudleysafeandsound.org/ourwork	

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

Durham	Helpline 03000-202-525 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support www.durhamlocate.org.uk/Services/4320/Durham-Women-s-Refug	Durham Women's Refuge County Durham 03000-202-525 Office / DV Help	
Eastbourne	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 www.eastsussex1space.co.uk/Services/823/Refuge-East-Sussex	Refuge - Eastbourne Eastbourne East Sussex	www.refuge.org.uk helpline@refuge.org.uk
East Midlands	Helpline 01159-414-279 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accommodation for your children.	Amber House East Midlands 01159-414-279 Office / Helpline	www.metropolitan.org.uk/support-services/amber-house/
East Midlands	Local DV Help 08000-198-668 We offer outreach services to those affected by domestic violence but who wish to remain in their homes. Counselling, support groups and a drop-in service. Please call our help line for more details.	Family Support Service East Midlands 08000-198-668 Local DV Help	
East Midlands	Helpline 0345-650-5599 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.	Umuada Refuge East Midlands 0345-650-1202 Office www.careandsupport.ncha.org.uk/umuada	umuadausers@ncha.org.uk
Ellesmere Port	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	Rape and Sexual Abuse Support Centre -Cheshire West & Chester Ellesmere Port Cheshire CH65 9BF 01244-907-710 Office / Helpline	www.rapecentre.org.uk support@rapecentre.org

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.

Essex	Helpline 0330-333-7444 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Colchester & Tendring Women's Refuge / The Next Chapter Essex 01206-500-585 Office info@thenextchapter.org.uk	www.thenextchapter.org.uk/
Exeter	Helpline 01392-204-174 support@devonrapecrisis.org.uk Covering all Devon except Plymouth We work with women 18+ who have experienced Rape, Childhood Sexual Abuse, Ritual Abuse, Gender based crimes, intimidation and harassment, regardless of how long ago it happened. We offer emotional and practical support via our Helpline, Email Searvice or Face to Face Sessions. We also offer support to friends, partners and family members. For Helpline and Email support the woman my remain Anonymous.	Devon Rape Crisis Service PO Box 765 Exeter EX1 9TG 01392-208-756 Office	www.devonrapecrisis.org.uk info@devonrapecrisis.org.uk
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 PO Box 325 Exeter Devon EX1 1WQ 01392-204-174 Office / Helpline	www.devonrapecrisis.org.uk/
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 Fareham Hampshire advice@stopdomesticabuse.uk portsmouthreferral@stopdomesticabuse.uk or info@stopdomesticabuse.uk	www.southerndas.org/

Farnham	<p>Christian Healing Ministry offering personal prayer ministry on FREE Healing Retreats and also as part of various teaching courses. suitable for those suffering the trauma of past abuse and desiring help with the subsequent dysfunction in their life.</p>	<p>Ellel Ministries Ellel Pierrepont Frensham Road Frensham Farnham Surrey GU10 3DL 01252-794-060 Office/ Advice info.pierrepont@ellelministries.org</p>	<p>www.ellel.org</p>
Fleetwood	<p>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</p>	<p>The Fylde Coast Men's Support Association PO Box 126 Fleetwood Lancs FY7 6WN 07932-898-274 Office / Helpline www.facebook.com/malesurvivorssupport/</p>	<p>fcmsa@yahoo.co.uk</p>
Folkestone	<p>Helpline 07932-898-274 Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p>	<p>Folkestone Women's Refuge Folkestone Kent 07932-898-274 Office/ Support www.oasisdbservice.org/get-help-now/</p>	
Gateshead	<p>Helpline 01914-333-333 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Gateshead Women's Services and Refuge Gateshead 01914-333-333 DA Support www.gatesheadhousing.co.uk/domestic-abuse/</p>	
Gloucester	<p>Helpline 01452-526-770 support@glosrasac.org.uk 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.</p>	<p>Gloucestershire Rape Crisis Ctr PO Box 16 Gloucester GL4 0RU 01452-305-421 Office</p>	<p>info@glosrasac.org.uk www.glosrasac.org/</p>
Gloucestershire South	<p>Helpline 01179-613-065 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Survive South Gloucestershire 01179-613-065 Office/ Helpline www.facebook.com/SurviveDV/</p>	<p>www.survivedv.org.uk/ info@survivedv.org.uk</p>

Gravesend	<p>Helpline 01474-537-392 Helpline open most office hours Family Matters counselling practice is supported by qualified professionals, specialist in the field of childhood sexual abuse and rape. We also cover physical abuse and self esteem issues. Face to face counselling Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Women only space available</p>	<p>Family Matters 13 Wrotham Road Gravesend Kent DA11 0PA 01474-536-661 Office</p>	<p>www.familymattersuk.org admin@familymattersuk.org</p>
Grays Thurrock	<p>Helpline 01375-380-609 SERICC opened in 1984 and covers the area's of Basildon, Brentwood and Thurrock. We provide services to women and girls over 13 years who have been raped, sexually assaulted, experienced childhood sexual abuse or any form of sexual violence. Female sexual violence counsellors FREE short term counselling Long term one to one counselling Support 4 mother's of Child survivors Support at medical appointments Support through the court system Counselling contact 01375-380-609 Counselling by appointment only</p>	<p>South Essex Rape and Incest Crisis Centre Grays Thurrock RM17 6LL 01375-381-322 Office</p>	<p>www.sericc.org.uk sericc@sericc.org.uk</p>
Grimsby	<p>Helpline 01472-575-757 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services available for male victims</p>	<p>Grimsby Women's Aid Grimsby 01472-575-757 Office / Helpline</p>	<p>www.womensaidnel.org/</p>
Guernsey	<p>Helpline 01481-721-999 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Guernsey Women's Refuge Guernsey Channel Islands 01481-721-999 Office / Refuge.</p>	<p>www.refuge.org.gg/</p>
Guildford	<p>Or 0800-0288-022 Freephone Helpline Sun - Fri 7.30pm - 9.30pm Closed Saturdays & Bank Holidays Individual counselling Family support counselling Pre court support counselling Self help groups Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the</p>	<p>Rape and Sexual Abuse Support Centre (RASASC) PO Box 1009 Guildford Surrey GU1 9EE 01483-568-000 Office</p>	<p>www.rasasc.org admin@rasasc-guildford.org</p>

police or not.

Halifax	Helpline 01422-323-339 If you are a women who has been affected by any form of domestic abuse, the Calderdale Women's Support Services can provide information, practical and emotional support and safety planning advice. "The Freedom Programme" is a weekly support group run 3 times a year for women affected by abuse whether past or present. Call the helpline for group details.	The Calderdale Women's Support Services Halifax 01422-386-500 Office	www.womencentre.org.uk dvteam@womencentre.org.uk
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 leagal appointments and offer practical advice and planning.	Halton & District Women's Aid Halton Cheshire 01514-952-778 Office	www.merseycare.nhs.uk/about-us/safeguarding/helplines/
Harlow	Helpline 03301-025-881 We have refuges in Harlow, South-end and Broxbourne. Large or small accomodations offering services to women and their children who are fleeing domestic violence.	Safer Places PO Box 2489 Harlow Essex 03301-025-812 Office	www.saferplaces.co.uk info@saferplaces.co.uk
Harrogate	Helpline 03000-110-110 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.	Harrogate & District Women's Aid Harrogate 01423-530-078 Office / Refuge	www.idas.org.uk info@idas.org.uk
Hartlepool	Helpline 03000-202-525 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Counselling service available.	Harbour Refuge Hartlepool 03000-202-525 Office / Helpline	www.myharbour.org.uk info@myharbour.org.uk
Hartlepool	Helpline 03000-202-525 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 emtional support. Support for children Group work and support groups	Harbour Support Services Whitburn House 15 Whitburn Street Hartlepool TS24 7 QR 03000-202-525 Office / Helpline counsellingservice@myharbour.org.uk www.facebook.com/harboursupportservices/	www.myharbour.org.uk

Hastings	<p>Helpline 07795-968-400 Mobile Helpline National 0808-2000-247 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support www.eastsussex1space.co.uk/Services/823/Refuge-East-Sussex</p>	<p>Refuge - Hastings Hastings East Sussex 0808-2000-247 Office / Helpline</p>	<p>www.refuge.org.uk info@refuge.org.uk</p>
Hatfield	<p>Helpline 01707-276-512 24 Hour discreet answering service Calls answered by a counsellor on Thursdays 7.30 pm - 9.30 pm If you are a survivor of any kind of sexual violence at any time in your life: We offer FREE confidential counselling for females who are over 18 years old no matter how or when the violence occurred.</p>	<p>Herts Area Rape Crisis and Sexual Abuse Centre PO Box 256 Hatfield Hertfordshire AL10 One 01707-276-512 Office / Helpline helpline@hertsrapecrisis.org.uk</p>	<p>www.hertsrapecrisis.org.uk admin@hertsrapecrisis.org.uk</p>
Havant	<p>Hants DV Line 0330-016-5112 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people Services for Male victims of abuse</p>	<p>Southern Domestic Abuse Services Havant Hampshire 0330-016-5112 Helpline advice@stopdomesticabuse.uk</p>	<p>www.southerndas.org info@southerndas.org</p>
Herefordshire	<p>Helpline 0800-783-1359 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.</p>	<p>West Mercia Women's Aid Herefordshire 0800-783-1359 Office / Helpline info@westmerciawomensaid.org</p>	<p>www.westmerciawomensaid.org</p>
Hexham	<p>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</p>	<p>Sixty Eighty Thirty PO Box 259 Hexham Northumberland 01434-60-80-30 Office / Helpline</p>	<p>www.nda.services/office@608030.com</p>
High Peak	<p>Helpline 0800-019-8668 Refuge for young women 16 -24 Dedicated services for children and young people.</p>	<p>High Peak - Refuge for Young Women. High Peak Derbyshire 01457-856-675 Office admin@crossroadsderbyshire.org</p>	<p>www.crossroadsderbyshire.org</p>
High Wycombe	<p>Helpline 01494-462-222</p>	<p>Rape Crisis (Wycombe, Chiltern)</p>	

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.

and South Buckinghamshire)
PO Box 1448
Desborough Road
High Wycombe
HP11 9GW
01494-462-222 Office / Helpline
www.rapecrisiswycombe.com/

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
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 it's kind in the South East. We offer counselling services
Therapeutic groups facilitated by 2 trained counsellors involving 2 hours once a week for 12 weeks. There is a sliding fee scale for these groups.

Mankind
1 Brunswick Road
Hove
East Sussex
BN3 1DG
01273-911-680 Office / helpline

www.mkcharity.org/
admin@mkcharity.org

Hoylake

Helpline 01516-661-392
Staffed Fridays 2pm - 4pm there is an answer machine all other times
helpline@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.

Rape and Sexual Abuse Centre (RASA) - West Wirral
Hoylake
Wirral
CH47 3BH
01515-581-801 Office
rasa@rasamerseyside.org

www.rasamerseyside.org

Huddersfield

Helpline 0800-052-7222
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Dedicated services for children and young people
Resettlement and follow up support

Pennine DA Partnership
Huddersfield
01484-308-300 Refuge
01484-308-302 Office

www.pdap.co.uk/
admin@pdap.co.uk/

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

Kirklees Survivors Counselling Project
PO Box 230
Huddersfield
HD1 1AA
Office number as Hotlines

www.krasacc.co.uk
anything@krasacc.co.uk

Hull

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

Hull Rape Crisis and Sexual Abuse Service
Hull
HU3 1AN
01482-329-990 Office / Helpline

www.hullrapecrisis.org/

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

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

www.hullwomensaid.org/

Hull

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

www.thesurvivors.space/

www.psychologytoday.com/gb/counselling/the-trauma-centre-hull-and-east-riding-hull-eng/463253

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 www.hullwomensaid.org/refuge www.hullwomensaid.org/domestic-abuse
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 accomodation One to one refuge support We offer a IDVA service which is a one to one support service for those who at high risk of further harm of domestic abuse. The IDVA team will work with the victim through the court process. Support groups available.	Lighthouse Westgate House Museum Street Ipswich IP1 1HQ 01473-228-270 Office www.lighthousewa.org.uk admin@lighthousewa.org.uk
Ipswich	Helpline 0800-0850-520 Our helpline is open Tuesdays and Thursdays 7pm - 9pm Confidential telephone support and information service Advocacy and self help support groups available in the near future This entry Nov 13	Suffolk Rape Crisis Ipswich IP1 3BE 01473-231-200 Office enquiries@suffolkrapecrisis.org.uk www.srchelp.org.uk/home/
Keighley	Helpline 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 accompany you to hearings and leagal appointments and offer practical advice and planning.	Staying Put DV Services Keighley 0808-280-2999 Office / Helpline enquiries@stayingput.uk.net www.stayingput.uk.net/
Keighley	Helpline 01535-667-352 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Keighley Women's Aid Keighley 01535-667-352 Office / Refuge keighleyrefuge@bradfordwomensaid.org.uk
Kings Lynn	FREE Support Group for Female Survivors of Childhood Sexual Abuse Our group is strictly confidential and non judgemental. Our aim is to listen and talk through problems with others who have been through simular experiences. We meet on	STOP-START Group PO Box 1138 Kings Lynn PE30 4WX 07788-196-138 Contact No. www.nsun.org.uk/east-of-england-groups stopstart@live.co.uk

the 1st Tuesday each month at
7 pm to 9 pm for more details call
07788-196-138.

Kingston upon Thames	Helpline 07990-021-839 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Kingston Asian Women's Refuge Kingston upon Thames London 07990-021-839 Office / Helpline	www.hestia.org info@hestia.org
Kirklees	Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services available for male victims	Kirklees Asian & Black Women's Welfare Kirklees 01484-450-866 Office	info@womenscentre.org.uk www.womenscentre.org.uk/
Knowsley	Helpline 01515-543-333 We have been providing domestic abuse services in Knowsley since 1996. We have a "First Step" centre for victims and survivors to meet and access emotional and practical support. We offer one-to-one work, both face to face and via the telephone, we also have a variety of groups offering varied support - from the Freedom Program to holistic therapies. We run a purpose built refuge for women and their children who are fleeing domestic abuse. This is staffed 24/7, providing a safe and secure environment. Our Independent Domestic and Sexual Violence Advocates work with women offering support before, during and after the court process. They can accompany them to hearings and legal appointments and offer practical advice and safety planning.	The First Step The First Step Centre Peatwood Avenue Kirkby Merseyside L32 7PR 0151-543-3333 Helpline	www.thefirststep.org.uk enquiries@thefirststep.org.uk
Lancaster	Christian Healing Ministry offering personal prayer ministry on FREE Healing Retreats and also as part of various teaching courses. suitable for those suffering the trauma of past abuse and desiring help with the subsequent dysfunction in their life.	Ellel Ministries Ellel Grange Bay Horse Lancaster Lancs LA2 0HN 01524 751-651 Office / Advice	www.ellel.org info.grange@ellelministries.org
Lancaster	Helpline 0808-2000-247 referrals@ldwa-support.org We are a local charity supporting women and families who are affected by domestic abuse. We serve the districts of Lancaster and	Lancaster and District Women's Aid. Lancaster 0808-2000-247 National DV Line www.lancaster.gov.uk/community/domestic-abuse	referrals@ldwa-support.org

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

Lancaster	Helpline 0300-303-3581 Refuge for women fleeing domestic violence. The address is not published for safety reasons.	SAFENET Refuge Lancaster 0300-303-3581 Office / Helpline	www.safenet.org.uk/ contact@safenet.org.uk
Leeds	Helpline 0800-599-9247 Karma Nirvana is a registered charity that supports victims and survivors of forced marriage and honour based abuse. Advocacy and educational roadshows to promote awareness.	Karma Nirvana PO Box 148 Leeds LS13 9DB 0800-599-9247 Office / Helpline	www.karmanirvana.org.uk/ info@karmanirvana.org.uk
Leeds	Helpline 01132-460-401 Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Leeds Refuge Leeds 01132-442-578 Office administration@leedswomensaid.org.uk	www.leedswomensaid.co.uk/
Leeds	Helpline 0808-802-3344 Freephone Text line 07860-022-880 support@sarsvl.org.uk See website for helpline hours We provide FREE helpline, text, email and face to face support services to women and girls who have been affected by sexual violence.	Support After Rape and Sexual Abuse - Leeds PO Box 827 Leeds LS1 9PN 01132-439-102 Office www.supportafterrapeleeds.org.uk	info@sarsvl.org.uk
Leeds	Helpline 01132-460-401 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Leeds Women's Aid Leeds 01132-442-578 Office administration@leedswomensaid.org.uk	www.leedswomensaid.org.uk
Leicester	Helpline 0808-802-0028 We are a registered charity based in Leicester working towards reducing rape, sexual assault and domestic violence in Leicestershire.	FREE VA PO Box 7675 Leicester 01162-550-004 Office	www.freeva.org.uk Contact email form on the website
Leicester	Helpline 01162-558-852 24 Hour answering machine See website for helpline details We offer support to all women aged 16 years and over in Leicestershire and Rutland who have experienced any form of sexual violence recently	Jasmine House, Leicester Rape Crisis PO Box 7402 Leicester LE1 6WD 01162-555-962 Office	www.jasminehouse.org.uk admin@jasminehouse.org.uk

or in the past.
Telephone support
Face to face counselling
Support through the courts process

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	Quetzal 14-16 Talbot Lane Leicester LE1 4LR 0333-101-4280 Office	www.quetzal.org.uk help@quetzal.org.uk
Leicestershire	Helpline 0808-802-0028 Helpline Mon - Fri 9am - 4pm We are a non profit organisation established in 1974 aiming to empower women and children who have experienced domestic abuse to take control of their lives. Safe temporary accomodation Outreach services for those who require support and may be still living with the perpetrator. Childrens services and advocacy IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. JADA one to one support.	Women's Aid - Leicestershire 01162-832-225 Office	www.wa-leicester.org.uk admin@wallaction.org.uk
Leigh	Helpline 0300-323-0085 Services for victims of domestic abuse. Advice line open 24 hours IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. Services for Male victims also. www.lancashirevictimservices.org/victims/victim-domestic-abuse/	Lancashire Victim Services Leigh Lancashire 0300-323-0085 Office / Helpline info@lancashirevictimservices.org	
Lewes	Helpline 07795-968-400 Referrals Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Refuge - Lewes Lewes East Sussex 07795-968-400 Mobile www.eastsussex1space.co.uk/Services/823/Refuge-East-Sussex	www.refuge.org.uk info@refuge.org.uk
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 www.clarehoucelancashire.org.uk/ clarehouse@progressgroup.org.uk	
Leyton	The counselling support service	Waltham Forest Haven	www.havennetwork.org.uk/

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.

Leyton
London
E10 6AE
020 85 200-755 Office / Helpline

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 accomodation for your children.

East Linsey Domestic Abuse
Lincolnshire
01522-510-041 Office / Helpline

www.edanlincs.org.uk/
info@edanlincs.org.uk

**Lincolnshire
North**

Helpline 01472-575-757
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support

North Lincolnshire Refuge
01472-575-757 Office / Hotline

www.womensaidnel.org/

**Lincolnshire
West**

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 accomodation for your children.

West Lincolnshire Domestic
Abuse Service
Lincolnshire
01522-510-041 Office / Helpline

www.wldas.org.uk/
info@wldas.org.uk

Liverpool

Helpline 01517-340-083
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support
Dedicated services for children and young people

Amadudu Refuge
Liverpool
01517-340-083 Office / Refuge

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 leagal 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
helpline@rasamerseyside.org
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

RASA - Liverpool
Liverpool
L1 5AA
01515-581-801 Office

www.rasamerseyside.org
rasa@rasamerseyside.org

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
www.sl-domesticabuseservices.org.uk/

services@ldas.co.uk

Liverpool

21 Step Self Help Group
We are a Merseyside based organization offering a self help group to aid recovery from the often traumatic effects of childhood sexual abuse. The programme is facilitated by qualified professionals who are themselves survivors of childhood abuse. We also run a one to one counselling service.

Steps to Freedom
Liverpool
L4 5RT
07803-059-337 Office

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
Balham

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
London
SW12 9SJ
02039-472-600 Office
07966-976-749 Office Text

www.signhealth.org.uk
da@signhealth.org.uk

London
Barking and Dagenham

Helpline 0808-802-5565
advice@solacewomensaid.org
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Barking & Dagenham Refuge
London
02076-191-350 Office

www.solacewomensaid.org/
info@solacewomensaid.org

London Barnet	<p>Helpline 02038-745-003 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people.</p>	<p>Solace Women's Aid Barnet London 02038-745-003 Office / Refuge barnet.advocacy@solacewomensaid.org</p>	<p>www.solacewomensaid.org info@solacewomensaid.org</p>
London Brent	<p>Helpline 02089-616-549 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Brent Asian Women's Refuge Brent London 02089-515-701 Office / Advice www.asianwomenscentre.org.uk/referrals@awrc.org.uk</p>	
London Brent	<p>National 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 accomodation for your children.</p>	<p>Brent Women's Refuge Brent London 0808-2000-247 Help & Advice</p>	
London Camden	<p>Helpline 02073-783-100 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Camden - Hestia Domestic Abuse Service Camden London 02073-783-100 Office / Helpline</p>	<p>www.hestia.org/</p>
London Camden	<p>Helpline 0300-201-1868 We provide support to female survivors who are subject to the risk of domestic or sexual violence in the London area. Our Sunflower Programme aims to help children and young people affected by the witnessing of domestic abuse Our Legal Surgery is open Mondays from 11am to 1.30 call our helpline on 08453-131-868 ext 211 to book an appointment. Translation and interpretation service available.</p>	<p>Chinese Information and Advice Centre London 0300-201-1868 Office / Helpline www.facebook.com/ChineseInformationandAdviceCentre/</p>	<p>info@ciac.co.uk</p>
London Camden	<p>advice@solacewomensaid.org Helpline 0808-802-5565 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Please contact us via email</p>	<p>Frances House Camden London 0808-802-5565 Office / Helpline</p>	<p>www.solacewomensaid.org</p>
London Ealing	<p>Helpline 02073-783-100 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Maendeleo House Ealing London 02073-783-100 Office / Helpline</p>	<p>www.hestia.org info@hestia.org</p>
London	<p>Helpline 02037-955-068</p>	<p>Enfield Muslim Women's Aid</p>	

Enfield	Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Enfield 02037-955-068 Office / Helpline www.solacewomensaid.org/get-help/enfield/advocacy.enfield@solacewomen'said.org
London Enfield	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	Olive House Enfield London 02037-955-068 Office / Helpline www.solacewomensaid.org/get-help/enfield/advocacy.enfield@solacewomansaid.org
London Greenwich	Helpline 02032-607-715 HER centre was set up in 1997 to support women who live, work or study in the Greenwich area and who are seeking advice on domestic violence issues, sexual abuse, legal issues, counselling or info on a safe refuge from domestic violence. All our services are FREE and strictly confidential	HER Centre Greenwich London SE18 6PF 02032-607-715 Office / Helpline www.hercentre.org info@hercentre.org
London Lewisham	0800-980-1958 National Freephone 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	MOSAC Lewisham London 02082-939-990 Office / Helpline enquiries@mosac.org.uk www.mosac.org.uk/
London Hackney	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	Hackney Asian Women's Refuge Hackney London 020-737-3176 Office / Helpline www.hestia.org/hackney
London Hackney	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	Hackney - Hestia Domestic Abuse Service Hackney London 020-737-3176 Office / Helpline www.hestia.org/ www.hestia.org/hackney
London Hammersmith	Helpline 02073-783-100 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Hammersmith North - Hestia Women's Aid Hammersmith North London 02073-783-100 www.hestia.org/hammersmith-fulham info@hestia.org

<p>London Hammersmith</p>	<p>Helpline 02073-783-100 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Hammersmith South - Hestia Women's Aid Hammersmith South London 02073-783-100 Office / Helpline www.hestia.org/hammersmith-fulham</p>	<p>www.hestia.org info@hestia.org</p>
<p>London Haringey</p>	<p>Helpline 02088-853-557 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Solace Women's Aid Haringey London 02088-853-557 haringey.floatingsupport@solacewomensaid.org</p>	<p>www.solacewomensaid.org info@solacewomensaid.org</p>
<p>London Harrow</p>	<p>Helpline 02073-783-100 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children. IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Harrow - Hestia Domestic Abuse Service Harrow London 02073-783-100 Office / Helpline</p>	<p>www.hestia.org www.hestia.org/harrow</p>
<p>London Hillingdon</p>	<p>Helpline 02073-783-100 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Hillingdon - Hestia Domestic Abuse Service Hillingdon London 02073-783-100 Office / Advice</p>	<p>www.hestia.org www.hestia.org/hillingdon</p>
<p>London Hounslow</p>	<p>Helpline 02073-783-100 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Hounslow Refuge Hounslow London 02073-783-100 Office / Advice</p>	<p>www.hestia.org/hounslow</p>
<p>London Islington</p>	<p>Helpline 02073-955-070 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Mary Robinson House Islington London 02073-955-070 Office Advice www.solacewomensaid.org/get-help/islington/advocacy@solacewomensaid.org</p>	<p>www.solacewomensaid.org info@solacewomensaid.org</p>
<p>London Islington</p>	<p>Helpline 02073-955-070 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>SeaCole House Islington London 020-955-070 Office / Advice www.solacewomensaid.org/get-help/islington/advocacy@solacewomensaid.org</p>	<p>www.solacewomensaid.org info@solacewomensaid.org</p>

London Lambeth	<p>Helpline 02086-960-023 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Asha Refuge Lambeth London 02086-960-023 Office / Advice</p>	<p>www.ashaprojects.org.uk/ advice@asha.org.uk</p>
London Lambeth	<p>24hr Helpline 07841-687-980 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Call helpline for more details.</p>	<p>Lambeth Refuge Lambeth London 02087-616-022 Office / Refuge</p>	
London Lambeth	<p>Helpline 02086-787-666 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Emmeline House Lambeth London 02086-787-666 Office / Refuge</p>	<p>www.solacewomensaid.org info@solacewomensaid.org</p>
London Lambeth	<p>Helpline 02086-646-289 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Solas Anois Lambeth London 02086-646-289 Office / Refuge</p>	<p>www.solacewomensaid.org info@solacewomensaid.org</p>
London Lewisham	<p>Helpline 0800-112-4052 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. www.refuge.org.uk/our-work/our-services/one-stop-shop-services/athena/</p>	<p>Lewisham Refuge London 0800-112-4052 Office / Advice lewishamvawg@refuge.org.uk</p>	
London Merton	<p>Helpline 02073-783-100 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Merton Refuge Ltd London 02073-783-100 Office / Advice</p>	<p>www.hestia.org/merton</p>
London Newham	<p>Helpline 02074-732-813 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Beverley Lewis House Newham London 02074-732-813 Office / Helpline</p>	
London Redbridge	<p>Reach Out Line 0800-145-6410 Refuge for women fleeing domestic violence. The address is not</p>	<p>Redbridge Women's Refuge Redbridge London</p>	<p>outreach@raada.org www.hestia.org/redbridge</p>

published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

0800-145-6410 Office / Helpline
[www.redbridge.gov.uk/crime-and-public-safety/domestic-violence/
reachout@redbridge.gov.uk](http://www.redbridge.gov.uk/crime-and-public-safety/domestic-violence/reachout@redbridge.gov.uk)

London
Richmond

Helpline 02073-783-100
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
IDVA: IDVA's work with women by
offering support before, during and
after the court process. They can
accompany you to hearings and
leagal appointments and offer
practical advice and planning.

Richmond Refuge
London
02073-783-100 Office / Helpline

www.hestia.org/richmond

London
S. Kensington

Helpline 02073-783-100
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

South Kensington - Hestia
Domestic Abuse Service
South Kensington
London
02073-783-100 Office / Helpline
www.hestia.org/kensington-chelsea

London
Southwark

Helpline 02075-931-290
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

Southwark Refuge
London
02075-931-290 Office / Refuge
www.solacewomensaid.org/contact-us
southwark@solacewomensaid.org

London
Sutton

Helpline 02086-611-991
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

Sutton Women's Aid
Sutton
London
02086-611-991 Office / Refuge

www.suttonwomen.co.uk/

London
Tower Hamlets

Helpline 02073-783-100
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

Tower Hamlets - Hestia
Domestic Abuse Service
Tower Hamlets
London
02073-783-100 Office / Helpline

www.hestia.org/tower-hamlets

London
Waltham Forest

Helpline 02085-581-986
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

The Kiran Project
Waltham Forest
London
02085-581-986 Office / Refuge
kiran.admin@kiranss.org.uk

www.kiranss.org.uk/

London
Wandsworth

Helpline 02088-712-664
Refuge for women fleeing domestic
violence. The address is not

Shanti Asian Women's Aid
Wandsworth
London

published for safety reasons.
Resettlement and follow up support

02088-712-664 Office / Helpline

London
Wandsworth

Helpline 02073-783-100
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

Wandsworth - Hestia Domestic Abuse Service
Wandsworth
London
02073-783-100 Office / Helpline
www.hestia.org/wandsworth

www.hestia.org
info@hestia.org

London
Westminster

Helpline 02073-783-100
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

Asby House
Westminster
London
02073-783-100 Office / Helpline
www.hestia.org/westminster

London
Westminster

Helpline 02073-783-100
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

Harlinham House
Westminster
London
02073-783-100 Office / Helpline
www.hestia.org/westminster

London
Westminster

Helpline 02073-783-100
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

Radella House
Westminster
London
02073-783-100 Office / Helpline
www.hestia.org/westminster

London
Westminster

Helpline 02073-783-100
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

Rukiya House
Westminster
London
02073-783-100 Office / Helpline
www.hestia.org/westminster

London

Helpline 02085-390-427
We believe everyone has the right to live free from violence and fear. Our aim is to help Asian, Turkish and Iranian women when they need it. We help to empower women experiencing domestic violence by offering safe housing and sensitive support.

Ashiana Network
London
01085-390-427 Office / Helpline

www.ashiana.org.uk
info@ashiana.org.uk

London

We are a specialist therapy centre offering a unique combination of 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.

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

Counselling and psychotherapy
Bodydynamic massage and Reiki
Support groups - groups are usually four or more participants and are facilitated by a trained counsellor. Mens' and a mixed group are planned for the near future. This entry November 2013.

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 www.niaendingviolence.org.uk/get-help/sexual-violence-and-abuse/	East London Rape Crisis and NIA PO Box 58203 London N1 3XP 02076-831-270 Office / Advice info@niaendingviolence.org.uk	
London	Helpline 02083-178-273 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Greenwich Women's Aid PO Box 799 London SE7 8JD 02083-178-273 Office / Helpline	www.gdva.org.uk/
London	Helpline 01708-728-759 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people www.havering.gov.uk/info/20096/community/550/domestic_violence	Havering Women's Aid London 01708-728-759 Office / Helpline	
London	Helpline 02088-885-362 Information and advice regarding any issues on domestic violence www.haringey.gov.uk/community/community-safety-and-engagement/domestic-violence/earthstone	Hearthstone DV Advice and Support Centre London 02088-885-362 Office / Helpline	
London	ICAP is a registered charity providing high quality counselling services and psychotherapy to help people heal their lives and deal with emotional trauma. Originally founded to meet the needs of Irish immigrants now resident in Britain, today we support people from other communities. We have 2 clinical centres - London and The West Midlands.	ICAP - Immigrant Counselling and Psychotherapy. London 02072-727-906 Office	www.icap.org.uk/ info@icap.org.uk
London	DV Helpline 0808-801-0500	Jewish Women's Aid	www.iwa.org.uk

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

PO Box 2670
 London
 N12 92E
 02084-458-060 Head Office

Contact email form on website

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

Latin American Women's Aid
 London
 02072-750-321 Office / helpline

www.lawadv.org.uk
info@lawadv.org.uk

London

LCPS is a registered charity with over 25 years experience of providing personal safety and self defence training.
 Safer choices for children workshop
 Safer choices for young people - this workshop deals with preventing sexual abuse.
 City Bridge Project - work to prevent sexual violence & the fear of violence.

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

London

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.

Mozaic
 London
 02071-887-710 Office / Helpline

London

Helpline 0808-801-0331
support@napac.org.uk

See website for helpline hours and mobile call charges.
 We are the only national organization focused on supporting adults who have been abused in anyway as children. We provide a local support and specialist search facility so you can find help in your area.
www.facebook.com/NationalAssociationforPeopleAbusedinChildhood/

National Association for People Abused in Childhood (NAPAC)
 PO Box 63632
 London
 SW9 1BF
 02030-967-645 Office

www.napac.org.uk/

London

Solace Helpline 0808-802-5565
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

North London Rape Crisis and Solace Women's Aid.
 Unit 5-7 Blenheim court
 62 Brewery Road
 London
 N7 9NY
 02076-191-350 Office

www.solacewomensaid.org/get-help/north-london-rape-crisis/

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.

info@solacewomensaid.org

London

Helpline 0800-170-0314

One in Four offers a voice to and support for males and females who have experienced sexual abuse and sexual violence.
One to one counselling
Counselling for couples
Counselling for family members.

One in Four
2 Shelburne Road
London
N7 6DL
02086-972-112 Office

www.oneinfour.org.uk/
admin@oneinfour.org.uk

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.

Respond
3rd Floor
24-32 Stephenson Way
London
NW1 2 HD
02073-830-700 Office / Helpline

www.respond.org.uk/
admin@respond.org.uk

London

Helpline 02035-983-898

help@survivorsuk.org

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.

SurvivorsUK
Ground Floor
34 Great James Street
London
WC1N 3HB
02035-983-898 Office / Helpline

www.survivorsuk.org/

London

Helpline 0808-801-0770

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

West London Rape Crisis Ctr
PO Box 13095
London
W14 0FE
0808-801-0770 Office / Helpline

rcc@wgn.org.uk

www.rapecrisis.org.uk/get-help/find-a-rape-crisis-centre/?region=London

London

SA Helpline 0808-801-0770

WGN Advice Line 0808-801-0660

Helpline hours on website
Women and Girls Network offers

Women and Girls Network
PO Box 13095
London
W14 0FE

www.wgn.org.uk/
advice@wgn.org.uk

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

02076-104-678 Office
02076-104-678 Counselling

London	Helpline 02073-783-100 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.	Yanaba House Westminster London 02073-783-100 Office / Helpline	www.hestia.org/westminster
Luton	Helpline 01582-391-856 We provide safe, secure and a confidential accomodation for women and children escaping domestic violence and abuse. One to one and group support sessions in a range of langauges common to the Luton area. Services for witnesses of abuse Resettle ment worker to support you after you leave the refuge.	Women's Aid in Luton Luton Bedfordshire LU1 3BE 01582-876-636 Office	www.womensaidinluton.org info@womensaidinluton.org
Maidenhead	Helpline 01753-549-865 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	Berkshire East & South Bucks Women's Aid Maidenhead 0333-344-5371 Refuge	www.thedashcharity.org.uk/
Manchester	Helpline 01616-367-525 Domestic Violence Helpline Help, support and advice, plus a local and national directory of support services. Closed 25th & 26th Dec & 1st Jan Christmas Eve 10am to 3pm Christmas week 10am - 4pm National Helpline 0800-2000-247	End the Fear Greater Manchester 01616-367-525 Office / helpline	www.endthefear.co.uk

Manchester	<p>Helpline 01612-734-500 Helpline hours Mon to Fri 10am-4pm Wed and Thurs 6pm - 9pm For all other times 24 hour answering service. We are a confidential support service, run by women for women and girls who have been raped or sexually abused including women who have been or are involved in sex work. Face to face counselling for over 17's Weekly therapy group on Wed eves Support group for women who have completed counselling.</p>	<p>Manchester Rape Crisis PO Box 335 Manchester M60 2BS 01612-734-591 Office www.manchesterrapecrisis.co.uk help@manchesterrapecrisis.co.uk</p>	
Manchester	<p>Helpline 01619-454-187 We were established in 1976 to provide advice, support and services for Asian women fleeing domestic violence and forced marriages. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people</p>	<p>Saheli Ltd PO Box 44 Manchester 01619-454-187 Office / Hotline</p>	<p>www.saheli.org.uk info@saheli.org.uk</p>
Manchester	<p>Helpline 01616-607-999 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services also for male victims</p>	<p>Sojourners House Refuge Manchester 01616-607-999 Office / Helpline www.facebook.com/mancwomensaid info@manchesterwomensaid.org referrals@manchesterwomensaid.org</p>	<p>www.pankhursttrust.org/</p>
Manchester	<p>Helpline 0808-800-5005 support@survivorsmanchester.org.uk Helpline 24 hour voicemail We are a survivor-led, survivor-run voluntary organization that aims to create a safe space for male survivors of sexual abuse and rape. "The Safe Room" support group meets every other Tuesday 7 - 9pm The group is facilitated by a qualified therapist, meetings are limited to 12 men at any one time. A minimum donation of £2.50 for room rental is required.</p>	<p>Survivors Manchester PO Box 4325 Manchester M61 0BG 01612-362-182 Office www.survivorsmanchester.org.uk support@survivorsmanchester.org.uk</p>	
Manchester	<p>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</p>	<p>Therapy Group Survivors Manchester & LGF Manchester area 01612-362-182 Office www.survivorsmanchester.org.uk counselling@lqf.org.uk</p>	

awareness and understanding of the common symptoms and experiences associated with CSA Childhood Sexual Abuse. Please see our website for further details www.survivorsmanchester.org.uk/support-services/therapeutic-support/

Manchester	Helpline 01616-367-525 We are a confidential helpline for those experiencing domestic abuse. We also run an Urdu and Punjabi helpline. See website for our help line hours.	Women's Domestic Abuse Helpline Manchester 01616-367-525 Helpline / Office helpline@independentchoices.org.uk	www.wdchoices.org.uk
Middlesbrough	Helpline 01642-822-331 support@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.	ARCH North East (Abuse, Rape Counselling and Help) 22 Hoylake Road Saltersgill Middlesbrough TS4 3JL 01642-822-335 Office	www.archnortheast.org/ admin@archnortheast.org
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	Harbour Refuge Middlesbrough 0300-020-2525 Office / Refuge	www.myharbour.org.uk info@myharbour.org.uk
Middlesbrough	Helpline 01642-241-864 We are an independent "One Stop Shop" for women aged 16+ who have been affected by domestic violence. We offer: DV support workers & safety plans FREE one to one counselling Disabled outreach therapy service Choices programme: 6 weekly 2 hours sessions to help you make positive changes to your life. Call 01642-256-036 for more details.	My Sister's Place Middlesbrough 01642-241-864 Office	www.mysistersplace.org.uk hello@mysistersplace.co.uk
Milton Keynes	Helpline 08443-754-307 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people IDVA: IDVA's work with women by	Milton Keynes (MK ACT) Milton Keynes 08443-754-307 Office / Helpline	www.mkact.com/ info@MK-ACT.org

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

**Mole Valley
Surrey**

Helpline 01737-771-350

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 legal appointments and offer practical advice and planning.

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

www.esdas.org.uk/
support@esdas.org.uk

Newark

Helpline 01158-240-314

ISAS is currently offering one to one and group therapy for males and females aged 16+ who have been affected by sexual violence in their lives. City Service is available to any one who lives in Nottingham city. We also run a County service for survivors in the County of Nottingham and Bassetlaw.

Male therapeutic group - facilitated on a weekly basis, the sessions last for 2 hours

The Rape Project - 8 sessions of one to one counselling, access to female only venues, choice of male or female counsellor.

ISAS- Incest & Sexual Abuse Survivors
67 North Gate
Newark
Nottinghamshire
NG24 1HD
01158-240-314

www.isas-notts.org.uk

Newark

Our mission is to provide a variety of help based support for female victims and survivors of childhood sexual abuse.

Survivor led support groups

Facilitated creative therapy groups

Personal development groups

We also offer information to male survivors of childhood abuse.

S.H.E.
1 Magnus Street
Newark
Nottinghamshire
NA24 1JX
01623-622-916 Office

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

Newark-on-Trent

Helpline 01636-679-687

We provide safe accommodation with support services for women who are experiencing or have experienced any form of abuse. We have services for children who witness abuse.

Outreach services for those who can not at this time leave their homes.

Newark Women's Aid
PO Box 28
Newark -on-Trent
Nottinghamshire
01636-679-687 Office / Helpline

www.facebook.com/NewarkWomensAid/

**Newcastle upon
Tyne**

Helpline 0800-035-2794 Freephone
emailsupport@rctn.org.uk

GRACE
PO Box 1320

www.rctn.org.uk/
enquiries@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
NE99 5DX
01912-220-272 Office

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 Women's Aid
Newcastle
01912-610-504 Office / Helpline
www.newcastlewomensaid.org.uk
office@newcastlewomensaid.org.uk

Newcastle upon Tyne

Helpline 0800-035-2794 Freephone
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.

Tyneside Rape Crisis Centre
PO Box 1320
Newcastle upon Tyne
NE99 5DX
01912-220-272 Office

www.rctn.org.uk/enquiries@rctn.org.uk

New Forest

Helpline 03300-165-112
Refuge for 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.safer.newforest.gov.uk/article/17325/Where-can-I-get-help

New Forest Women's Refuge
New Forest
Southern England
03300-165-112 Office / Helpline

Norfolk

Helpline 0300-561-0077
Emergency shelter for women and their children who are fleeing a domestic violence situation.
adviceandsupport@leewaynwa.org.uk

Blossom House
Norfolk
0300-561-0077 Office / Helpline

admin@leewaynwa.org.uk
www.leewaynsupport.org/

Norfolk

Helpline 0300-561-0077
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.

Lily House
Norfolk
0300-561-0077 Office / Helpline

www.leewaynsupport.org/
admin@leewaynwa.org.uk

adviceandsupport@leewaynwa.org.uk

Northampton	Helpline 01604-230-311 TEXT Helpline 07827-239-469 eve2eve@eve.org.uk Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Nene Valley Christian Family Refuge Northampton 01604-230-588 Office / Helpline	www.eveda.org.uk/ admin@eveda.org.uk
Northampton	Helpline 0300-222-5930 Helpline hours Mondays to Fridays 9am to 3pm and 7pm - 9pm We offer counselling and support for anybody who has been abused sexually whether it was 2 weeks ago or 40 years ago. One to one counselling Appointments that allow for women only space	Northampton Rape and Incest Crisis Centre Northampton NN1 5RU 01604-250-721 Office / Helpline www.northamptonshirerapecrisis.co.uk/	info@nrcc.com
Northamptonshire	Helplin 0300-012-154 advice@ndas-org.co.uk NDAS can support you if you or someonein your family is a victim of domestic violence.	NDAS Northamptonshire 0300-012-154 Office / Helpline	www.ndas.co/ info@ndas-org.co.uk
North Tyneside	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	Harbour Refuge North Tyneside 0300-020-2525 Office / Refuge	www.myharbour.org.uk info@myharbour.org.uk
Northumberland	Helpline 01434-608-030 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Northumberland Women's Refuge Northumberland 01434-608-030 Office / Refuge www.northumberland.gov.uk/Protection/Violence.aspx	www.nda.services/
Norwich	Helpline 0300-561-0077 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.	Leeway - Domestic Violence and Abuse Services. PO Box Leeway City Hall Norwich NR2 1NH 0300-561-0077 Office / Helpline	www.leewaynwa.org.uk admin@leewaynwa.org.uk
Norwich	We offer face to face counselling	Mpower	www.suelamerttrust.org/

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.

The Sue Lambert Trust
St. Julians Hall
6 Music House Lane
Norwich
NR1 1QL
01603-622-406 Office

info@suelamberttrust.org

Norwich

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

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

www.suelamberttrust.org/

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

Broxtowe Women's Project
PO Box 6660
Nottingham
NG16 3ZE
01773-718-555 Office
enquiries@broxtowewp.org
www.broxtowewomensproject.org.uk/

Nottingham

Helpline 01158-240-314
ISAS is currently offering one to one and group therapy for males and females aged 16+ who have been affected by sexual violence in their lives. City Service is available to any one who lives in Nottingham city. We also run a County service for survivors in the County of Nottingham and Bassetlaw.
Male therapeutic group - facilitated on a weekly basis, the sessions last for 2 hours
The Rape Project - 8 sessions of one to one counselling, access to female only venues, choice of male or female counsellor. For more information on any of the above call us on 01636-610314

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

www.isas-notts.org.uk

Nottingham

Helpline 0808-2000-247
Refuge for women fleeing domestic violence. The address is not

Nottingham Central Women's Aid
Nottingham

www.centralwomensaid.org/

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

01159-607-943 Office /
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.

NCS - Sexual Abuse Project
Kent Street
Nottingham
NG1 3LZ
01159-501-743 Office
www.nottinghamcounsellingcentre.org.uk
info@nottinghamcounsellingcentre.org.uk

Nottingham

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

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

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

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

relationships.

Nottinghamshire	Helpline 0808-800-0340 Advice Line 01623-683-250 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.	Jericho Refuge Nottinghamshire 01623-683-250 Office/ Advice	www.nidas.org.uk/ hello@nidas.org.uk
Oldham	Helpline 0800-328-0967 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	Bridges / Jigsaw Support Oldham 01613-312-552 Office www.jigsawhomes.org.uk/ bridges@jigsawhomes.org.uk	
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	Oxford Sexual Abuse & Rape Crisis Centre PO Box 20 St. Aldates Post Office Oxford OX2 6GB 01865-725-311 Office / Helpline	www.oxfordrapecrisis.net support@osarcc.org.uk admin@osarcc.org.uk
Pendle	Helpline 01282-661-999 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Angel House Pendle Lancashire 01282-661-999 Office / refuge	
Pendle	Helpline 01282-726-000 A Male worker may answer phone Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. Services for Male victims	Pendle Domestic Violence Initiative Pendle Lancashire 01282-726-001 Office	www.pdvi.org.uk/ pdvi@p-a-c.org.uk
Peterborough	Helpline 01733-582-578 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	Peterborough Rape Crisis Care Oasis@Rivergate Vierson Platz Peterborough PE1 1SE 01733-225-937 Office www.peterboroughrapecrisis.co.uk peterboroughrapecrisis@nhs.net	www.prccg.org.uk/ admin@prccg.org.uk

individual and confidential support.

Peterborough	Helpline 08454-103-123 National DV Line 0808-2000-247 We provide safe temporary accomodation for women and their children, who are experiencing domestic violence. Resettlement and aftercare Children's services Weekly workshops Outreach services across Peterboro Freedom program - 10-12 weekly sessionexploring the issues relating to domestic violence.	Peterborough Women's Aid Peterborough 08454-103-123 Office / Helpline www.peterboroughwomensaid.co.uk	
Peterlee	Helpline 03000-202-525 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Harbour Refuge Peterlee County Durham 03000-202-525 Office / Helpline	www.myharbour.org.uk info@myharbour.org.uk
Pevensey	Christian Healing Ministry offering personal prayer ministry on FREE Healing Retreats and also as part of various teaching courses. suitable for those suffering the trauma of past abuse and desiring help with the subsequent dysfunction in their life.	Ellel Ministries Ellel Glyndley Manor Stone Cross Pevensey East Sussex BN24 5BS 01323-440-440 Office / Advice	www.ellel.org info.glyndley@ellelministries.org
Plymouth	Helpline 01752-562-286 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	Plymouth Women's Refuge Plymouth 01752-562-286 Office / Refuge www.sanctuary-supported-living.co.uk/pdas	
Plymouth	Helpline 0300-303-4626 Our expert team has over 80 years combined experience providing high quality support to men, women, children and young people, who have been affected by rape and serious sexual assault. We acknowledge all forms of sexual violence including, rape, sexual assault, childhood sexual abuse, rape in marriage, trafficking, sexual exploitation and ritual abuse.	SARC - Twelves Company Metropolitan House The Millfields Plymouth PL1 3JB 0300-303-4626 Office / Helpline	www.theoakcentresarc.org.uk/
Poole	Helpline 01202-308-855	Dorset Rape Crisis Support Ctr.	www.starsdorset.org/

ISVA 01202-308-858

Dorset Rape Crisis is a charity based in Poole which began 24 years ago as a helpline for girls and women who have been raped or sexually abused.

Telephone support

Face to face counselling - 6 weekly appointments initially then reviewed at regular intervals.

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

Email support forms can be found under contacts on website.

PO Box 7697

Poole

Dorset

BH15 9GN

01202-308-840 Office

www.facebook.com/dorsetrapecrisis

info@starsdorset.org

Poole**Helpline 01202-748-488**

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

Resettlement and follow up support

Poole Refuge

Poole

Dorset

01202-748-488 Office / Refuge

poolerefuge@bcha.org.uk

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

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

Counselling services

Support groups being developed as of this entry November 2016

PARCS - Portsmouth Abuse and Rape Counselling Services.

PO Box 3

Portsmouth

Hampshire

PO2 8RX

02392-669-513 Office

www.parcs.org.uk

admin@parcs.org.uk

Portsmouth**Helpline 02392-291-034**

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

Resettlement and follow up support

Portsmouth Women's Refuge

Portsmouth

Hampshire

02392-291-032 Office/ Refuge

Portsmouth**Helpline 0300-123-6616**

Helpline open 7 days 8am - 6pm
We provide a team of staff to help victims deal with the trauma of rape and sexual assault. Specially trained doctors and project workers. Signposting to other services

The Treetops Centre

Northern Road

Cosham

Portsmouth

PO6 3EP

0300-123-6616 Office Helpline

Preston**Helpline 01772-201-601**

Refuge for women fleeing domestic violence. The address is not

Preston - Domestic Violence Services.

Preston

www.pdvs.org.uk

enquiries@pdvs.org.uk

published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.
Services for Male victims, these are services separate to the services for women.

Lancashire
01772-201-601 Office / Helpline

Rawtenstall

Helpline 01706-830-600

Since 1996 we have been providing support services for women and their families who have experienced domestic violence. We are very committed to supporting the safety of women and children, however we recognise that men can be victims of domestic violence too.
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.
Services for male victims call our helpline for more details, help or advice.

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

office@thestarcentreuk.org

Reading

Helpline 01189-504-003

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

Berkshire Women's Aid
Reading
01189-500-182 Office
www.berkshireromensaid.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,

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

www.eva.org.uk
info@eva.org.uk

seeing the same counsellor each week.

we also offer advocacy

We explain the judicial process

Support you when you are in court

Refuge for women fleeing domestic

violence. The address is not

published for safety reasons.

Resettlement and follow up support

Dedicated services for children and

young people

IDVA: IDVA's work with women by

offering support before, during and

after the court process. They can

accompany you to hearings and

leagal appointments and offer

practical advice and planning.

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	support@rbw-aid.org.uk www.rbwa.org.uk/
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	Housing Action Group - DV Services Rochdale 01706-298-222 Office	whag@whag.info www.whag.info/
Romford	Helpline 01708-765-200 Helpline hours: Call for details Supportline offers a confidential telephone, postal and email support service to help people before they reach the point of crisis. We are open to callers of any age and are able to take calls on a wide range of issues such as child abuse, bullying, rape, domestic violence sexual assault and stalking.	SupportLine PO Box 2860 Romford Essex RM7 1JA 01708-765-200 Office / Hotline	info@supportline.org.uk
Rotherham	Helpline 0330-2020-571 Helpline 08708-502-247 Refuge Rotherham Rise (Refuge, Infrmation 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	www.rotherhamrise.org.uk/

Rugby	<p>Helpline 01788-551-151 Helpline hours Mon, Wed, Thurs, Fri 10am-2pm Tues 3pm-7pm and Saturdays 10am to 12 noon We are a local independent charity offering support to victims of rape, sexual violence and sexual abuse. We work with both males and females survivors from the age of 5. Specialist counselling for children Dedicated helpline for all survivors Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Group and family counselling All services are FREE of charge</p>	<p>RoSA Rugby 01788-551-150 Office</p>	<p>www.rosasupport.org support@rosasupport.org</p>
Rugby	<p>DVSW Helpline 0800-408-1552 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support www.refuge.org.uk/our-work/our-services/refuge-warwickshire-domestic-violence-service/</p>	<p>Refuge - Rugby Warwickshire 07769-140-879 Office / Refuge DVSW@refuge.org.uk</p>	
Runcorn	<p>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 you regarding the judicial system and will accompany you to police inter- views and to the courts. Counselling for women affected by rape or sexual abuse. Counseling for men affected by rape or sexual abuse. A specialist young person's service Workshops and support groups. Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington</p>	<p>Rape and Sexual Abuse Support Centre - Halton Runcorn WA7 1DF 01244-907-710 Office</p>	<p>www.rapecentre.org.uk support@rapecentre.org</p>
Salford	<p>Helpline 01617-932-232 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and</p>	<p>Salford Women's Aid Salford 01617-932-232 Office / Advice</p>	<p>www.salfordwomensaid.org/</p>

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

Salisbury

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

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

**Sandown
Isle of Wight**

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

Island Women's Refuge
PO Box 5
Sandown
Isle of Wight
01983-825-981 Office / Helpline

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

**Sandown
Isle of Wight**

Helpline 01983-639-793
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.

Jig Saw
Sandown
Isle of Wight
Hampshire
01983-639-793 Office / Helpline
www.jigsawfamilysupport.com/

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
Excluding Bank Holidays
Self help and support services for adult survivors of childhood and or adult sexual abuse.

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

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

Scunthorpe

Helpline 0800-197-4787 Freephone
We offer services and support to adult male and female survivors of rape and sexual violence/abuse.
One to one counselling
Independent Sexual Violence Advisor

Grimsby & Scunthorpe Rape
Crisis Limited / the Blue Door
The Ironstone Centre
West Street
Scunthorpe
DN15 6HX

www.thebluedoor.org/
info@thebluedoor.org

the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.

01724-841-947 Office
www.facebook.com/TheBlueDoorSupport/

Sefton	Helpline 01519-228-606 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people	Sefton Women and Children's Aid Sefton 01519-228-606 Office / Helpline	www.swaca.com/ help@swaca.com
Sheffield	Helpline 01142-555-740 Helpline 07946-333-963 Mobile Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Ashiana - Sheffield Sheffield 01142-555-740 Office	www.ashianasheffield.org info@ashianasheffield.org
Sheffield	Helpline 01142-130-590 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	Haven House Project Sheffield 01142-130-590 Office / Helpline	www.havenorg.uk/ admin@havenorg.uk
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. Male survivors can be signposted to services more tailored to needs.	Sheffield Rape and Sexual Abuse Centre PO Box 34 Sheffield Rape and Sexual S1 1UD 01142-421-766 Office	www.srasac.org.uk/ info@srasac.org.uk
Sheffield	Helpline 01142-752-157 Mobile 07742-533-603 Helpline hours office hours only We offer a much needed, FREE counselling service to women in Sheffield who have experienced trauma or abuse.	Sheffield Women's Counselling and Therapy Service 44 Daniel Hill Upperthorpe Sheffield S6 3JF 01142-752-157 Office / Helpline	www.saffronsheffield.org.uk/ office@saffronsheffield.org.uk
Sheffield	Helpline 0808-808-2241 Refuge for 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.sheffielddact.org.uk/domestic-abuse/get-help/need-somewhere-safe/	Sheffield Women's Aid Sheffield	
Shrewsbury	We were formed in 1993 as a charity to meet the growing need to help	Axis Counselling Fletcher House	www.axiscounselling.org.uk info@axiscounselling.org.uk

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.

15 College Hill
Shrewsbury
SY1 1LY
01743-357-777 Shropshire
01952-278-000 Telford / Wrekin

Shropshire

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

Refuge - Shropshire
0300-303-1191 Office / Helpline
www.shropsdas.org.uk/
sdas@shropsdas.org.uk

Shropshire South

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

South Shropshire Women's Refuge
0300-303-1191 Office / Helpline
www.shropsdas.org.uk/
sdas@shropsdas.org.uk

Skelmersdale

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

Liberty Centre DV Services
West Lancashire
Skelmersdale
01695-50-600 Office
liberty@libertycentre.org.uk

www.thelibertycentre.org.uk/

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

Berkshire East & South Bucks Women's Aid
Slough
01189-500-182 Office
www.berkshireromensaid.org.uk/

Somerset

Helpline 0800-694-9999
Mon - Fri 8am-8pm Not Bank Hols
Domestic abuse helpline Somerset
www.somersetsurvivors.org.uk/somerset-integrated-domestic-abuse-service/

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

Southampton

Helpline 02380-338-080
We provide services for women 18 years and over who are survivors of rape and/or childhood sexual abuse.

CIS'ters (Surviving Rape and or Sexual Abuse).
PO Box 119
Southampton

helpme@cisters.org.uk
www.cisters.org.uk/

We will support you whether the perpetrator was a member of the family or not and whether it happened yesterday or years ago. We also support partners and parents of survivors.
Mutual support groups available please call for more details.

Hampshire
SO50 9LF
02380-338-080 Office / Helpline

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 form of sexual abuse including rape. Independent Sexual Violence Advisor is available on weekdays to give information, advice and support about reporting to the police, and the criminal justice system. STAR education program

Yellow Door
PO Box 1401
Southampton
SO18 9AD
www.facebook.com/YellowDoorSolent/

www.yellowdoor.org.uk/

Southampton

Helpline 02380-917-917
Outreach services and support
Dedicated services for children and young people

Southampton Women's Aid
Southampton
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 service in partnership with South Staffordshire & Shropshire Health Care NHS Trust. We provide support to male and female adult survivors of sexual abuse and violence. Support groups available.

EMERGE
Stafford
West Midlands
01785-225-991 Office / Helpline
www.havoca.org/placemarks/emerge/

Staffordshire

Helpline 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.

Elizabeth House
Staffordshire

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

Staffordshire

Helpline 01543-676-800

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

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

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

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

Drop In service available

Pathways Project

Staffordshire

01543-676-800 Office / Helpline

www.facebook.com/pathwayprojectlichfield/

www.pathway-project.co.uk/

talktoeve.pathway@virgin.net

Staffordshire

01782- 433-204 Message Line

24 Hour message line

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

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

SAVANA

Wood House

Etruria Road

Hanley

Stoke on Trent

ST1 5NQ

01782-433-205 Office

www.savana.org.uk

info@savana.org.uk

Staffordshire

Helpline 0300-330-5959

Refuge for 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

Staffordshire Women's Aid

0300-330-5959 Office / Helpline

www.staffordshirewomensaid.org

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

www.lighthousewa.org.uk/

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

www.stalbansandhertsmere womensrefuge.org.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

Stevenage

Herts DV Line 08088-088-088

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

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

Stevenage Women's Refuge
PO Box 110
Stevenage
Herts
0330-102-5811 Safer Places

St. Helens	<p>Helpline 01744-740-803 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support www.sthelensgateway.info/organisations/helena-extra-domestic-violence-services</p>	<p>Helena Refuge St. Helens 01744-740-803 Office / Advice womensrefuge@helenapartnership.co.uk contact@sthelensgateway.info</p>
St. Helens	<p>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.</p>	<p>Rape and Sexual Abuse Centre St Helens WA10 1DH 01744-877-987 Office www.rapecentre.org support@rapecentre.org</p>
Stockport	<p>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 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</p>	<p>Stockport Without Abuse Stockport 01614-774-294 Office / Refuge www.stockportwithoutabuse.org.uk info@stockportwithoutabuse.org.uk</p>
Stockton on Tees	<p>Helpline 03000-202-525 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Harbour Refuge Stockton on Tees 03000-202-525 Helpline / Office www.myharbour.org.uk stocktonrefuge@myharbour.org.uk</p>
Stoke on Trent	<p>Helpline 01782-205-500 Refuge for women fleeing domestic violence. The address is not</p>	<p>ARCH North Staffs Stoke on Trent 01782-683-754 Support & Advice</p>

published for safety reasons.
Resettlement and follow up support

juliahouse@archnorthstaffs.org.uk

Stoke on Trent
Staffordshire

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

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

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

Stroud

Helpline 01453-764-385
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people

Stroud Women's Refuge
Stroud
Gloucestershire
01453-764-385 Office / refuge

www.stroudwomensrefuge.org
office@beresfordgroup.org

Sunderland

Outreach Office 01915-658-877
Helpline 0800-066-5555 Freephone
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.
www.facebook.com/wearsidewomeninneed/

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

www.wwin.org.uk/
enquiries@wwin.org.uk

Swale

Helpline 01795-608-028
A male worker may answer phone
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people

Swale Women's Refuge
Swale
Kent
01795-608-208 Office/ Helpline
Helpdesk@newleafsupport.org

www.newleafsupport.org/

Swindon

TAG promotes education and raises awareness in the field of trauma, dissociation, attachment and abuse recovery. Please see website for articles on the above and membership details.

TAG - Trauma and Abuse Group
The Willows Centre
11 Prospect Place
Swindon
07505-476-139 Office
www.swindontraumagroup.org.uk/
info@SwindonTraumaGroup.org.uk

Swindon	<p>Willow 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.</p>	<p>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/</p>	
Tameside	<p>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</p>	<p>Tameside Women's Project Ltd Tameside 01613-398-755 Office / Refuge</p>	
Telford	<p>We were formed in 1993 as a charity to meet the growing need to help people in Shropshire, Telford and Wrekin. We provide a confidential counselling service for men and women aged 11 years and over. Self Help support group is offered to survivors that have completed their one to one counselling. We have separate groups for men and women. We also have available the services of an Independent Sexual Violence Advisor that will give emotional and practical support whether or not you choose to report the abuse.</p>	<p>Axis Counselling The Glebe Centre Glebe Street Wellington Telford TF1 1JP 01952-278-000 Office</p>	<p>www.axiscounselling.org.uk info@axiscounselling.org.uk</p>
Thurrock	<p>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.</p>	<p>Changing Pathways Thurrock 01268-729-707 Office Office</p>	<p>www.changingpathways.org/</p>
Torbay	<p>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</p>	<p>Torbay Refuge Torbay Devon 0800-916-1474 Office / Refuge torbayrefuge@westcountryha.org.uk www.sanctuary-supported-living.co.uk/tdas</p>	
Trafford	<p>Helpline 07534-066-029 Helpline 0845-450-0789 Refuge We are a registered charity offering support services to individuals and families affected by domestic abuse.</p>	<p>Trafford Domestic Abuse Services Trafford Manchester 01618-727-368 Office</p>	<p>www.tdas.org.uk</p>

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

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.

REVIVAL - Wiltshire RASAC
PO Box 4157
Trowbridge
Wiltshire
BA14 4AW
01225-777-562 Office
www.revival-wiltshirerasac.org.uk
appointments@revival-wiltshirerasac.org.uk

Truro

Our mission is to provide a service to address the issues of abused children and young people through a supportive and therapeutic environment. Group work with peers enables children to have some fun and experience some positive feedback as they share their concerns with others who have had similar experiences. Please use the contact form on the website for more info about these peer led groups.

CLEAR
PO Box 706
Truro
Cornwall
TR4 9FN
01872-261-147 Office

www.clearsupport.net
admin@clearsupport.net

Truro

Helpline 01872-262-100

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

Cornwall Rape and Sexual Abuse Centre.
Truro
Cornwall
01872-262-100 Office / Helpline

Help@crasac.co.uk

Wakefield

Helpline 07843-344-457

Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
www.riverside.org.uk/in-your-neighbourhood/west-yorkshire/care-and-support/marie-house-castleford/

Marie House
Wakefield
07843-344-457 Office / Refuge

Walsall

Helpline 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

Aven House Women's Refuge
Walsall
01213-589-052 Office/Outreach

young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning
www.accordgroup.org.uk/care/customers/types-of-care/domestic-violence-services

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 professionally trained counsellor will facilitate the group.

Crisis Point
Blakenall Village Centre
2nd Floor
79 Thames Road
Walsall
WS3 1LZ
01922-722-777 Office / Helpline
www.facebook.com/crisispointwalsall/

info@crisispoint.org.uk

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.

Rape and Sexual Abuse Support Centre (Cheshire & Merseyside)
PO Box 35
Warrington
WA1 1DW
01925-221-546 Office
www.rapecentre.org
support@rapecentre.org

Warrington

Helpline 0808-2000-247

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

Warrington Women's Aid
Warrington
01925-417-138 Office / Refuge
www.warringtonwomensaid.org.uk/

Dedicated services for children and young people

Warwick	<p>Helpline 0808-800-5005 Text Helpline 07860-027-573</p> <p>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.</p> <p>Support groups for survivors who have experienced trauma of rape or sexual abuse recently or in the past.</p>	<p>Safeline 6a New Street Warwick CV34 4RX 01926-402-498 Office</p>	<p>www.safeline.org.uk office@safeline.org.uk</p>
Warwickshire	<p>Helpline 0800-408-1552</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Dedicated services for children and young people</p> <p>www.refuge.org.uk/our-work/our-services/refuge-warwickshire-domestic-violence-service/</p>	<p>Families First Warwickshire 0800-408-1552 Office / Helpline</p>	<p>DVSW@refuge.org.uk</p>
Watford	<p>Helpline 01923-249-511</p> <p>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.</p> <p>We are a referral centre for survivors of satanic and ritualistic abuse.</p> <p>Face to face & telephone support</p> <p>Listening service to male survivors who are over 16 years.</p>	<p>Watford Rape Crisis and Sexual Abuse Helpline PO Box 2356 Watford WD18 1QD 01923-249-511 Office / Helpline</p>	<p>www.wrc-info.org info@wrc-info.org</p>
Wellingborough	<p>National DV Line 0808-2000-247</p> <p>Our refuge was the first refuge to open in the country back in 1972.</p> <p>We offer crisis accomodation for those fleeing domestic violence.</p> <p>One to one counselling</p> <p>On-going support</p>	<p>Wellingborough Women's Aid PO Box 47 Wellingborough 01933-224-943 Office</p>	<p>info@wenwomensaid.co.uk</p>
Welwyn Garden City	<p>Women's Helpline 01707-373-743 Refuge Helpline 0330-102-5811</p> <p>Our women's refuge offers temporary crisis accomodation for women fleeing domestic violence and abuse</p>	<p>Welwyn Hatfield Women's Refuge PO Box 486 Welwyn Garden City Herts AL7 9GN 01707-373-743 Office / Helpline</p>	<p>www.whwr.org.uk</p>
West Bromwich	<p>24 Hr Helpline 01215-526-448 Text Helpline 07384-466-181</p> <p>Domestic violence refuge</p> <p>Individual flats in the refuge</p> <p>Support and safety planning</p> <p>Assistance with legal issues</p> <p>Idependent DV Advisor (IDVA) to help with legal and court proceedings</p>	<p>Sandwell Women's Aid 1st Floor Lanchard House Victoria Street West Bromwich B70 8HY 01215-530-090 Office / Advice</p>	<p>www.blackcountrywomensaid.co.uk/ info@blackcountrywomensaid.co.uk</p>

Domestic violence support groups
One to one counselling
We provide an Independent Sexual
Violence Advisor. Our ISVA provides
support and advocacy to victims and
survivors through the criminal court
system.
Support programme for the young
Teenage relationship and education
programme.

**Westcliff-on-Sea Helpline 01702-302-333 Women
Helpline 01702-343-868 Men
Children and Families Helpline
01702-343-868**

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

SOS Domestic Abuse Projects
4 West Road
Westcliff-on-Sea
Essex
SS0 9DA
01702-868-026 Office

enquiries@sosdap.org
www.sosdap.org/

Westcliff-on-Sea Helpline 01702-303-232

Helpline hours Wednesdays 2pm -
4pm and Fridays 10am - 12 noon
We are run by a small group of
women who are committed to
supporting survivors of rape and
sexual abuse in their recovery. We
serve Southend on Sea and the
surrounding area's.
Children's/young women's services
Support for females aged 11-18
Women's support worker for
survivors 18 years and over
Face to face counselling for women
16 years + up to 20 sessions FREE

SOS Rape Crisis
Westcliff-on-Sea
Essex
SS0 9DA
01702-303-232 Office / Helpline

info@sosrc.org.uk

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

www.wigan.gov.uk/Resident/Crime-Emergencies/Domestic-Abuse.aspx

Arena Options - Domestic
Abuse Services
Wigan

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

Kennet House Refuge
Wiltshire
01249-714-873 Helpline/Refuge

Wiltshire North Helpline 01793-610-610

Refuge for women fleeing domestic

North Wiltshire Women's Refuge
Wiltshire North

www.swadomesticabuse.org/

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

01793-864-984 Office / Refuge

**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.

West Wiltshire Women's
Refuge
Wiltshire (West)
01793-864-984 Office / Refuge

www.swadomesticabuse.org/

Winchester

Helpline 01962-868-688
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.

RASAC
The Colebrook Centre
Winchester
Hampshire
SO23 3LH
01962-807-037 Office

www.rasac.org.uk
rasac@waca.org.uk

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

Berkshire East & South Bucks
Women's Aid
Windsor
01189-504-003 Office / Helpline
www.berkshireromensaid.org.uk/

Woking

Helpline 01483-776-822
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support

Your Sanctuary
Woking
Surrey
01483-776-822 Office / Helpline

admin@yoursanctuary.org.uk
www.yoursanctuary.org.uk/

Wokingham

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

Berkshire Women's Aid
Wokingham
01189-504-003 Office / Helpline
www.berkshireromensaid.org.uk/

leagal appointments and offer practical advice and planning.
www.berkshirerwomensaid.org.uk/bwa-provides-help-domestic-abuse/refuge/

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. www.sandwellvcs.info/browse/details/abuse-d-peoples-help-in-sexual-trauma-aphist/item/593.html	Abused People's Help in Sexual Trauma (APHIST) Wolverhampton 01902-602-758 Office 01902-445-628 Contact number	
Wolverhampton	We are a national survivor-led association for Dissociative Disorder We work exclusively for and on behalf of survivors of childhood trauma most often sexual violence.	First Person Plural PO Box 2537 Wolverhampton WV4 4ZL 01902-810-082 Office	www.firstpersonplural.org.uk fpp@firstpersonplural.org.uk
Wolverhampton	Helpline 08000-194-400 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	The Haven Wolverhampton 01902-904-677 Office info@havenrefuge.org.uk	www.havenrefuge.org.uk
Worcester	Helpline 01905-724-514 See website for helpline hours WRSASC is a FREE, confidential and non-judgemental support service for survivors who have experienced rape, assault, incest, sexual abuse or any form of sexual attack whether it happened days or years ago. Face to face counselling support We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system. Signposting services for survivors Telephone helpline support for men Information for male survivors Our ISVA service available to men	Worcestershire Rape & Sexual Abuse Support Centre. PO Box 240 Worcester WR1 2LF 01905-724-514 Office / Helpline	www.wmrsasc.org.uk/office@wmrsasc.org.uk
Worcestershire	Helpline 0800-980-3331 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	West Mercia Women's Aid Worcestershire 0800-980-3331 Office / Hotline Helpline@westmerciawomensaid.org www.westmerciawomensaid.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.

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
www.worcestershire.gov.uk/info/20379/domestic_violence_and_sexual_abuse/885/domestic_abuse

Worcestershire Domestic Abuse Services
Worcestershire
0800-980-3331 Office / Helpline
worcesterreferrals@homegroup.org.uk

Worthing

Helpline 0330-333-7416
Helpline 01903-896-202
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
Drop-in service for Male victims

Worthing Women's Aid
Worthing
West Sussex
01903-896-202 Office / Helpline

info@safeinsussex.org.uk
www.safeinsussex.co.uk/

Wycombe

Refuge 01494-461-367
Outreach Line 07890-456-907
Refuge for 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.

Wycombe Women's Aid
Wycombe
Buckinghamshire
01494-461-367 Office / Refuge
www.wycombewomensaid.org.uk/

York

Helpline 01904-642-830
Helpline hours Weds 12 -4 pm
We seek to support both men and women who have experienced rape, sexual assault as adults or sexual abuse in childhood.
One to one support meetings
Support group for women survivors of childhood sexual abuse. This group is for 6-8 women and is led by an experienced counsellor. For more group details 01904-638-813.

Survive - North Yorkshire
15 Priory Street
York
YO1 6ET
01904-638-813 Office
www.survive-northyorks.org.uk
survive@survive-northyorks.org.uk

www.survive-northyorks.org.uk

York

Helpline 03000-110-110
Helpline 01904-646-630 Refuge
Refuge for women fleeing domestic

York Women's Aid
York
01904-646-630 Office / Outreach

www.idas.org.uk
info@idas.org.uk

violence. The address is not published for safety reasons.

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

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

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

Services are also available for male victims of domestic abuse.

www.northyorks.gov.uk/domestic-abuse

Yorkshire

Helpline 0845-960-6011

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

Resettlement and follow up support

ANAH Project

Yorkshire

0845-960-6011 Office / Refuge

[www.anahproject.org/
help@anahproject.org](http://www.anahproject.org/help@anahproject.org)

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
North Yorkshire

01904-646-036 Outreach Office

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

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