<table>
<thead>
<tr>
<th>AREA COVERED</th>
<th>SERVICES INCLUDED</th>
<th>GROUP OR ORGANIZATION</th>
<th>WEB ADDRESS / EMAIL ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>WALES</td>
<td></td>
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<tr>
<td>Nationwide</td>
<td>Helpline 0300-999-5428 <a href="mailto:help@brokenrainbow.org.uk">help@brokenrainbow.org.uk</a> Helpline Mon &amp; Thurs 10am - 8pm Tues and Wed 10am - 5pm We are a LGBT domestic violence service. We offer advice, support and referrals to LGBT who are or have experienced domestic violence.</td>
<td>Broken Rainbow UK Nationwide 08452-605-560 Office</td>
<td><a href="mailto:mail@brokenrainbow.org.uk">mail@brokenrainbow.org.uk</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td>CASS Women’s Self Injury Helpline 0808-800-8088 Tues &amp; Weds 7pm to 10pm, Thurs 3pm to 6pm TESS support for young women up to age 24. 07800-472-908 open Sunday to Friday 7pm to 9pm. 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.</td>
<td>Self Injury Support - Women PO Box 3240 Bristol</td>
<td><a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a> <a href="mailto:info@selfinjurysupport.org.uk">info@selfinjurysupport.org.uk</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td>Helpline 0808-801-0800 <a href="mailto:helpline@womensaid.org.uk">helpline@womensaid.org.uk</a></td>
<td>Women’s Aid UK National Domestic Violence Helpline</td>
<td><a href="http://www.welshwomensaid.org.uk/">www.welshwomensaid.org.uk/</a> <a href="mailto:info@womensaid.org.uk">info@womensaid.org.uk</a></td>
</tr>
<tr>
<td>Aberdare</td>
<td>Helpline 0808-801-0800 24 Hour helpline and 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 Drop-in service, call for details.</td>
<td>CWM CYNON Women's Aid PO Box 22 Aberdare Mid Glamorgan 0808-801-0800 Helpline</td>
<td><a href="http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/">www.welshwomensaid.org.uk/information-and-support/find-your-local-service/</a></td>
</tr>
<tr>
<td>Aberystwyth</td>
<td>Helpline 01970-610-124</td>
<td>Mid Wales Rape Support Centre Aberystwyth SY23 1DE</td>
<td><a href="http://www.midwalesrsc.org.uk">www.midwalesrsc.org.uk</a> <a href="mailto:enquiries@midwalesrsc.org.uk">enquiries@midwalesrsc.org.uk</a></td>
</tr>
</tbody>
</table>
have been affected by rape and sexual assault.

One to one counselling for men and women affected by the trauma caused by rape and sexual abuse. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police interviews and to the courts.

Aberystwyth

**Helpline 01970-625-585**

West Wales Women's Aid

Aberystwyth

01970-612-225 Office

info@westwalesdas.org.uk

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

Resettlement and follow up support

Dedicated services for children and young people

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

www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Amman Valley

**Helpline 01269-597-474**

Amman Valley Women's Aid

Amman Valley

01269-597-474 Office / Helpline

enquiries@calandvs.org.uk

avwa@ammanvalleywomensaid.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

www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Bangor

**Helpline 01248-679-052**

Bangor & District Women's Aid

Bangor

Gwynedd

Refuge for 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.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Barry

**Helpline 0808-801-0800**

Atal Y Fro

Barry

info@atalyfro.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

Drop-in Monday - Friday 10am-3pm

Counselling services available

Separate services for male victims
<table>
<thead>
<tr>
<th>Blaina</th>
<th>Helpline 01495-291-202</th>
<th>Blaenau Gwent Domestic Abuse Services</th>
<th><a href="http://www.bgdas.co.uk">www.bgdas.co.uk</a>&lt;br/&gt;<a href="mailto:info@bgdas.co.uk">info@bgdas.co.uk</a></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Helpline Mon - Fri 9.30am-4.30pm</td>
<td>Dedicated services for children and young people</td>
<td>Blaenau Gwent&lt;br/&gt;01495-291-202 Office / Helpline&lt;br/&gt;www.phoenixdas.co.uk&lt;br/&gt;<a href="mailto:info@phoenixdas.co.uk">info@phoenixdas.co.uk</a></td>
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<tr>
<td></td>
<td>IDVA: IDVA’s work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.</td>
<td></td>
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</tr>
<tr>
<td>Brecknock</td>
<td>Helpline 01874-625-146</td>
<td>Brecknock Women's Aid Services</td>
<td><a href="mailto:enquiries@calandas.org.uk">enquiries@calandas.org.uk</a></td>
</tr>
<tr>
<td>Powys</td>
<td>Helpline / Refuge 24 Hours</td>
<td>Powys</td>
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<tr>
<td></td>
<td>Providing specialist domestic abuse services for women and children. Prioritising their safety and well being and their right to a life free from abuse.</td>
<td>01874-625-146 Office / Advice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</td>
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<tr>
<td></td>
<td><a href="http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/">www.welshwomensaid.org.uk/information-and-support/find-your-local-service/</a></td>
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<tr>
<td>Bridgend</td>
<td>Helpline 01656-766-139</td>
<td>Bridgend Women's Aid Services</td>
<td><a href="mailto:info@bridgendwa.co.uk">info@bridgendwa.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>24 Hour helpline / Refuge</td>
<td>Bridgend</td>
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<tr>
<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</td>
<td>01656-766-139 Office / Refuge&lt;br/&gt;<a href="mailto:adminbridgend@calandvs.org.uk">adminbridgend@calandvs.org.uk</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/">www.welshwomensaid.org.uk/information-and-support/find-your-local-service/</a></td>
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<tr>
<td>Bridgend</td>
<td>Helpline 01685-379-310</td>
<td>New Pathways Services</td>
<td><a href="http://www.newpathways.org.uk">www.newpathways.org.uk</a>&lt;br/&gt;<a href="mailto:enquiries@newpathways.org.uk">enquiries@newpathways.org.uk</a></td>
</tr>
<tr>
<td></td>
<td>One to one counselling for men and women affected by the trauma caused by rape and sexual abuse. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police interviews and to the courts.</td>
<td>Bridgend&lt;br/&gt;CF31 1BD</td>
<td>There is also a contact form on the website</td>
</tr>
<tr>
<td></td>
<td>01685-379-310 Office / Helpline</td>
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<tr>
<td>Caernarfon</td>
<td>Helpline 0808-801-0800</td>
<td>North Wales Rape and Sexual Abuse Support Centre Services</td>
<td><a href="mailto:info@rasacymru.org.uk">info@rasacymru.org.uk</a></td>
</tr>
<tr>
<td></td>
<td>Helpline hours Mon - Fri 7pm - 9pm Sundays 7pm - 9pm &amp; Office hours</td>
<td>Caernarfon&lt;br/&gt;Gwynedd&lt;br/&gt;LL55 9AA</td>
<td></td>
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<tr>
<td></td>
<td>We are a specialist support service for survivors of sexual violence. We cover the whole of North Wales. Our services are for men, women and young people aged 11+. We provide supportive counselling Accompaniment to court &amp; hospital Awareness workshops. Please call for information about group counselling.</td>
<td>01248-670-628 Office&lt;br/&gt;www.rasawales.org.uk/</td>
<td></td>
</tr>
</tbody>
</table>
Caerphilly Helpline 02920-860-255 Caerphilly Women's Aid
24 Hour helpline Caerphilly
Refuge for 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.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Cardiff Helpline 0800-731-8147 BAWSO Women's Aid
24 Hour helpline Cardiff
We are an all Wales government accredited support provider to people from Black and Ethnic Minority backgrounds who are affected domestic abuse or other forms of abuse.
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
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.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Carmarthen Helpline 01267-234-725 Carmarthen Women's Aid
24 Hour helpline / refuge Carmarthen
Refuge for 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.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Carmarthen Helpline 01685-379-310 New Pathways
One to one counselling for men and women affected by the trauma caused by rape and sexual abuse.
Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police interviews and to the courts.
www.newpathways.org.uk

Clwyd Helpline 01745-814-494 Glyndwr Women's Aid
24 Hour Helpline Clwyd
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
www.glyndwrwomensaid@tiscali.co.uk
### Dedicated services for children and young people

- **Colwyn**
  - **Helpline**: 01492-534-705
  - **Local line Mon - Fri**: 9am - 5pm
  - **Helpline**: 08088-010-800
  - **Outside of office hours**: Refuge for women fleeing domestic violence. The address is not published for safety reasons.
  - **Resettlement and follow up support**: Dedicated services for children and young people
  - **Sexual violence Services**: Pet fostering agency
  - **Colwyn Women's Aid**
  - **Conwy**
    - **Helpline**: 01492-872-992
    - **Conwy**
    - **Aberconwy Domestic Abuse Services**
  - **Llanelli**
    - **Helpline**: 01554-741-212
    - **Llanelli Women's Aid Ltd**
    - **Carmarthenshire**
    - **Enquiries@threshold-das.org.uk**
  - **Llangefni**
    - **Helpline**: 01248-750-903
    - **Gorwel: Anglesey DA Service**
    - **Ynys Mon**
    - **www.grwpcynefin.org/en/eich-cymuned/gorwel/post@grwpcynefin.org**
  - **Machynlleth**
    - **Helpline**: 01267-225-555
    - **Seren**
    - **PO Box 54 Machynlleth SY20 0AJ**
    - **01267-225-555 Office / Helpline**

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

**Machynlleth**
- **Helpline**: 01267-225-555
- **Seren**
- **PO Box 54 Machynlleth SY20 0AJ**
- **01267-225-555 Office / Helpline**
participation in or monthly workshops. Call us for more information.
We serve Lampeter, Cardigan, Carmathen and Narberth in addition to Aberystwyth.

**Merthyr Tydfil**

**Helpline 01685-739-999**
Merthyr Women’s Services
Merthyr Tydfil
01685-739-999 Office / Refuge
merthyrws@llamau.org.uk

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

**Merthyr Tydfil**

**Helpline 01685-379-310**
New Pathways
Merthyr Tydfil
01685-379-310 Office / Helpline
www.newpathways.org.uk
enquiries@newpathways.org.uk

In 2005 we opened our Sexual Assault Referral Centre in Merthyr Tydfil. This was the first such centre to be opened anywhere in the UK. This represented a major step forward in providing numerous agencies to work together.

One to one counselling for men and women affected by the trauma caused by rape and sexual abuse. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police interviews and to the courts.

**Neath**

**Helpline 01639-633-580**
CALAN DVS
Neath
01639-633-580 Office / Helpline
www.calandvs.org.uk/
enquiries@calandvs.org.uk

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

**Newport**

**Helpline 0800-731-8147**
BAWSO Women’s Aid
Newport
0800-731-8147 Office
01633-213-213 Office
www.bawso.org.uk
info@bawso.org.uk

We are an all Wales government accredited support provider to people from Black and Ethnic Minority backgrounds who are affected domestic abuse or other forms of abuse. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people

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.

**Newtown**

**Helpline 01686-629-114**

24 Hour crisis helpline

We were established in 1980 to support and safeguard families experiencing domestic abuse. Separate refuges for men, women and their children 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 Services, call for details.

Montgomeryshire Family Crisis Centre

Newtown

Powys

01686-629-114 Office / Helpline

www.familycrisis.co.uk

admin@familycrisis.co.uk

**Newtown**

Ponthafren is a registered Mental Health Charity, catering for people who experience mental health issues or social isolation / exclusion. The group offers facilities where people can call in, relax, chat and have a chance to participate in a wide range of workshops, activities and courses, if they so wish. In-house support and information is available and the association can signpost to other organisations and specialist support services. Most of us have times in our lives when things are difficult. Talking to someone confidentially who is trained to support you can make all the difference. Counselling can help you explore your troubles and feelings, perhaps helping you to see things more clearly or from a different perspective. We offer a free counselling service in both our Newton and Welshpool Centres. Daytime and evening appointments are available by appointment. We also offer a free one to one Support Worker, this project is designed to empower you to live a good life, achieve your goals and to move forward. We aim to overcome the barriers that are stopping you fulfilling your dreams. If you would like to engage in any of our services please feel free to give us a call on 01686-621-586.

Ponthafren Association

Longbridge Street

Newtown

Powys SY16 2DY

01686-621-586 Office

www.ponthafren.org.uk/

becky.slade@ponthafren.org.uk

**Pontypool**

**Helpline 01495-742-052**

24 Hour Helpline

We are an independent local charity based in Pontypool. Providing a range of services and support throughout Torfaen to women (and their children) who are experiencing domestic abuse. Crisis intervention

Torfaen Women's Aid

Pontypool

NP4 6JE

01495-742-061 Office / Refuge

info@cyfannol.org.uk

info@torfaenwomensaid.org.uk
Family refuge
Refuge for single women
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 groups - call for details
Freedom program - 10-12 weekly sessions exploring the issues relating to domestic violence.
Resettlement and follow up support
Dedicated services for children and young people
www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Pontypridd
Helpline 01443-400-791
24 hour helpline
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
info@wa-rct.org.uk

Port Talbot and Afan
Helpline 08088-010-800
24 Hour emergency helpline
Helpline 01639-898-881
Refuge helpline Mon - Fri 9am-5pm
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
info@wa-rct.org.uk

Risca
Helpline 01685-379-310
One to one counselling for men and women affected by the trauma caused by rape and sexual abuse.
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.

Swansea
Helpline 0800-731-8147
24 Hour helpline
We are an all Wales government accredited support provider to people from Black and Ethnic
different communities.

www.welshwomensaid.org.uk/information-and-support/find-your-local-service/
Minority backgrounds who are affected domestic abuse or other forms of abuse.

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

Resettlement and follow up support

Dedicated services for children and young people

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.

Swansea

Helpline 01685-379-310

One to one counselling for men and women affected by the trauma caused by rape and sexual abuse.

Independent Sexual Violence Advisor

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

New Pathways

Swansea

SA2 7NB

01685-379-310 Office / Helpline

www.newpathways.org.uk

enquiries@newpathways.org.uk

There is also a contact form on the website

Swansea Women’s Aid

Swansea

01792-644-683 Office / Support

www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Wrexham

Helpline 0800-731-8147

24 Hour helpline

We are an all Wales government accredited support provider to people from Black and Ethnic Minority backgrounds who are affected domestic abuse or other forms of abuse.

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

Resettlement and follow up support

Dedicated services for children and young people

IDVA: IDVA’s work with women by offering support before, during and after the court process. They can

BAWSO Women's Aid

Wrexham

01978-355-818 Office

www.bawso.org.uk

info@bawso.org.uk
accompany you to hearings and legal appointments and offer practical advice and planning.
www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Wrexham

We were established in 1984 and became a charity in 1995 offering individual counselling and group work to adult survivors of childhood sexual abuse. We employ around 20 counsellors, all of which are professionally qualified. We serve Wrexham, Denbighshire, Flintshire and Conwy.

Stepping Stones - North Wales
PO Box 2
Wrexham
LL1 1WY
01978-352-717 Office
www.steppingstonesnorthwales.co.uk/
info@steppingstonesnorthwales.co.uk

Wrexham

Wrexham Women’s Aid
Wrexham
01978-310-203 Office / Helpline
info@dasunorthwales.co.uk

Helpline 01978-310-203
Refuge for 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.
Drop-In service available on Tues and Thurs at 10am to 2pm
Separate services for male victims of domestic abuse 01978-291-555
www.welshwomensaid.org.uk/information-and-support/find-your-local-service/