

DABS

Directory And Book Services
Support for those concerned with abuse & sexual violence



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DABS

NATIONAL RESOURCE DIRECTORY

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DABS Pathfinder Directory

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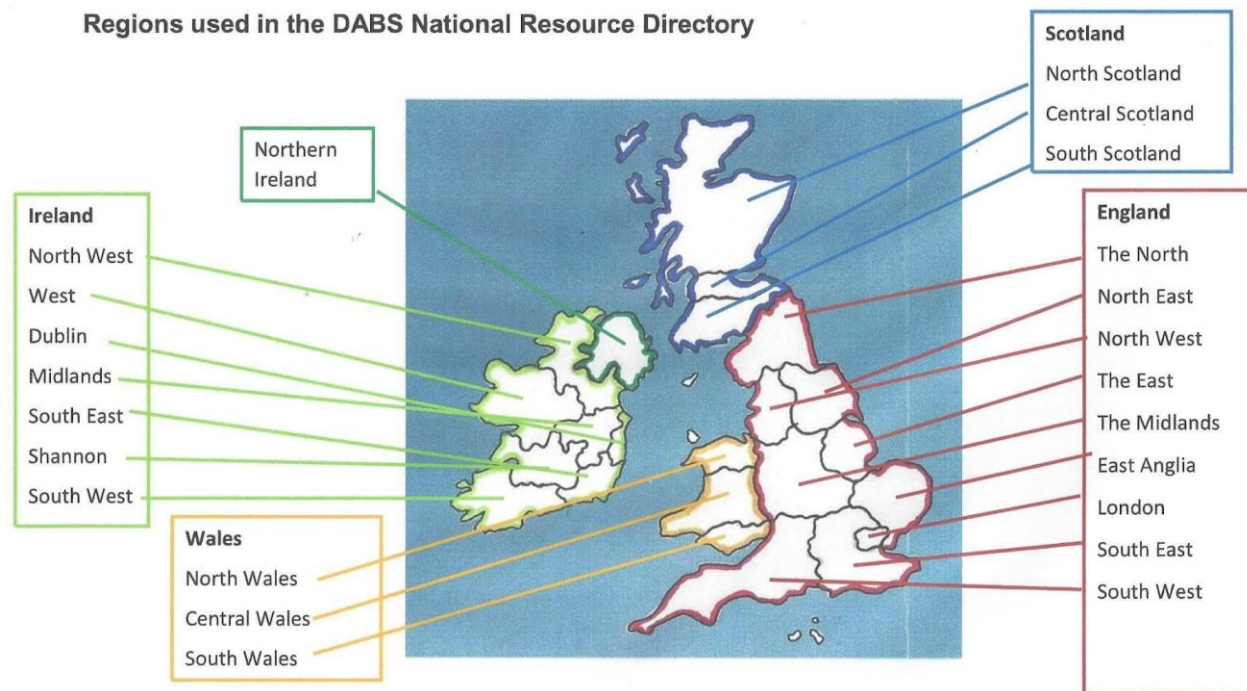
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• • GENERAL GUIDELINES • •

The issues to do with abuse and sexual violence: (In this guidance, the terms 'counselling' and 'therapy' are interchangeable.)

Looking at the issue of abuse and sexual violence is never easy. Even though we know it happens, most people would prefer not to think about it. If you were sexually abused yourself, you may be only too aware of this. You've probably already come across people who didn't want to know, didn't understand, or didn't believe your experiences. But things have changed. Nowadays it is possible to find people to talk to about it, and to find help and support to resolve its effects on you.

People, both male and female, who have been victims of abuse, particularly during childhood, can lose all sense of self-worth. They may refuse to believe that anyone will love them no matter what they are told and however much others may value them. Some find it difficult to take care of themselves and often hate their own bodies.

The abused person may go for years, even their whole lives, without telling anyone about what happened to them. As a child, they may have been threatened with frightening consequences if they did speak out, and even now, as adults, they still believe they would only be condemned, accused of lying or rejected.

Others that were abused needed to suppress and block out the memories to survive. They are often left with painful feelings and unwanted behaviours that they can't explain, and for these, a particular life event, like having a child or losing a loved one, can spark a flashback from their past. Sometimes childhood abuse is discovered when the adult survivor seeks help for another seemingly unrelated problem.

The ways that a child develops to survive abuse can subsequently be destructive in their adult lives. Not feeling anything is one way of surviving abuse, but there comes a time when a person wants to feel and needs to experience their feelings - to feel joy, love, and anger - to live.

Acting and pretending that everything is fine, wearing a 'mask' of normality is another survival technique. This may work well as a child, but in later life it can become too much of a strain.

Many victims of sexual violence and childhood abuse will try everything else, and only when it is unavoidable, will they consider dealing with their mistreatment. It is a difficult and brave step. For people who already feel so isolated and mismatched in life, it's easy for them to give up; to think: 'Yes, but it won't be able to help me'.

This is tragic because a great deal of help is available now.

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EXTRACT FROM: 'Breaking Down the Wall of Silence' By Alice Miller

We build high walls to screen ourselves from painful facts because we have never learned whether or how we can live with this knowledge. 'And, why should we?' some people might say. 'What's done is done. Why should we go over all that again?' The answer to that question is extremely complex. In this book, I will endeavour to show, by way of various examples, why the truth about our childhood is something we cannot, and should not, forgo, either as individuals or as a society. One of the reasons is that behind the wall we erect to protect ourselves from the history of our childhood **still stands the neglected child we once were**, the child that was once abandoned and betrayed. It waits for us to summon the courage to hear its voice. It wants to be protected and understood, and it wants us to free it from its isolation, loneliness, and speechlessness. But this child who has waited so long for our attention not only has needs to be fulfilled. **It also has a gift for us**, a gift that we desperately need if we truly want to live, a gift that cannot be purchased and that the child in us alone can bestow. It is the gift of the truth, which can free us from the prison of destructive opinions and conventional lies. Ultimately, it is the gift of security, which our rediscovered integrity will give us. **The child only waits for us to be ready to approach it, and then, together, we will tear down the walls.**

Many people do not know this. They suffer from anguishing symptoms. They go to doctors who fend off the necessary knowledge just as they themselves do. They follow the advice that these doctors offer, subjecting themselves, for example, to completely unnecessary operations or other damaging treatments. Or they down sleeping pills to erase the dreams that could remind them of the child waiting behind the wall. But as long as we condemn it to silence, the child's only recourse is to express itself in another language that of sleeplessness, depression, or physical symptoms. And against these reactions, drugs and tablets are of no help. They simply confuse the adult even more.

Many people are unaware of this, though some have long since sensed this truth and can nonetheless not help themselves. Some sense that to repress feelings of their childhood is to poison the very wellsprings of life; they know that though repression may have been necessary for the child's survival otherwise it might literally have died from the pain maintaining repression in adult life inevitably has destructive consequences. But in the absence of any other alternative, they regard such consequences as a necessary evil. They don't know that it is indeed possible to resolve childhood repression safely and without danger and learn to live with the truth. Not all at once. Not by recourse to violent interventions. But slowly, step by step, and with respect for their own system's defence mechanisms, recovery is possible.

I myself did not know this for many years, either. My training in and subsequent practice of psychoanalysis had made me blind to the possibility. But the success of my own experience of the slow integration of individual aspects of my childhood has made me want to pass on that information to all those who suffer because they are cut off from the roots of their own being. Today we can be helped to correct our blindness, to resolve the consequences of old injuries, to access the truth and restore the crucial contact with the child in us so that we can regain those parts of our consciousness that were alienated from us for so long.

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Support and Guidance:

What Is Counselling?

Counselling is an opportunity to talk about problems you're experiencing, with someone who listens and cares. It's based on a relationship of mutual trust and respect that develops between you and your counsellor, so that in time you feel you can talk about any issue and be heard and understood. A counsellor will seldom give direct advice or tell you what to do. The main aims of counselling are to help develop our own insight into problems, help us reassess and improve our coping skills, and to help us find our inner strengths and resources. The overall effect is that we should feel less alone and isolated, less confused and depressed as we begin to understand ourselves better. And less of a victim as we discover we do have choices and can take more control of our lives. Sessions vary in length and frequency depending on the need and how a counsellor works.

Different Forms of Counselling

Telephone & Online - This can be one-off crisis counselling via a helpline or a regular appointment with your own already established counsellor according to the terms of your contract. Some organisations will be able to phone you back so you don't pay for the call. Free-phone helplines don't usually appear on your itemised phone bill but if this is a concern check it out with the organisation.

For safety reasons, we do not recommend telephone, email or internet counselling from the start, where abuse is concerned, because it is open to misuse, and counselling in this way lacks the personal dynamic which can be so effective. However, if these ways are the only ones available to you, or you do not feel ready for one-to-one or group work, they can be good. If this is your choice, thoroughly check out the service being offered. It should be based at a bona fide address where you could send mail if you need to or visit. Counsellors should belong to one or more of the larger counselling associations such as BACP or the UKCP.

Face-to-face - This is usually one-to-one, in the organisation or counsellor's own premises. A lot of organisations, such as rape crisis centres, offer face-to-face counselling free. Private Counsellors charge various amounts, usually from £25 to £60 or more per consultation depending on the area where they work, their experience and skill.

Some offer concessions or other ways to assist those on low disposable incomes.

Group work - This usually involves one or two counsellors working with a group of people. This can be offered by voluntary organisations free or may involve payment if provided privately. Sharing each other's experiences is usually an important part of the process; if facilitated and managed well.

Outreach - This is counselling or support given in the client's home, school, community centre, or any other premises away from the counsellor's usual main base or consulting rooms. This can be helpful for clients who have disabilities or other special needs.

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More about Costs and your Investment - Organisations such as rape crisis centres offer face-to-face counselling usually free or for a small fee. Private counsellors usually charge, and their fees vary according to qualifications and experience. Some operate a sliding scale according to the income of their clients or make arrangements to spread the costs over time. Do not reject private therapy because you are concerned about the cost. In many circumstances, they may offer their services free, and many counsellors offer a free introductory consultation. Access to counselling may occur via an Employee Assistance Programme, Occupational Health or your General Practitioner; the duration of counselling in these circumstances is often limited.

When it comes to choosing a particular model of therapy or counselling be wary of those who oversell their methods or make promises to cure quickly and painlessly. No counsellor can or should ever make such assertions in the fields of abuse and sexual violence. Some methods do work quicker than others but only if those methods suit the individual client.

What is the Best Counselling Style for Me?

Independent studies of different counselling methods have mostly concluded that it is the quality of the relationship between client and counsellor that matters most.

Lambert, M.J. (1992) 'Implications of Outcome Research for Psychotherapy Integration', in Norcross and Goldstein (1992), pp. 94-129.

Estimates that therapeutic change is around 40% due to client and extra-therapeutic variables, 30% due to relationship factors, 15% due to expectancy and hope factors, and 15% due to the techniques and models of individual approaches. See Hubble et al. (1999) for much more on common factors.

Other Forms of Help

Some victims of abuse and sexual violence are able to access help for themselves by private study at home from books and other sources of information. This can be invaluable but is an unusual path to full and sustained recovery.

For those who choose to work this way it is wise to have some outside support. Some use the internet to access counselling or support through chat rooms but it is important to check out the validity of such services. Authentic organisations will have land line telephone numbers and addresses which can be validated together with codes of ethics and practice, complaints procedures and be able to provide details of their qualification criteria and insurance arrangements.

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What People Should Generally Expect from Counselling and Support Services

It is important that you talk to your counsellor about what your expectations and needs are. Just like any other relationship, the more you know and can communicate what you want and need, the better chance you will have of receiving it and speeding the process. No counsellor has a crystal ball, neither can they mind-read so they will not know your needs or what you are thinking without you telling them. It may be easier at first, to write down needs than to say them.

You may be entering therapy for the first time and have no idea of what will happen other than you want to feel better than you currently do. It is very important that you express all your feelings, thoughts, hopes and fears at the start, and then throughout therapy to the best of your ability. Keeping your feelings about what is said to yourself is your right, but it is not very helpful in a counselling environment if you wish to make progress.

Good therapy is not something done **to** or **for** you; it is a living process within which you and the therapist play active parts. Therapy works best when it is an honest two-way process of communication, and you have an equal responsibility.

- It takes time to establish a trusting relationship with a therapist, so expect it to take a few sessions before you feel completely comfortable.
- It is important that you go at your own pace and don't overwhelm yourself. Do not try to rush things for a quick fix, or because you feel you owe it to your partner, or other oughts, shoulds and musts.

We all resist change, so do not be at all surprised if you are tempted to quit therapy just before some real changes or breakthroughs are about to happen. Being committed to therapy can change your life. Be prepared to feel some loss and fear because of this.

Therapy is very often hard work and can be emotionally draining at times. After an intense therapy session expect to feel exhausted for a while. Counselling outcomes depend very much on your resolve to achieve resolution. Others around you may resist your changes and growth and they will usually need time to adapt to the new you.

- Sometimes, therapy can release emotions and memories that have been "locked in time" for many years, and sometimes after a therapy session you may feel like a child for a while, with a child's fears. It is not unusual when dealing with buried feelings and repressed memories, to actually feel that you are becoming worse than you were before you started.
- Sometimes therapy is short term, sometimes prolonged. Be prepared to take whatever time it takes to get the result you want. Becoming a healthier and balanced person can feel very unfamiliar and uncomfortable at first. This is normal and to be expected.
- Your therapist will not be perfect as a person and will make mistakes as all of us do. Hopefully he or she will acknowledge and take responsibility for those mistakes.

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You should expect your therapist to have good, strong, boundaries, to be ethical and to treat you with respect. The therapist should avoid a dual relationship while your therapy is in process and during your subsequent processing. This means generally that he or she is not there as a support between consultations unless that service is part of the contract. The therapist cannot be a close personal friend although one should expect friendliness and support. Dual relationships include suggestions regarding joint business ventures, provision of accommodation at the counsellor's home or doing work for them. If a counsellor ever flirts or suggests a sexual relationship with you, leave as soon as you can, do not return and consider reporting the therapist to their regulating body.

There are many therapeutic methods, models and styles, they can't all suit everybody. We are unique, have differences and find ourselves in different situations. If you feel that the therapeutic model or style used by your therapist is inappropriate for your needs, you should talk this through with your therapist and be prepared to change to a different style or a different person.

After therapy one will still encounter the wide range of emotions, from the heights of joy and happiness to the depths of sorrow and rage, that's life. Good counselling is not about avoiding unpleasant feelings or for that matter inducing and extending the pleasant emotions, but much more about how to use all feelings well. This ability results in a state of growing confidence and self-esteem, a being in touch with one's real self; whatever the prevailing circumstances.

As a result of therapy what you should feel is a growing sense of wholeness and peace, which on the one hand enables you to enjoy the good in life, while on the other hand helps you to resolve and settle the unpleasant experiences, problems and feelings much more quickly.

Many people believe that once therapy is complete their lives will progress smoothly; that is unreasonable. When you have changed, life will still be difficult at times. You will still be faced with problems, conflicts, loneliness and boredom, as well as achievement and success.

What Does Effective Counselling Feel Like?

You cannot judge whether therapy is good by the way you feel in the moment. Some experience counselling as a haven they can't wait to get to. Others dread every session and have to force themselves to go. Counselling is not always comfortable. Generally, you know you're with a good counsellor when you develop more and more skills to heal yourself, when you become able to recognise your own patterns and to feel and interpret your own emotions well.

Considerations When Choosing a Service if you are the Victim of Abuse and Sexual Violence

Seeing someone who's experienced in dealing with childhood abuse and sexual abuse has obvious advantages, but may not be essential. On the other hand, some people want to know that their counsellor is a survivor of abuse to feel they could really understand, and many specialist counsellors are those who have recovered from their own experiences of abuse.

It may take time and some effort to find the right counsellor or group for you. Be willing to phone around and even to meet several people before you make a final decision. Most counsellors will talk to you on the phone, but it is often far better to visit the counsellor; in that way, you will get a better impression and also be able to assess the setting.

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Memory Retrieval

During counselling, it is likely that memories will surface as part of the natural processes and that is to be expected. Many clients want to tell their story, others may need to be heard in a safe environment, and this too is a normal direction that some victims wish to take.

On the other hand, no counsellor should, unless there are very exceptional circumstances, directly ask or prompt a client for memories, or to give additional details regarding their history.

Examples of memory retrieval work:

1. Being asked and/or being prompted to recall events and the details.
2. Being offered possible scenarios. Then possibly being asked if they are the same or similar.
3. Suggestions by the counsellor to invent scenarios so that they could work with them.

Memory retrieval work is generally discredited for the following reasons:

1. Clients can feel under pressure to please the counsellor and invent material.
2. Memories recovered in this way are usually considered poor evidence in both criminal and civil proceedings, unless there is substantial corroboration.
3. It is highly likely that a defence lawyer could easily discredit such evidence, and any counsellor who claimed to have worked in this way. Research False Memory Syndrome if you wish.
4. The client is seldom convinced that their recall is accurate. This can lead to doubts about themselves and considerable emotional turmoil.
5. Memories of abuse recovered in these ways frequently cause shock and states of high emotional trauma, whereas memories that surface naturally are usually more easily accepted and resolved. This is nearly always accompanied by states of being vulnerable to further suggestion and control.
6. It can result in increased dependency on the counsellor, which could be considered as abuse. It is therefore generally regarded as an obstacle to healthy resolution, where the ethical goal should be towards autonomy.

Where memory retrieval work is employed with the victims, the only significant benefit seems to be to the perpetrators of those who did the harm, their legal defences; or to those wishing to form a state of dependency.

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Touch

Some forms of counselling and therapy include touching and/or holding, and if this is the case it will be an important issue for you to consider. Touch is very rare in one-to-one counselling for abuse because of the vulnerability of victims, but it can be a part of being in group work. Touch of any kind, even slight and accidental, can evoke strong emotions. Those feelings could be of comfort and be cathartic, or of discomfort and be damaging. On the other hand, not to touch in certain circumstances could feel like rejection.

Within the counselling profession there is a continuing debate regarding the use of and issues around touch, and a general principle within the guidelines of all bona fide healthcare professions is to 'first, do no harm' (*Primum non nocere*).

First do no harm. One of the principal precepts that all healthcare students are taught, and it is a fundamental principle throughout the world. Another way to state it is that "given an existing problem, it may be better to do nothing, than to risk causing more harm than good." It reminds the health care provider that they must consider the possible harm that any intervention might do. It is invoked when debating the use of an intervention that carries an obvious risk of harm but a less certain chance of benefit.

For you, it may be wise to mention the issue of touch from the start.

Once again, your own instincts about what you want are an important source of guidance.

If the style of counselling offered includes touching you may wish to look elsewhere, or to be able to exclude touch.

No counsellor or helper may insist on touch unless you agree.

The final judge of whether a counsellor or group is right for you can only be yourself, and in the end, you must trust your own instincts and how you feel. Ask yourself if you would feel comfortable telling this person intimate details of your life, and will be able to be open and honest with them regarding your material? Do you feel safe with them, do you like their manner towards you and their attitude to your questions? Ask yourself if you feel that you can trust this person. The more open you can be, the more likely it is that you will gain from the counselling or group work.

Warning signs.

The following site has useful information and a list of warning signs to help you identify when things may be going wrong between you, a therapist, group leaders or other helpers:

<http://www.goodtherapy.org/blog/warning-signs-of-bad-therapy/>

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Useful Questions to Ask a Prospective Counsellor or Group Facilitator

- Have you worked with victims of abuse and sexual violence?
- How long for?
- What kind of training have you had? & What are your qualifications?
- What is the goal that you aim for with clients?
- How do you work with survivors and what are the techniques you use?
- Can you work if I have few or no clear memories?
- Do I have to talk about the details of the abuse/incident?
- Please tell me about the professional support and supervision that you have?
- What are your views on touch, holding and physical contact between yourself and clients?
- What degree of confidentiality do you offer?
- How much do you charge? Is there a sliding scale or are there other arrangements to assist with the cost? (Do not dismiss the possibility of private counselling – some offer free places or delayed payment)
- How long do you work with clients on average?
- Ask for all the terms and conditions ~ in writing.
- Ask for the details of the professional bodies to which they belong, insurance cover and check this out.

If you have issues to do with race, religion, sexual orientation, disability, alcoholism, eating disorders, or other specific problems, or some other aspect important to you, prepare some special questions that will help you determine the attitude and experience of the therapist or group leaders.

You may feel strongly that you want to work with a woman, a man or with a gender that you can identify with. You may prefer to choose a counsellor of your race, economic background, sexual preference, religion, or someone who has experiences like yourself. If you have such preferences there may be specific organisations that only have counsellors of a certain gender, sexual orientation or religion that can help. Your own instincts about what you want are an important source of guidance.

Most organisations are made up of counsellors and helpers of all sorts of backgrounds, beliefs, and sexual orientation. If specific attributes are important to you, it is up to you to ask. ***It is not for you to consider political correctness; it is far more important that you feel comfortable and not distracted. Having said that, it may be worth considering the value of working with a helper that challenges some of your preferences...***

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Reflection

Once you've contacted several counsellors compare the way you felt when you were talking with them:

- Which one seemed to understand you best?
- Was it easy for you to clarify what you said when you felt that you had not been understood?
- Were you able to be honest and direct?
- Did you feel that the therapist was focused on you?
- Did you get some useful feedback when explaining your needs?
- Did the therapist seem fairly flexible and at ease?
- Was the therapist open and clear about the boundaries and what is expected of you?

When you start work with a counsellor, you should continue to bear in mind the above points and feel understood and supported.

Additionally, throughout therapy:

- You should feel generally liked and respected.
- You should be treated as a unique individual.
- There should be evidence that the therapist is interested in you and your issues.
- Expressions of emotion and information given should be limited to what is helpful to you.
- You should experience clear and safe boundaries within which you can work.
- You and your therapist should refrain from contact outside the process.
- The therapist should be comfortable and listen to you respectfully if and when you ask questions about any aspect of the process and therapeutic relationship, or if you wish to be critical or to challenge anything.
- You should gain a growing sense of being able to rely on your own feelings and find your own solutions.
- You should generally feel empowered and as an equal with the therapist.

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SEXUAL ASSAULT REFERRAL CENTRES (SARCS)

SARCs are specialist 24/7 services for people who have been raped or sexually assaulted.

They aim to be one-stop services, providing medical care, counselling and forensic examinations following sexual assault/rape. In some locations they also provide general sexual health services. Facilities are free of charge and provided to women, men and young people. Some centres may be able to assist with child victims.

SARCs are mainly geared to assist in the immediate aftermath of an assault but even if the incident was not recent, they may be able to point to other services such as Rape Crisis. SARCs are funded and run within partnerships, usually between the NHS, police, and the voluntary sector.

SARCs services are available even if victims do not wish to make a formal complaint to the police. Evidence can be gathered, and the user can choose to have their forensic evidence samples stored. The intention is that service users will be in a position to take back some control of events and take time to decide whether or not to inform the police at a later stage.

In order to preserve any evidence, it is vital that help from the SARC is accessed as quickly as possible following the incident. For information and to book an appointment, phone the SARC nearest to you.

The Home Office were committed to having one SARC per police force by 2011. Should you need to access a SARC and there is none in your area, phone the next nearest to see if they can assist or contact your local Police and ask for details of their service provision.

See also:

England & Wales: W: www.rapecrisis.org.uk ~ T: 0808 802 9999

Scotland: W: www.rapecrisisscotland.org.uk ~ T: 0141 331 4180

Northern Ireland: W: www.nidirect.gov.uk/rape-crisis-and-sexual-abuse-centre ~ T: 028 9032 9002

Ireland: W: www.rcni.ie ~ T: 091 563676

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

VICTIM SUPPORT

Victim Support services are charity-based organisations for victims and witnesses of crime. Specially trained volunteers deliver their services and although they work closely with the police and other parts of the criminal justice system, they are an independent charity.

Victim Support exists to help all victims and witnesses of crime right across the UK and Ireland.

Their services are free of charge and confidential.

They run a witness support service and Victim Support lines:

England & Wales: W: www.victimsupport.org ~ T: 0845 30 30 900

Scotland: W: www.victimsupportsco.org.uk ~ T: 0845 603 9213

Northern Ireland: W: www.victimsupportni.co.uk ~ T: 028 9024 4039

Ireland: W: www.victimassistanceireland.com ~ T: 066 711 9830

DABS Pathfinder Directory

T: 07586 775331 or E: dabspf@outlook.com

DABS Disclaimer:

Be aware that while most counsellors work to the highest ethical standards, a few do not. At present, there is no ultimate and effective independent regulation of the counselling profession.

As things stand anyone can call themselves a counsellor or therapist, they do not have to be trained, there is no legal requirement for counsellors to be insured or to belong to a regulatory body. Ultimately one can be faced with having to take time consuming civil action for damages against an individual if things go wrong. Even here, if the 'counsellor' has no assets it may not be a worthwhile pursuit.

Even if a counsellor does belong to a regulatory organisation and claims to be bound by their codes of ethics, faced with a complaint they can simply resign AND continue to practice. Some organisations specifically state that they exist to protect the counsellor. *"The **** was formed in 19## and we pride ourselves on looking after our members,"*

No counsellor can be 'struck off' as is the case with medical practitioners and therefore many who have behaved unethically continue to work quite lawfully.

It is wise to check that the counsellor you work with is insured. It is also wise to find out a little about any regulatory body that a counsellor belongs to. As a general rule, they should belong to a large bona fide well known and respected association that can deal with complaints properly. Some smaller associations do not have the resources to investigate complaints very well and others, as stated above, are formed to protect their members rather than the public. Until there is proper compulsory state regulation this remains the case.

If you feel there is a problem: If a counsellor ever wants to have a sexual relationship with you, get out right away and report the therapist to their licensing board or association.

If you don't feel respected, valued, or understood, or if your experience is being minimised or distorted, that's a sign that you're in bad therapy, or at least that there's a bad relationship between you and the counsellor. If you feel there is something wrong in the counselling relationship, or if you get upset or angry with your counsellor, talk about it in your session. Afterward, you should feel you've been heard and understood. However, if your counsellor discounts your feelings or responds defensively, then you're not getting the respect you need. Look elsewhere.

Confidentiality is of major importance in counselling. Your counsellor will not tell anyone what you have told him or her, except in exceptional circumstances and only after discussing it with you. These circumstances usually involve your safety or the safety of others and there are some circumstances where the law does not permit confidentiality. You are advised to check out a prospective counsellor's own code of practice and to discuss this with your prospective counsellor first if you have any concerns.

Main source: The Courage To Heal, Mandarin Paperbacks London 1990 © 1988 by Ellen Bass & Laura Davis

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

DABS RESOURCE DIRECTORY LAYOUT & DESIGN

REGION: UK National • Section: 01

Address if available

Serving: Details of the general area served

Contact Details:

Description of service: As a paragraph here...

Use the Find Tool (Ctrl f) to search for specific words and services.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

OTHER SERVICES

Other services, particularly in the private sector, may exist in your area that we are not aware of so it can be useful to pursue enquiries and search other directories, using the general guidelines.

- ▶ It is also a good idea to contact your local Sexual Abuse Referral Centre (SARC) and Victim Support to see what services and information they offer. See Pages 21.
- ▶ Even if the services of the organisations we have provided do not seem quite right it is always worth contacting them as they may be able to offer you more promising leads.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

ACAL (Association of Child Abuse Lawyers)

PO Box 612, Dorking, Surrey, RH4 9JS

Serving: National (UK)

T: 0208 390 4701

E: info@childabuselawyers.com

W: www.childabuselawyers.com

Description of service:

The Association of Child Abuse Lawyers (ACAL) is an association set up for the benefit of victims, lawyers, experts and other professionals involved in the field of obtaining compensation for the physical, sexual or emotional abuse of children and adults abused in childhood. For a fast response please email us. Updated 26/08/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

ACDEO - Afghanistan Capacity Development and Educational Organization

Address:

Serving: Worldwide

HL: 6464
E: wida.yalaqi@acdeo.org
W:

Description of service:

Afghanistan's only family support helpline. 6464 is a toll-free number in Afghanistan that provides phone-based counselling, legal aid and referrals to ground-based social service providers. The Family Helpline call operators have a strong awareness of cultural and religious sensitivity. As trained legal consultants, religious scholars and social workers, the operators provide accessible, trustworthy counselling and advice to Afghans in need of non-violent conflict resolution and can assist with issues including general counselling, mental health support and advice on self-protection. Consultations with a religious scholar can be provided, if requested. Updated 10/06/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

ACTION FOR CHILDREN (NCH)

3 The Boulevard, Ascot Road, Watford, WD18 8AG

Serving: National (UK)

HL: 0300 123 2112 T: 01923 361500

E: ask.us@actionforchildren.org.uk

W: www.actionforchildren.org.uk

Description of service:

Previously known as NCH. Action for Children runs national and local projects to help children achieve their full potential. Through our services we support some of the most vulnerable and excluded children in the UK. The Helpline & Info numbers given are the Supporter Information Line. Updated 25/09/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Adult Industry Services

Address:

Serving: National

E: Via Website

W: <https://adultindustryservices.com>

Clients:

• Adults FM • Adults M •

Services:

• Adult Industry Workers •

Description of service:

We created this service to help you get the help you need, without any of the stigma. In life when problems arise and you need assistance from others, you don't need additional stress and judgement. We seek help from those that understand us for the simple reason that we feel vulnerable when we ask for assistance: We are in that moment handing over power to another person that can affect our lives. So we want to know that that person has our best interests at heart. Counselling, accounting and lawyer services. Checked 22/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Advocacy After Fatal Domestic Abuse (AAFDA)

Address:

Serving: National

T: 07768 386922
E: help@aafda.org.uk
W: <https://aafda.org.uk/>

Description of service:

We specialise in guiding families and friends through many types of statutory inquiry including Domestic Homicide Reviews and Independent Investigations (also known as Mental Health Reviews). We assist with and represent on Inquests and Independent Office of Police Conduct (IOPC) inquiries among others. Updated 25/09/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

SELF-HARM OUT-PATIENT SERVICE (SHOPS)

Maudsley Hospital, Denmark Hill, Camberwell, London, SE5 8AZ

Serving: National (UK)

T: 020 3228 2383

E: shops@slam.nhs.uk E: Halima.hussain@slam.nhs.uk

W: www.slam.nhs.uk

Description of service:

The Self-harm Outpatient Service (SHOPS) is a national and specialist service with expertise in psychoanalytic longer-term psychotherapy for adults experiencing complex and enduring problems relating to moderate to severe self-harm and other forms of self-destructiveness. We provide two years of intensive psychotherapy for adults aged 18 or over. Individuals who have been referred to this service often make frequent use of emergency services or multiple care agencies. Many have been diagnosed as having a personality disorder, or may also have suffered from an eating disorder, severe depression, complex trauma or alcohol and substance misuse. For many, their emotional problems and difficulties in forming mutually satisfying relationships can be linked to adverse experiences in early life and contribute to longer term complex problems. New email 22/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

ANN CRAFT TRUST (ACT)

Centre for Social Work, University of Nottingham, University Park, Nottingham, NG7 2RD

Serving: National (UK)

T: 0115 951 5400

E: ann-craft-trust@nottingham.ac.uk

W: www.anncrafttrust.org

Description of service:

ACT is a national organisation working with staff in the statutory, independent and voluntary sectors around protecting disabled young people and adults at risk. ACT responds to the needs & concerns of workers in the caring professions, by providing: information & advice; publications including a quarterly bulletin, bibliographies & books; training, seminars, workshops & conferences; research & awareness campaigns. we now incorporate "Safeguarding Adults in Sport and Activity" - this is a project funded by Sport England, Sport Wales and UK Sport to help National Governing Bodies, Active Partnerships, regional partnerships and sport and activity organisations to develop best practice in safeguarding adults at risk. Updated 27/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Association for the Treatment of Sexual Addiction and Compulsivity

Address:

Serving: National UK

T: 07414 787341
E: info@atsac.co.uk
W: www.atsac.co.uk

Description of service:

ATSAC (the Association for the Treatment of Sexual Addiction and Compulsivity). Is a not-for-profit organisation that provides information and support on sex addiction and compulsivity. ATSAC educates the public, professionals and governments, raising awareness about sexual addiction and compulsivity, and the challenges faced by those who are addicted or those whose lives are affected by sex addiction. It sets standards and provides support to members and others to help those whose lives are affected by sex addiction. Training is accredited by the CPCAB. Checked 22/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

BACP (British Association for Counselling & Psychotherapy)

BACP House, 15 St Johns Business Park, Lutterworth, LE17 4HB

Serving: National (UK)

HL: 01455 883300 T: 01455 883300

E: bacp@bacp.co.uk

W: www.bacp.co.uk

Description of service:

BACP is the largest membership organisation for counsellors and psychotherapists, with more than 60,000 members. It works to raise professional and ethical standards within the field and offers training, development and networking opportunities to members. BACP's register of members aims to protect the public and help them find therapists they can trust. A BACP registered practitioner is expected to adhere to high standards of proficiency, professionalism and good practice. BACP's online directory of therapists allows you to search for a therapist based on their location, whether they work face to face or online, their specialisms and by the issues you are facing. To find a therapist visit www.bacp.co.uk/therapists. Updated 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

REGION: UK National • Section: 01

Beat (Beating Eating Disorders - formerly EDA)

Unit 1 Chalk Hill House, 19 Rosary Road, Norwich, NR1 1SZ

Serving: National (UK)

HL: Adult Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711 T: 0300 123 3355 F: 01603 664915

E: info@beateatingdisorders.org.uk E: help@beateatingdisorders.org.uk

W: www.beateatingdisorders.org.uk

Description of service:

Beat is a champion, guide and friend to anyone affected by an eating disorder. As the UK's eating disorder charity, Beat often serves as a first port of call, supporting both sufferers of eating disorders and their friends and families through their helplines, message boards, and support groups. They raise awareness about eating disorders through campaigning and fundraising events, as well as providing services such as awareness training in schools and workplaces and among healthcare professionals, and a HelpFinder database to assist people in finding support in their area. For more information, visit www.beateatingdisorders.org.uk. Our Helplines are open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays. Updated 10/06/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

BEVERLEY LEWIS HOUSE

East Thames

Serving: National (UK)

T: 020 7473 2813 F: 020 7473 6168
E: blh@east-living.co.uk/ info@east-thames.co.uk
W: <http://www.east-homes.co.uk/>

Description of service:

A specialist project for women with learning disabilities. Provide temporary, safe accommodation and a therapeutic environment for women who are at risk of abuse or who have been abused - whether physical, sexual or financial abuse, honour based violence, forced marriage or neglect. Also accessible for women who may have physical or sensory disabilities. Emails failed 20/09/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Beyond the Streets - Beyond Support Service

Beyond the Streets, PO Box 1676, Southampton, SO15 9DA

Serving: National

T: 0800 133 7870

E: support@beyondthestreets.org.uk

W: <http://www.beyondsupport.org.uk>

Description of service:

Beyond Support is a free and confidential call-back service run by Beyond the Streets that supports women in the sex industry across the UK. We offer specialist, non-judgemental support to women who are looking for a 'safe space' to talk. Email

support@beyondthestreets.org.uk or leave a voicemail 0800 1337870 to arrange a call-back, Mon-Fri 10 am-4 pm (not 24/7 helpline).

Updated 27/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

BOARDING SCHOOL SURVIVORS

6 Chester Court, Lissenden Gardens, London, NW5 1LY

Serving: National (UK)

T: 020 7267 7098

E: info@boardingschoolsurvivors.co.uk

W: www.boardingschoolsurvivors.co.uk

Description of service:

Workshops for men and women who wish to re-examine their own experience of boarding school, its effects on their lives and to look for healing. Specialist training for counsellors to work with boarding school survivors. Individual psychotherapeutic work by arrangement. Newsletter. Awareness raising. Checked 22/02/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Bolt Burdon Kemp (Solicitors)

Providence House, Providence Place, Islington, London, N1 0NT

Serving: National (UK)

T: 020 3740 6647 F: 020 7288 4801

E: info@boltburdonkemp.co.uk

W: www.boltburdonkemp.co.uk

Description of service:

At Bolt Burdon Kemp we have a team of highly trained solicitors dedicated to helping survivors of abuse seeking compensation. Representing adults and children often distressed by recounting the traumatic emotional, physical or sexual abuses from their past, our specialist team can act for individuals and group actions, on a national basis. We can also provide advice on using local authority complaints procedures and assist with Criminal Injuries Compensation Authority (CICA) applications. See our top 9 reasons why you should choose Bolt Burdon Kemp's child abuse team. Bolt Burdon Kemp can help with bringing legal action for historic abuse against individual abusers, foster parents, employers, sports or youth clubs, religious or charitable organisations, social services and beyond – the list is extensive. We are quality approved to undertake legal aid work for child abuse compensation claims. Checked 22/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

BPD WORLD

28 Wood Street, Huddersfield, HD1 1DU

Serving: National (UK) & West Yorkshire

HL: 0844 357 4567

E: mail@bpdworld.org

W: www.bpdworld.org

Description of service:

BPD World provides information, advice & support to those affected by personality disorders. They provide free counselling from their base in Huddersfield for unwaged people, & there's a sliding scale for others. They also provide a helpline, on-going phone support (monthly donation), email support, live online support, crisis support & advocacy by your own Support Worker. Their website includes a wealth of helpful information, including a forum for abuse survivors. Checked 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

BRITISH PSYCHOTHERAPY FOUNDATION

37 Mapesbury Road, London, NW2 4HJ

Serving: National (UK)

T: 020 8452 9823

E: enquiries@bpf-psychotherapy.org.uk

W: www.britishpsychotherapyfoundation.org.uk

Description of service:

We are a leading organisation in the psychotherapy and mental health sector, providing access to treatment for the public, education and training to the next generation of psychotherapists and comprehensive support to our members. Checked 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

CARE LEAVERS ASSOCIATION (CLA)

Unit 27, Express Networks, 1 George Leigh Street, Manchester, M4 5DL

Serving: National (UK)

HL: 0845 308 2755 T: 0161 236 1980

E: info@careleavers.com

W: www.careleavers.com

Description of service:

The Care Leaver's Association (CLA) is a charity run by and for adults who spent some, or part, of their childhood in care. The organisation provides advice, information & signposting, as well as campaigning on behalf of care leavers. It produces a monthly newsletter and runs regular meetings where care leavers can share experiences and network with other people who grew up in care. The CLA also runs this website: www.careleaversreunited.org.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Centrepoint

Address:

Serving: National

HL: 0808 800 0661 T: 0800 587 5158

E: ask@centrepoint.org

W: www.centrepoint.org.uk

Description of service:

Free and confidential helpline providing homelessness advice and support to anyone in England aged 16-25. The Team can also offer advice to people worried about a young person they know. The Centrepoint Helpline can help with issues including sofa surfing, options for when the Council cannot provide support, pregnant women and those with children, non-UK citizens and fleeing violence. The team connects callers to the right services as quickly as possible and can help young people put a plan into action. Calls to 0808 80 numbers are free from landlines and mobiles in the UK. Updated 25/09/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Chester Sexual Abuse Support Service

P.O. Box 280, Chester, CH1 1FB

Serving: National (UK), Wales & Cheshire

HL: 0808 2840484 T: 01244 307499

E: info@csass.org.uk

W: www.csass.org.uk

Description of service:

CSASS is a friendly team of people, working with survivors of sexual abuse over the age of 18 to help them feel supported and safe. We offer a range of services, including counselling and group therapy, depending on the survivor's needs. Updated 01/05/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Child Exploitation and Online Protection Centre (CEOP)

33 Vauxhall Bridge Road, London, SW1V 2WG

Serving: National (UK)

E: Via Website

W: www.ceop.police.uk

Description of service:

The NCA's CEOP Command (formerly the Child Exploitation and Online Protection Centre) works with child protection partners across the UK and overseas to identify the main threats to children and coordinates activity against these threats to bring offenders to account. We protect children from harm online and offline, directly through NCA led operations and in partnership with local and international agencies. Our approach is holistic. Officers in CEOP and across the NCA who specialise in this area of criminality work side by side with professionals from the wider child protection community and industry. Checked 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

CHILDLINE

NSPCC Weston House, 42 Curtain Road, London EC2A 3NH

Serving: National (UK)

HL: 0800 1111 T: 020 7650 3200

E: Via Website

W: www.childline.org.uk

Description of service:

Childline is a 24hr helpline service for children and young people up to and including 18yrs. We provide telephone and online advice and support for children and young people. Children and young people can contact us for any reason, even just to chat, through our website or by phone on 0800 1111. Checked 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Uk National • Section: 01

Choice Support

84 Holland Road, Maidstone, Kent, ME16 9NT

Serving: National (UK)

T: 01622 722400

E: Via Website

W: <https://www.choicesupport.org.uk/about-us/what-we-do/supported-loving/supported-loving-toolkit/domestic-violence-and-women-with-learning-disabilities>

Description of service:

The Supported Loving network has produced a series of guides to help support people with learning disabilities with issues around sex and relationships including domestic violence. Checked 27/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Circles South East

Circles South East, Baptist House, 129 Broadway, Didcot, Oxon, OX11 8XD

Serving: National (UK)

T: 01235 816050

E: Via Website

W: www.circlessoutheast.org.uk

Description of service:

Circles South East is a Registered Charitable Company that takes a holistic approach to tackling sexual crime, delivering a range of services aimed at those persons who have committed or are likely to commit sexual offences, the families of such persons and survivors of sexual abuse. We cover the South East, Thames Valley, Hampshire, Surrey, Sussex & Kent. Services include: Circles of Support and Accountability – groups of trained volunteers provide a structured support network for high risk sex offenders in the community; holding them accountable for their behaviour. Mentoring - experienced volunteers working 1-2-1 with sexual offenders Counselling for perpetrators, survivors and partners. Non-Offending Partner Programme and Mentoring for the partners of men who pose a risk of harm. Adapted Circles - for sex offenders with an intellectual disability including being on the Autism spectrum. Youth Project - for young people 12 – 17yrs displaying harmful sexual behaviour. Training & Consultancy. Checked 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Circles UK

Abbey House, Abbey Square, Reading, RG1 3BE

Serving: National (UK)

T: 0118 950 0068

E: Via Website

W: www.circles-uk.org.uk

Description of service:

Circles of Support and Accountability (Circles) build safer communities through local volunteers working with sex offenders to minimise alienation, support reintegration and so prevent sexual reoffending. Checked 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

CIS'ters: Surviving Rape and Sexual Abuse during childhood

P.O. Box 119, Eastleigh, Hampshire, SO50 9ZF

Serving: National (UK) & Hampshire & England South East

HL: 02380 338080 T: 02380 338080

E: helpme@cisters.org.uk E: admin@cisters.org.uk

W: www.cisters.org.uk

Description of service:

CIS'ters is an emotional support service for females (age 18+) who, as female children/teens, were raped and/or sexually abused by a member of their immediate or extended family. We are run by survivors, for survivors and offer a national helpline and newsletter plus group meetings and workshops (held in Southampton) for survivors. There is information for partners on our website. CIS'ters also delivers training and is available for consultations for and from workers in other agencies and across sectors. We actively campaign to raise awareness of the impact of rape and sexual abuse and the ongoing unmet needs of victims/survivors (children and adults). Helpline is 24/7 answer phone which is monitored daily. Call Backs are usually within 24 hours and we take care when doing so, or you may prefer to email us at helpme@cisters.org.uk. Updated 06/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

CONNECT - Professional Telephone Counselling & Support

Address:

Serving: National (UK) & Ireland

HL: 1800 477 477 (Ireland) & 00800 477 477 477 (UK)

E: admin@connectcounselling.ie

W: www.connectcounselling.ie

Description of service:

CONNECT: Professional Telephone Counselling Service provides a free telephone support & counselling service for adults (18+) who have experienced abuse, neglect or trauma in childhood. This service is also available to partners or relatives of people with these experiences. It is an out-of-hours service available Wed - Sun 6pm - 10pm. Former residents of Industrial Schools & Childcare Institutions now residing in the UK & NI can use this service. Updated 06/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

CORAM CHILDREN'S LEGAL CENTRE

Riverside Office Centre, Century House North, North Station Road, Colchester, Essex, CO1 1RE

Serving: National (UK)

HL: 0300 330 5800 or 0300 330 5485 T: 020 7713 0089

E: info@coramclc.org.uk

W: www.childrenslegalcentre.com

Description of service:

Coram Children's Legal Centre, part of the Coram group of charities, specialises in law and policy affecting children and young people. CCLC provides free legal information, advice and representation to children, young people, their families, carers and professionals, as well as international consultancy on child law and children's rights. Child law advice service can be contacted for legal advice on: 0300 330 5480 or 0300 330 5485

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

DABS (Directory And Book Services)

23 Wakefield Close, Colchester, Essex, CO1 2SD

Serving: National (UK) & Essex

T: 07586 775331 (Answerphone Only. Text is preferable for accuracy.)
E: dabspf@outlook.com
W: www.dabs.uk.com

Description of service:

Pointing Service to the most suitable services and resources for victims, survivors, partners, family members, professional and other helpers, and for all concerned with or interested in the subjects of domestic, physical sexual abuse, sexual violence, or incest.

DABS produces this National Resource Directory. It contains general information for victims and those supporting them together with details of over 600 specialist organisations and groups in the UK and Ireland. Updated JUNE 2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Daughters of Eve

Serving: UK National

T:

E: Via website

W: www.dofeve.org/category/fgm

Clients:

- Adults FM •
- Young People FM •
- Children FM •No

Services:

- Physical & Emotional Abuse •
- Domestic Violence •

Description of service:

Daughters of Eve is a non-profit organisation that works to protect girls and young women who are at risk from female genital mutilation (FGM). By raising awareness about FGM and sign-posting support services we aim to help people who are affected by FGM and ultimately help bring an end to this practice. Our wider work is to advance and protect the physical, mental, sexual and reproductive health rights of young people from female genital mutilation practicing communities. We recognise that FGM occurs in the context of wider harmful practices and that young people often have many different problems. We take a holistic approach, offering advice and support to help young people in as many ways as we can. The Dahlia Project is a support group for women who have undergone FGM. The project aims to provide a safe space for women to unpack the effects of FGM. Checked 06/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Decrim Now

Common House, Unit 5E Pundersons Gardens, Bethnal Green, London, E2 9QR

Serving: National

T: 07497 559645

E: contact@decrimnow.org.uk

W: <https://decrimnow.org.uk/>

Description of service:

We are a grassroots campaign group led by sex workers, trade unionists & feminists. We fight for the decriminalisation of sex work. Email updated 06/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Dr Karen Shannon Associates (DKSA)

Suite 111B, The Trading Rooms, Cotton Exchange, 16 Bixteth Street, Liverpool, L3 9LQ

Serving: National (UK) & Ireland

T: 0151 244 5426

E: pa@drkarenshannon.com

W: www.drkarenshannon.com

Description of service:

Dr Karen Shannon Associates (DKSA) is a Clinical Psychology service committed to providing individuals, professionals, and organisations with a range of high quality evidence-based services in: expert witness, forensic risk assessment, training, supervision, and psychotherapy including cognitive analytic therapy (CAT) for staff and clients in the North West, North Wales and Merseyside. DKSA is based in Liverpool and specialises in providing services for adults and older adults (18 years+) with complex needs and / or offending behaviour across the UK and Ireland. The Clinical Psychology associates are registered with the Health & Care Professions Council (HCPC) and are chartered members of the British Psychological Society (BPS) and adhere to their codes of ethics. DKSA aims to provide services that are timely, efficient, reliable, personal, high quality, professional, evidence-based and compassionate.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Dr Maria Helena Marconell

Address: SW10 9AH

Serving: UK online only

T:

E: mh.marconell@btinternet.com

W: https://finder.bupa.co.uk/Consultant/view/192102/dr_helena_marconell

Description of service:

I (F, She/her) am accredited with the BABCP and the EMDR Association for the UK and Ireland. Updated 24/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

End Ritual Abuse

Address:

Serving: National (UK)

T:

E: ellenlacter@earthlink.net

W: <http://endritualabuse.org>

Description of service:

I am a psychologist who has been profoundly touched by victims of ritual abuse and mind control whom I have treated in therapy or befriended as an advocate. I feel compelled to increase public support for these children and adult survivors. This is my mission. This site will provide articles by myself and others, references to other resources, and links to information and support on the world-wide web. Advocates for victims of ritual abuse are frequent targets of malicious attack. Therefore, I cannot and do not endorse opinions provided or referred to on this site other than my own. Updated 25/09/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

English Collective of Prostitutes (ECP)

English Collective of Prostitutes, Crossroads Women's Centre, 25 Wolsey Mews, Kentish Town, London, NW5 2DX

Serving: England

T: 020 7482 2496

E: ecp@prostitutescollective.net

W: www.prostitutescollective.net

Description of service:

The English Collective of Prostitutes (ECP) is a network of sex workers working both on the streets and indoors campaigning for decriminalisation and safety. We fight against being treated like criminals. We've helped sex workers win against charges of soliciting, brothel-keeping & controlling – the last two most often used against women who are working together for safety. Most sex workers are mothers trying to do the best for their children. We campaign against austerity cuts and for housing and other survival resources so that any of us can leave prostitution if and when we want. We have an [international network](#) including sister organisations in Thailand (Empower) and the US (US PROStitutes Collective). Updated 09/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

ENOUGH.

Address:

Serving: National (UK)

T:

E:

W: www.enough.campaign.gov.uk/enough

Description of service:

The campaign includes television adverts, billboards, social media and radio advertising and will highlight different forms of violence against women and girls and the simple acts that anyone can take to challenge perpetrators of abuse. The website offers information to those being abused, are worried for someone they think are being abused and for those worried about their behaviour. Checked 06/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

ENOUGH ABUSE UK

Deleted 06/03/2023 as permanently closed - Enough Abuse UK, c/o Baker Watkin, Middlesex House, Rutherford Close, Stevenage, SG1 2EF

Serving: National (UK)

Description of service:

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

EVERYMAN PROJECT

Closed as of September 2022 -

Description of service:

Unfortunately, due to our closure we have been referring those who are seeking group counselling for men who want help to change their violent and/or abusive behaviours to another charity called Temper Domestic Violence (www.temper.me.uk). Temper Domestic Violence provide weekend group sessions in London, Birmingham, and Northampton. 28/09/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Family Action

Burnt Tree Children's Centre, 20-25 Tividale Street, Tipton DY4 7SD

Serving: National UK

T:

E: info@family-action.org.uk E: familiestogethersandwell@family-action.org.uk

W: www.family-action.org.uk

Description of service:

The Families Together Programme aims to prevent Domestic Abuse and is designed to support those families where Domestic Abuse or coercive behaviour may be occurring in the home. It is also aimed at parents who want a better relationship with each other and their children, and families where there may have been a first incident of Domestic Abuse and want support. The Families Together programme recognises that there are many difficulties families will experience which could lead to family conflict and develop into more severe problems if left unresolved. Families Together is a unique programme designed to support men, women and children to recognise and overcome Domestic Abuse, enabling families to develop their awareness, confidence and self-esteem and ultimately supporting families to feel safer and have the tools to improve their family relationship. Email updated 09/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Family Lives

520 Highgate Studios, 53-79 Highgate Road, Kentish Town, London, NW5 1TL

Serving: National (UK)

HL: 0808 800 2222 T: 020 7284 5500

E: askus@familylives.org.uk

W: www.familylives.org.uk

Description of service:

A free confidential helpline for parents and carers, for information, a listening ear, or to be pointed in the right direction. Provides an opportunity to talk through big or small worries, such as bullying, the effects of marital difficulties, problems with teenagers, dealing with unmanageable behaviour, or the effects of physical or sexual abuse. Lines are staffed by carefully selected and trained volunteers. Open 24hrs. In addition to our helpline and support email service, we offer a Live Chat service, which can be accessed through our website: <https://www.familylives.org.uk/how-we-can-help/online-chat>. Checked 25/09/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

FIRST PERSON PLURAL

Deleted 09/03/20023 as service closing July 2023 - P.O. Box 2537, Wolverhampton, WV4 4ZL

Serving: National (UK)

Description of service:

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

FORWARD

FORWARD, Suite 4.8 Chandelier Building, 8 Scrubs Lane, London, NW10 6RB

Serving: UK National, Europe and Africa

HL: +44 (0)208 960 4000, extension 1 or +44 (0)7834 168 141 T: +44 (0)208 960 4000, extension 1

E: forward@forwarduk.org.uk E: support@forwarduk.org.uk

W: www.forwarduk.org.uk

Description of service:

We are a leading African diaspora women's campaign and support organisation. We work through partnerships in the UK, Europe and Africa to transform lives, tackling discriminatory practices that affect the dignity and wellbeing of girls and women. Our focus is on female genital mutilation (FGM), child marriage and obstetric fistula. If you, or someone you know, is at risk of FGM or has been affected by FGM you can contact us for information on services and one-to-one support. We are open Monday to Friday from 9:30 am to 5:30 pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

HAVOCA – Help for Adult Victims Of Child Abuse

Address:

Serving: UK National

T:
E: Via website
W: www.havoca.org

Clients:

- Adults FM • Adults M •
- Partners FM • Partners M •
- Parents FM • Parents M •

Services:

- Physical & Emotional Abuse •

Description of service:

HAVOCA is run by survivors for adult survivors of child abuse. We provide support, friendship and advice for any adult who's life has been affected by childhood abuse. Checked 06/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

HELPLINES PARTNERSHIP

Ruthlyn House, 90 Lincoln Road, Peterborough PE1 2SP

Serving: National (UK)

T: 0300 330 7777

E: info@helplines.org

W: www.helplines.org.uk

Description of service:

Helplines Partnership is the membership body for organisations that provide information, support or advice via phone, email, text or online. We have around 350 members in the UK and internationally from large national charities to small local and specialist charities as well as some businesses. Helplines Partnership is committed to supporting organisations that provide non-face-to-face advice, support and information to improve general wellbeing. We champion the interests of our members and help them to build sustainability and deliver the best service they can for their users. We promote best practice through our Helplines Standard accreditation, professional practice through specialist training and consultancy. We also provide access to the Helpline Freephone Range (a dedicated range of free to caller telephone numbers exclusively to helplines). Updated 09/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Hourglass (Safer Ageing)

Hourglass (Safer Ageing) Office 8, Unit 5 Stour Valley Business Centre, Brundon Lane, Sudbury, Suffolk, CO10 7GB.

Serving: National

HL: 0808 808 8141 T: 020 8835 9280

E: enquiries@wearehourglass.org

W: <https://wearehourglass.org/>

Description of service:

Hourglass (Safer Ageing) works to protect older people from abuse and neglect. We support those experiencing, or at risk of, abuse, as well as raising awareness and advocating effective prevention. Hourglass (Safer Ageing), works across England, Scotland, Wales and Northern Ireland, and we were the first charity to address elder abuse and the only charity in the UK working on the issue exclusively today. Our Helpline is open 24/7 – including weekends and bank holidays. (Email, text and instant message options are currently only available during business hours). Updated 09/09/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

ibb Solicitors

Capital Court, 30 Windsor Street, Uxbridge, Middlesex. UB8 1AB

Serving: National UK

T: 03456 381381

E: enquiries@ibblaw.co.uk

W: www.ibblaw.co.uk

Description of service:

If you are a victim of emotional, physical or sexual abuse at boarding school, or you are a parent of child who has been abused, you could be entitled to compensation. IBB's child abuse solicitors will deal with your case with sensitivity and compassion. We will support you in your journey in obtaining justice, healing and recovery. Financial compensation cannot make up for your painful experience at boarding school, however it can provide the long-term support and resources required to help improve your physical, emotional and mental health. Our solicitors provide you with free initial advice to discuss your case and the possibility of claiming compensation for the abuse. We offer a No-Win No-Fee Agreement so there is no financial risk involved if you are not successful. To discuss your case or to make an appointment please call 01895 207284 . Alternatively, please email PI@ibblaw.co.uk or complete our online form.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

icap (Immigrant Counselling And Psychotherapy)

96 Moray Road, London, N4 3LA

Serving: National (UK), London & Birmingham

T: 0207 272 7906 F: 0207 272 6920

E: info@icap.org.uk

W: www.icap.org.uk

Description of service:

Provides individual and group psychotherapy for the Irish community in the UK. Also works with other communities affected by migration and loss. Specialises in working with sexual and institutional abuse, and the trauma of displacement. Treats those experiencing a wide range of psychological difficulties, including depression, anxiety and substance misuse. Provides supervision and consultation to other agencies and organisations.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

INSTITUTE OF CHILD HEALTH

30 Guilford Street, London, WC1N 1EH

Serving: National (UK)

T: 020 7829 8692

E: v.adrienne@ucl.ac.uk

W: www.ucl.ac.uk/child-health/

Description of service:

In conjunction with Great Ormond Street Hospital, runs courses concerning various aspects of child health. These are intended for paediatricians, child psychologists, therapists, social workers and other related professionals. Email and website updated 06/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

INTO THE LIGHT

P.O. Box 64427, London, W5 9HA

Serving: National (UK) & London

T:

E: info@intothelight.org.uk

W: www.intothelight.org.uk

Description of service:

Into The Light offers the following services: (1) Ten Week Psycho-educational Course for Survivors of sexual abuse which is topic based and underpinned with a therapeutic approach and is facilitated by a professional counsellor and is available through: Groups: Women's Groups in London and on line , One to One: All genders in person in London and On Line: All genders throughout the UK, (2) One to One counselling in London or on line throughout the UK (3) Workshops on some of the main issues surrounding sexual abuse for survivors of all genders and also for partners, support workers and counsellors. (4) Seminars & Training for community groups, counselling services and organizations on the issues surrounding supporting survivors of child sexual abuse. (5) Training courses for counsellors . (6) A website which provides information and resources for people who have experienced sexual abuse and those that support them. Updated 03/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

IRWIN MITCHELL LLP (Solicitors)

40 Holborn Viaduct, London, EC1N 2PZ

Serving: National (UK)

T: 08000 23 22 33 F: 0207 404 0208

E: luke.daniels@irwinmitchell.com E: wema@irwinmitchell.com

W: www.irwinmitchell.com

Description of service:

A National Law Firm (with 17 offices throughout the UK) with specialist Lawyers dealing with childhood sexual and other abuse claims, representing children, young adult and adult survivors. We pursue civil claims against responsible organisations and perpetrators of abuse and criminal injuries claims. Our commitment is to supporting our client, and to achieving justice – whether people find that sense of closure through financial compensation, through an apology or by holding the organisation who failed to protect them into account. Updated 21/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Jewish Women's Aid

PO Box 65550, London N3 9EG

Serving: National

HL: 0808 801 0500 T: 020 8445 8060

E: advice@jwa.org.uk E: info@jwa.org.uk

W: www.jwa.org.uk

Description of service:

The Helpline provides information, signposting and emotional support to Jewish women who are experiencing domestic abuse, or who have done in the past. Also provides information and support for family and friends of a woman who they believe is experiencing domestic abuse. Clients signposted via the Helpline may be referred to the Community Support Team who provide emotional and practical support to women in the community. They may also access face to face and telephone counselling from highly trained counsellors. Jewish Women's Aid employs a Children's Worker to support children of women affected by domestic abuse. Also run education sessions in schools to children and young people. Outreach work to Jewish young people at university. Updated 14/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

JUNO HERTS (Previously WATFORD RAPE CRISIS & SEXUAL ABUSE CENTRE (WRC))

P.O. Box 2356, Watford, WD18 1QD

Serving: National (UK) Hertfordshire

T: 01923 249511

E: admin@junocounselling.co.uk

W: www.junocounselling.co.uk

Description of service:

Juno Counselling is a confidential counselling service based in Watford, which offers low-cost face-to-face and remote counselling to anyone aged 16 or over who has experienced any form of sexual violence or child abuse at any time in their lives, whenever and however it happened. We have a team of specialist counsellors who can offer up to 24 sessions of supportive, non-judgemental counselling to anyone in Hertfordshire and the surrounding areas. See our website for more information. If you phone, your call will go to an answer machine and we will respond to your message as soon as possible. Email support@junocounselling.co.uk to connect directly with our Counselling Co-ordinator. Updated 12/05/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Karma Nirvana

PO BOX 515, LEEDS, LS6 9DW

Serving: UK

HL: 0800 5999 247

E: info@karmanirvana.org.uk E: support@karmanirvana.org.uk

W: www.karmanirvana.org.uk

Description of service:

We were established in 1993 as the first specialist charity for victims and survivors of Honour Based Abuse. We are committed to ending Honour Based Abuse in the UK. We run the national Honour Based Abuse Helpline, train frontline practitioners and professionals, and campaign for change, working with parliamentarians and policymakers. Our aim to end Honour Based Abuse, is ambitious – but it is not impossible. Updated 21/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

KIDSCAPE

2 Grosvenor Gardens, London, SW1W 0DH

Serving: National (UK) & London

HL: 08451 205 204 T: 020 7730 3300 F: 020 7730 7081

E: info@kidscape.org.uk

W: www.kidscape.org.uk

Description of service:

Helpline for parents of bullied children; resources & publications on bullying & child safety; workshops for badly bullied children under 16; training in schools for teachers or children. Booklets & leaflets can be downloaded from the website or send a SAE & 4 loose 1st class stamps for a bully or child safety pack. Kidscape is the first charity in the UK established specifically to prevent bullying & child sexual abuse. Open: Mon-Fri 10am-4pm. Updated 15/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

LEEDS ANIMATION WORKSHOP

45 Bayswater Row, Leeds, LS8 5LF

Serving: International

T: 0113 248 4997 T: 0113 826 7310

E: info@leedsanimation.org.uk

W: www.leedsanimation.org.uk

Description of service:

A not-for-profit organisation providing short animated films on social and family issues, including parenting, bereavement, prisoners families, stepfamilies, domestic violence, and sexual abuse of children. Plus films designed for people with learning disabilities about saving energy, making relationships, and accessing healthcare. 11/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

LET YOUR LIGHT SHINE

Shirley Warren Action Church, 107-117 Warren Crescent, Shirley Warren, Southampton, SO16 6AY

Serving: National (UK) & Hampshire

HL: 023 80529634 or 07484 319936 T: 023 80529634

E: letyourlightshine@swac.org.uk

W: www.shirleywarrenactionchurch.org.uk

Description of service:

Let Your Light Shine was set up by a Baptist Minister who firmly believes that the church needs to make more of a stand on the issue of child sexual abuse. It is time for the church to rise up and address this issue and embrace the scores of adults who are suffering its effects in our communities. We offer training to help equip people to minister more effectively to survivors. We hold special services for survivors and those who are passionate in supporting and raising awareness of child sexual abuse. The Let Your Light Shine service is held on the Saturday closest to 2nd April (National Incest Awareness Day). Our aim is to raise awareness about issues regarding the sexual abuse of children, as well as providing survivors with a safe place to bring their struggles and successes to God. We also run a fortnightly support group. Call Angie or Jenny for further details.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Lifeline Aotearoa

95 Great South Road, Epsom, Auckland, 1051

Serving: National

HL: 0800 543 354

E: office@lifeline.org.nz

W: www.lifeline.org.nz

Description of service:

Lifeline Aotearoa's 24/7 helpline offers free, confidential support. Volunteers and qualified staff on the community helplines provide a caring and professional service to a wide range of people in need. The Team deal with many issues including psychological and emotional distress, financial and work issues, marriage and family problems. The Helpline also provide support to callers who are lonely, ill, depressed or the victims of violence or abuse. Call 0800 LIFELINE (0800 543 354) or text HELP (4357) for free, 24/7, confidential support – 24 hours a day, 7 days a week. Updated 09/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Live Fear Free Helpline

Pendragon House, Caxton Place, Pentwyn, Cardiff, CF23 8XE

Serving: National

HL: 0808 801 0800 T: 02920 541 551

E: info@livefearfreehelpline.wales

W: www.welshwomensaid.org.uk

Description of service:

The Live Fear Free Helpline is a confidential, freephone support and information service for anyone experiencing domestic or sexual abuse or wanting more information on available support services. Open 24 hours. Welcome calls from anyone experiencing domestic abuse and sexual violence, their friends and family, colleagues or practitioners seeking professional advice. Calls to 0808 80 numbers are free to call from landlines and mobile phones within the UK and do not appear on itemised bills. You can contact the Live Fear Free Helpline by text 24/7 on 078600 77 333. Updated 14/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

MACSAS (Minister & Clergy Sexual Abuse Survivors)

P.O. Box 46933, London, E8 1XA

Serving: National (UK)

HL: 0808 801 03 40

E: enquiries@macsas.org.uk

W: www.macsas.org.uk

Description of service:

Support for adult (18+) survivors who have been sexually abused by clergy, whether the abuse occurred as children or as adults. We provide a helpline, website, information packs and a newsletter 3x a year. Occasional conferences, away weekends & meetings. Open to all clergy survivors, whether Christian or not - we are not a Christian organisation nor attached to any church or denomination. The helpline is open: Tues 2-5pm & Wed & Thurs 6-9pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

ManKind Initiative

Flook House, Belvedere Road, Taunton, TA1 1BT

Serving: National

HL: 01823 334244 T: 01823 334244

E: admin@mankind.org.uk

W: www.mankind.org.uk

Description of service:

The ManKind Initiative is a charity providing help and support for male victims of domestic abuse or domestic violence as well as their friends and family members. The helpline is manned by trained people who give information and support on all aspects of domestic abuse. They refer people to refuges, local authorities and other support services where appropriate. They undertake CPD accredited training, lectures and workshops and provide information to help raise awareness of domestic abuse and work in partnership with all agencies to develop solutions for all victims. The helpline is available Monday to Friday 10am to 4pm on 01823 334244. Updated 21/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Maytree

Deleted 14/03/2023 as service has closed - 72 Moray Road, Finsbury Park, London, N4 3LG

Serving: National

Description of service:

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Men's Advice Line

Address:

Serving: UK

HL: 0808 801 0327

E: info@mensadviceline.org.uk

W: www.mensadviceline.org.uk

Description of service:

Men's Advice Line is a confidential helpline, email and webchat service for male victims of domestic abuse and those supporting them: concerned friends or family members, Frontline Workers. We offer advice and emotional support to men who experience abuse, and signpost to other vital services that help men keep themselves (and their children) safe. Updated 09/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Mind

2 Redman Place, London E20 1JQ

Serving: National (UK)

HL: 0300 123 3393 T: 0208 215 2243 F: 020 8522 1725

E: contact@mind.org.uk

W: www.mind.org.uk

Description of service:

Mind is the leading mental health charity in England & Wales. They provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. Mind produces information, publications and also has a network of around 110 local associations throughout England & Wales. These offer a range of services including drop-in centres, counselling, befriending, advocacy, crisis helplines, supported housing, employment & training schemes. Mon-Fri 9am-5pm. You can find your nearest local Mind at <https://www.mind.org.uk/about-us/local-minds/local-minds/>. Updated 01/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

MindInfoLine

P.O. Box 277, Manchester, M60 3XN

Serving: National (UK)

HL: 0300 123 3393
E: info@mind.org.uk
W: www.mind.org.uk

Description of service:

We are here to support you to make informed choices. We will listen to you and try to understand all the issues you are facing. Then we will give you information that is relevant to you and your situation. Our teams can send out printed information to individuals in unmarked envelopes, or they can help guide you to information available on our website. Our Helplines are open Mon - Fri 9am - 6pm. ACCESS: Hearing or speech impaired callers may contact us using the main Helpline numbers or choose to use RNID textphone services to contact us. We can arrange an interpreting service using Language Line services. Ask the Mind Infoline team member when you call, if you want to use this service.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Uk National • Section: 01

MindLine Trans+

Address:

Serving: National

HL: 0300 330 mindline@bristol.org.uk 5468 T: 0117 980 0381

E: linda.ling@mindinsomerset.org.uk

W: <https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

Description of service:

Mindline Trans+ is currently being provided by Mind in Somerset – 05/10/2022

MindLine Trans+ is a confidential emotional, mental health support helpline for people who identify as Transgender, Agender, Gender Fluid, Non-binary.....We are also here to support family members and friends and to provide signposting to other services and resources. We are a national helpline, you can call us from anywhere in the UK. The MindLine Trans+ provides a safe place to talk about your feelings confidentially. We don't record calls nor ask for any personal details. Our listeners will try understand the multitude of feelings and concerns that may be going on for you. We are here to listen and offer our support. We have volunteers with lived experience of Trans+ or are Allies responding to your calls as often as possible and are open 2 evenings a week Mondays and Fridays from 8pm to midnight. Updated 05/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Missing People - Runaway Helpline

284 Upper Richmond Road West, London SW14 7JE

Serving: National

HL: 116 000 T: 020 8392 4590
E: 116000@runawayhelpline.org.uk
W: www.runawayhelpline.org.uk

Description of service:

Free confidential service, available 24/7, providing support, advice and options for young people (11-17) who are thinking about running away, are already away from home or are back from being away. The helpline is for people of all ages who are worried that someone else is going to run or that they are being treated badly or abused. Runaway Helpline is run by the UK charity Missing People. Updated 14/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

MOSAC - Supporting Protective Parents/Carers of Sexually Abused Children

London Borough of Lewisham

Serving: National (UK) & London

HL: 0800 980 1958

E: helpline@mosac.org.uk E: info@mosac.org.uk

W: www.mosac.org.uk

Description of service:

Mosac's vision is that all families of children who have been sexually abused receive the help that they need to move on positively with their lives and its mission is to provide support in a safe and non-judgemental environment for protective parents and carers. Mosac has been delivering unique support services for the protective parents and families of victims of Child Sexual Abuse (CSA) for over 25 years. In a safe environment, we offer free services to vulnerable families affected by CSA. We enable families to achieve and sustain an improved quality of life by rebuilding confidence, alleviating isolation, improving well-being and resilience, promoting inclusion and empowering individuals to move on with their lives, with the skills and knowledge to safeguard themselves and their children in the future. Mosac's services include a national Helpline, nationwide Advocacy support, training and email support services. Counselling and Play Therapy are also available to those within a reasonable travelling distance. Updated 21/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

MUSLIM COMMUNITY HELPLINE

Please contact for address

Serving: National (UK)

HL: 0208 904 8193 or 0208 908 6715

E: ess4m@btinternet.com

W: <http://muslimcommunityhelpline.org.uk>

Description of service:

We offer emotional support to Muslims of any ethnicity and age. We also provide referrals where necessary. It's a confidential non-judgemental service, run entirely by volunteers. We are an independent emotional support service for Muslims provided by experienced former-MWHL counsellors 0208 904 8193 / 0208 908 6715 (core hours 10 am to 1 pm Mon-Fri). Extended hours: Mon, 1-3 pm; Tues & Wed (6-7 pm) and Fri, 1-4 pm according to staff availability Updated 13/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Muslim Youth Helpline (MYH)

Address:

Serving: National

HL: 0808 808 2008 T: 0808 808 2008

E: info@myh.org.uk

W: www.myh.org.uk

Description of service:

National helpline providing culturally sensitive support to Muslim youth. Free, non-judgmental emotional support and advocacy. Helpline volunteers respond to telephone calls from vulnerable and distressed young Muslims. The Team offer support and a listening ear and, where necessary, make referrals to specialist agencies and other special support service. Helpline staff can help with issues including relationships, abuse (sexual, physical, emotional), mental health problems, education and employment, social life and identity.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

NAPAC (National Association for People Abused in Childhood)

Address:

Serving: National (UK)

HL: 0808 801 0331 T: 0203 096 7645

E: info@napac.org.uk

W: napac.org.uk

Description of service:

NAPAC provides a freephone national information and support line for adult (over 18) survivors of any type of childhood abuse or neglect. Whilst it does not offer counselling or face-to-face support, the service is staffed by a well trained support team who have a lot of experience in supporting adult survivors of all forms of childhood abuse. Our service is confidential and free. NAPAC also responds to letters and emails. Support Line open Mon - Thur 10am - 9pm & Friday 10am - 6pm. Our one day training course Supporting Adult Survivors of Childhood Abuse (SASCA) is of particular interest to professionals in various fields including social work, the police, the legal system and health practitioners. Updated 27/06/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

National Centre for Domestic Violence

PO Box 999, Guildford, Surrey, GU1 9BH

Serving: National (UK)

T: 0207 186 8270

E: office@ncdv.org.uk

W: www.ncdv.org.uk

Description of service:

NCDV provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation. NCDV was established to help survivors of domestic violence obtain protection against an abuser, as well as offering services to the police, probation service, domestic abuse agency workers, the legal profession and judiciary. We specialise in providing free, fast and effective legal support to survivors of domestic violence, usually by helping individuals obtain injunctions from their local county court. This free service is provided to everybody. In brief, our services include Free Legal Injunction service to everybody. Injunctions usually within 24 hours. Large framework of Legal Aid family solicitors throughout the country. Emergency Prohibitive Steps Orders. Emergency Non-Molestation and Occupation Orders. In-house process serving and tracking. Direct links with Local Authorities, health centres, refuges, Women's Aid Centres and other services. Updated 21/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

NATIONAL DOMESTIC VIOLENCE HELPLINE

National telephone service

Serving: National (UK)

HL: 0808 2000 247

E: info@refuge.org.uk

W: www.nationaldomesticviolencehelpline.org.uk

Description of service:

The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid & Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues & others calling on their behalf. The Helpline can give support, help & information over the phone and is staffed 24 hours a day by fully trained female workers. All calls are confidential. Translation facilities & a service for deaf callers are available. Updated 27/06/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

NATIONAL SELF-HARM NETWORK / Self Injury Support

P.O Box 7264, Nottingham, NG1 6WJ

Serving: National (UK), Northern Ireland, Scotland & Wales

W: www.nshn.co.uk

Description of service:

NSHN aims: To empower & enable individuals who self harm to seek further support & alternatives, to reduce their emotional distress & improve their quality of life; Support & provide information to their family & carers; Educate service providers, raise awareness dispel myths & challenge misconceptions through information & training; Influence policies at local & national levels. NSHN offers an online support forum. Checked 14/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Uk National • Section: 01

National Ugly Mugs (NUM)

Address:

Serving: National

T: 0161 629 9861

E: admin@nationaluglymugs.org

W: <https://nationaluglymugs.org/>

Description of service:

National Ugly Mugs (NUM) is a UK-wide safety charity providing victim support and violence prevention services to sex workers, as a means to ensure greater access to justice and protection. We serve sex workers of all genders, backgrounds and modes of work. We offer a digital reporting and alerting mechanism to warn sex workers about dangerous individuals who may target them; online screening tools; and individualised support for those who experience harm from a specialist team of Independent Sexual Violence Advisors (ISVA) and other experts. We value those with lived experience in sex industries and work with them to conduct research, develop education packages to professionals, and participate in policy advocacy to change the conditions that lead to survival sex, gain rights and recognition, and improve the safety of Uk based sex workers. Updated 11/10/2022

DABS Pathfinder Directory

T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

NHS 111

www.nhsdirect.nhs.uk

Serving: National (UK)

HL: 111

W: <https://www.england.nhs.uk/urgent-emergency-care/nhs-111/>

Clients:

- Adults FM • Adults M •
- Partners FM • Partners M •
- Parents FM • Parents M •
- Young People FM • Young People M •
- Perpetrators FM • Perpetrators M •

Services:

- Helpline •

Description of service:

NHS 111 is here to make it easier and quicker for patients to get the right advice or treatment they need, be that for their physical or mental health. NHS 111 provides health advice and information on the telephone and using web services for people in England, 24hrs a day, 7 days a week. Calls are free from a landline or mobile phone. Go online to 111.nhs.uk (for assessment of people aged 5 and over only).
Checked 14/03/2022

DABS Pathfinder Directory

T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Nightline

Nightline Association, PO Box 75974, London, E1W 9QT

Serving: National

HL: see website
E: enquiries@nightline.ac.uk
W: www.nightline.ac.uk

Description of service:

Provide emotional support to students in distress. The telephones are manned throughout the night during term time when other specialist university welfare services are closed. Nightline contacts can be found via website. Now operating at over 100 universities and colleges each individual Nightline is run by students for students at their university. Nightline is confidential and anonymous. Can help with issues including academic stress, bullying, debt, loneliness, depression, bereavement, arguments with flatmates, concerns about friends, addictions, eating disorders or self harm, relationship and family problems, sexuality, sexual abuse or abortion. Some Nightlines also offer support via email, instant messaging, or in person and many offer information and supplies such as pregnancy tests, condoms and attack alarms. Updated 01/07/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

NSPCC

Weston House, 42 Curtain Road, London, EC2A 3NH

Serving: National (UK)

HL: 0808 800 5000 T: 020 7825 2505

E: help@nspcc.org.uk

W: www.nspcc.org.uk

Description of service:

A free 24 hour service which provides counselling, information and advice to children or young people and anyone concerned about a child or young person in need of protection or at risk. Staffed by qualified child protection officers who can make referrals to police and social services teams.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

ONE IN FOUR UK

219 Bromley Road, Bellingham, Lewisham, London, SE6 2PG

Serving: National (UK), London & Surrey

T: 0208 6972112 F: 0208 6978022

E: admin@oneinfour.org.uk

W: www.oneinfour.org.uk

Description of service:

Support and resources for adult survivors (16+). Up to 2 years one-to-one counselling, self-development workshops for survivors, access to legal advocacy and support. Training for professionals. One in Four provides telephone, Zoom & Skype counselling as well as counsellors and training in schools. Main office number: 0208 697 2112. Helpline: 0800 121 7114. One in Four centres in North London, South London & Kent. Resources include; The Warrior Within: A handbook to aid recovery from childhood sexual abuse and violence. The Spirit Within: A One in Four handbook to aid recovery from religious sexual abuse across all faiths. Responding to Survivors of child sexual abuse – A pocket guide for professionals, partners, families and friends. Numbing the pain: A pocket guide for professionals supporting survivors of childhood sexual abuse and addiction. Two downloadable reports of Survivors Voices – CSA in the family & CSA & Addiction. Educational film for addiction services. www.oneinfour.org.uk. Updated 01/07/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Operation Encompass

Address:

Serving: National

T: 0204 513 9990

E: info@operationencompass.org

W: www.operationencompass.org

Description of service:

Operation Encompass is a police and education early information sharing partnership enabling schools to offer immediate support for children and young people experiencing domestic abuse. Information is shared by the police with a school's trained Key Adult (DSL) prior to the start of the next school day after officers have attended a domestic abuse incident thus enabling appropriate support to be given, dependent upon the needs and wishes of the child.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

PACE (Parents Against Child Sexual Exploitation)

Address:

Serving: National UK

T: 0113 240 3040
E: Via Website
W: <https://paceuk.info/>

Clients:

- Adults FM • Adults M •
- Parents FM • Parents M •

Services:

- Newsletter •
- Training • Training Independently Accredited •
- Physical & Emotional Abuse •

Description of service:

Pace works alongside parents and carers of children who are – or are at risk of being – sexually exploited by perpetrators external to the family. We offer guidance and training to professionals on how child sexual exploitation affects the whole family. Checked 14/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Palm Cove Society

Address:

Serving: National UK

T: 0113 2302271

E: enquiries@palmcovesociety.com

W: www.palmcovesociety.com

Description of service:

Palm Cove Society provides supported accommodation to many individuals on a daily basis. Due to the success of our organisation since August 2007 we have provided accommodation to individuals from more than 89 different countries worldwide. At Palm Cove Society, we provide seven specialist schemes to accommodate our vulnerable clients groups. Specialist Refugee Scheme. Specialist Destitute Asylum Seekers Scheme. Specialist Domestic Violence Scheme. Specialist Modern Slavery Scheme. Specialist Forced Marriage & Honour Based Violence Scheme. Specialist Unaccompanied Asylum Seeker Children Leaving Care (UASC). Service Users Moving on & Resettlement.

Updated 05/07/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

PARENTS PROTECT!

2 Birch House, Harris Business Park, Hanbury Road, Bromsgrove, B60 4DJ

Serving: National (UK)

HL: 0808 1000 900 T: 01527 591922

E: office@stopitnow.org.uk E: contact@lucyfaithfull.org.uk

W: www.parentsprotect.co.uk

Description of service:

Parents Protect! is a child protection campaign that helps parents and carers protect children from sexual abuse and exploitation. We deliver training to parents, carers and professionals and operate an educative website designed to raise awareness about child sexual abuse. We can answer any questions you may have and give you the information and advice you need to protect children. The website also features an e-learning programme that provides information on how to keep your family safe and what to do if you are worried about child sexual abuse.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Penny Appeal

Deleted 21/03/2023 – service closed

Serving: National

Description of service:

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

RAINS (Ritual Abuse Information Network & Support)

Address:

Serving: National (UK)

T:
E: rains@rains-home.org.uk
W:

Description of service:

RAINS is primarily a support group and information sharing network for professionals working with child or adult survivors of ritual abuse; also for carers of survivors including foster parents. We can sometimes help survivors find suitable therapists via the email address. Application for membership is via email address. Updated 21/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

RAPE AND SEXUAL ABUSE SUPPORT CENTRE / RAPE CRISIS - SOUTH LONDON
(RASASC)

P.O. Box 383, Croydon, CR9 2AW

Serving: National (UK), London & Surrey

HL: 0808 802 9999 T: 0208 683 3311

E: info@rasasc.org.uk

W: www.rasasc.org.uk

Description of service:

Free, confidential helpline offering information & support to female survivors (13+) who have suffered from sexual violence, their family, friends & partners from anywhere in the UK - open 365 days a year: 12noon-2.30pm & 7pm-9.30pm. Women only services (13 years & over) for survivors of sexual violence: Specialist face-to-face counselling available in Kingston, Croydon, Southwark and Bexley; Therapeutic Groups; Advocacy (3 ISVAs) support through the Criminal Justice System; Outreach with women involved in prostitution and homeless women; Talks & training for other professionals; Accredited Sexual Violence Training (OCN) for front line workers and counsellors available. The office is open Mon-Fri 10am-6pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Rape Crisis England & Wales

Suite E4, Josephs Well, Hanover Walk, Leeds LS3 1AB

Serving: National (UK)

HL: 0808 802 9999

E: rcewinfo@rapecrisis.org.uk

W: www.rapecrisis.org.uk

Description of service:

Rape Crisis England & Wales co-ordinates the national network of Rape Crisis Centres. The Centres provide a range of specialist services for women & girls who've experienced any form of sexual violence either as adults or as children. Some centres also support male survivors. The website aims to provide information that survivors of sexual violence, friends & family need. You can find your local Rape Crisis Centre, read about reporting a rape, find legal information, campaigns & statistics. The national telephone helpline (0808 802 9999) provides support to women and girls aged 14+ who have experienced any form of sexual violence at any time in their lives. Helpline times: 12pm-2:30pm, 7pm-9:30pm every day of the year. The national live chat helpline offers text based emotional support to women and girls 16 and over, and is open at various times Monday to Friday. Updated 23/05/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Reducing The Risk

Address:

Serving: National UK and Oxfordshire

T:

E: contact@reducingtherisk.org.uk

W: reducingtherisk.org.uk

Description of service:

We work to reduce the risk of Domestic Abuse by developing and delivering services for those affected. We support many of Oxfordshire's most vulnerable adults and children. We work intensively with people who are at risk of harm in their own homes - keeping them safe and helping them to rebuild their lives. We provide training, and coordinate and enhance the work of over 2,500 front line staff from a wide range of agencies to help prevent abuse and reduce its impact. Our work across the UK: Our multi-agency approach to tackling abuse and exploitation is recognised nationally and we provide training and consultancy to support other areas in the UK in developing a coordinated approach to keeping people safe. Please visit our website for full details. Updated 07/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

REFUGE

International House, 1 St Katherine's Way, London, E1W 1UN

Serving: National (UK) & London

HL: 0808 2000 247

E: info@refuge.org.uk

W: www.refuge.org.uk

Description of service:

Refuge is the National Charity which provides a wide range of specialist domestic violence services to women and children experiencing domestic violence. On any given day our services support over 2,800 women and children.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Refuge - For Women and Children. Against Domestic Violence

Address:

Serving:

HL: 0808 2000 247 T: 020 7395 7700
E: info@refuge.org.uk E: helpline@refuge.org.uk
W: www.refuge.org.uk

Description of service:

Providing a range of high quality services for abused women and children. Our national network of services supports women and children to regain control of their lives and move forwards in a positive way. The Freephone 24-hour National Domestic Violence Helpline, run in partnership with Women's Aid, is open 24 hours a day, every single day. Our refuges provide emergency accommodation for women fleeing abuse. Our outreach workers meet with women at safe times in their own homes or in discreet places in the community. The Athena service, run by Refuge, provides confidential, non-judgmental support to those living in the London borough of Lewisham who are experiencing gender-based violence. Our services support women and girls aged 13 and over, and men aged 16 or over – including those who are lesbian, gay, bisexual, or are unsure of their sexuality.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Respect

Hubhub, 20 Farringdon St, London EC4A 4AB

Serving: UK

T:

E: info@respect.org.uk

W: www.respect.uk.net

Description of service:

An organisation leading the development of safe, effective work with perpetrators, male victims and young people using violence and abuse. Respect offers training, learning and development, membership and accreditation and public affairs and policy work. Respect runs two helplines, the Respect Phonenumber for perpetrators of domestic violence/abuse and the Men's Advice Line for male victims of domestic violence/abuse. Updated 21/103/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

RESPECT PHONELINE

Hubhub, 20 Farringdon St, London EC4A 4AB

Serving: National (UK)

HL: 0808 802 4040
E: info@respectphoneline.org.uk
W: www.respectphoneline.org.uk

Description of service:

Respect Phoneline is a confidential helpline, email and webchat service for domestic abuse perpetrators and those supporting them. We support men and women who are using abuse in same-sex or heterosexual relationships, from anywhere in the UK. Updated 21/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

RESPOND

3rd Floor, 24-32 Stephenson Way, London, NW1 2HD

Serving: National (UK)

HL: 0808 808 0700 T: 020 7383 0700 F: 020 7387 1222

E: admin@respond.org.uk

W: www.respond.org.uk

Description of service:

Respond works with people (5+) with learning disabilities who have experienced significant trauma in their lives. We specialise in the effects of sexual abuse. We provide support, advise & training for families & professionals supporting people with learning disabilities who have experienced trauma. Updated 10/07/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Uk National • Section: 01

Revenge Porn Helpline

Address:

Serving: National

HL: 0345 6000 459

E: help@revengepornhelpline.org.uk E: admin@revengepornhelpline.org.uk

W: <https://revengepornhelpline.org.uk>

Description of service:

We are a UK service supporting adults (aged 18+) who are experiencing intimate image abuse, also known as, revenge porn. The Helpline was established in 2015 alongside the legislation which made it an offence to share intimate images or videos of someone, either on or offline, without their consent with the intention of causing distress. The Helpline provides confidential advice, information and assistance with the removal of intimate content shared online without consent. Please contact us on 0345 6000 459 or email us at help@revengepornhelpline.org.uk. The Helpline is open Monday to Friday from 10am to 4pm and we will do our best to help you. If you are in immediate danger, please call 999. Updated 12/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

RIGHTS OF WOMEN

52-54 Featherstone Street, London, EC1Y 8RT

Serving: National (UK) & London

HL: Family National Advice Line: 020 7251 6577. Criminal Line: 020 7251 8887 T: 020 7251 6575 F: 020 7490 5377
E: info@row.org.uk
W: www.rightsofwomen.org.uk

Description of service:

For free, confidential, legal advice on the following areas of law call either our London or National Helplines: FAMILY LAW: including domestic violence, relationship breakdown, children and contact issues. London call: 020 7608 1137 or Text phone 0207 490 2562 on Mon 10 am - 12pm and 2pm – 4pm, Tue & Wed 2pm - 4pm, Thursday 10 am - 12pm and 2pm – 4pm. National call: 0207 251 6577 or Text phone 0207 490 2562, Tue, Wed 7pm - 9pm & Fri 12pm - 2pm. CRIMINAL LAW: Including sexual offences, domestic violence and reporting offences to the Police & the Criminal Justice System. 0207 251 8887 Tue 7pm -9pm. IMMIGRATION & ASYLUM LAW: London or National call: 0207 490 7689 or Text phone 0207 490 2562 on Mon & Thursday 10am – 1pm & 2pm – 5pm. SEXUAL HARASSMENT AT WORK: identifying sexual harassment, How to bring a complaint against your employer, the Employment Tribunal procedure & Settlement Agreements and Non-Disclosure Agreements. 020 74900152 Monday Tuesday and Wednesday 3pm – 5pm. Please note - some opening times might change slightly when our volunteers come back to help us after Covid 19.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Ritual Abuse Network Scotland (RANS)

1 Victoria Road, Dundee, DD1 1EL

Serving: National (UK) & City of Dundee

HL: 01382 206222 T: 01382 224737

E: hello@rans.org.uk

W: www.rans.org.uk

Description of service:

Confidential support for adult survivors of ritual and organised abuse, by use of email, phone, texts, face-to-face and internet message board. We offer training to organisations working with and supporting ritual abuse survivors. Updated 02/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

SAFE

Safe, PO Box 1557, Salisbury, SP1 2TP

Serving: National (UK) & Wiltshire

HL: 01722 410889

E: choices@safe.org.uk

W: <https://www.safe.org.uk/>

Description of service:

SAFE provides a telephone helpline for survivors of ritual abuse and their supporters. Case consultancy and training to statutory and voluntary organisations. The helpline is open: Mon 6.30-8.30pm; Wed & Thurs 7-9pm. Updated 05/07/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

SAFELINE

6a New Street, Warwick, CV34 4RX

Serving: National & Warwickshire

HL: National Male Survivor Helpline 0808 800 5005.

HL: Warwickshire Residents Helpline 0808 800 5008 T: 01926 402498

E: office@safeline.org.uk

W: www.safeline.org.uk

Description of service:

Specialist services for survivors and their families of rape and sexual abuse. Services offered to men, women, LGBT+, young people, partners, carers and parents. Training provided for volunteers, employers, agencies and statutory bodies. (Accredited by OCN) The office is open: Mon-Fri 9am-5pm. Our National Male Survivor Helpline and Online Support Service is open Monday to Friday 9am – 8pm and Saturday and Sunday 9am - 2pm. Our Warwickshire helpline is open Monday to Friday 9am – 5pm and Saturday 10am – 2pm. Online support is available through Text (07860 027573) and Email (support@safeline.org.uk). We offer free online and telephone counselling to individuals aged 16 years and over living in England and Wales. In Warwickshire we offer free face to face counselling, art therapy and ISVAs to adults and children, support groups for adults and prevention projects for young people. Updated 22/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

SAMARITANS, The

General Office, The Upper Mill, Kingston Road, Ewell, Surrey, KT17 2AF

Serving: National (UK)

HL: 08457 90 90 90 T: 020 8394 8300 F: 020 8394 8301

E: jo@samaritans.org

W: www.samaritans.org

Description of service:

Samaritans provide confidential, non-judgemental, emotional support, 24hours a day for people who are experiencing feelings of distress and despair, including those which could lead to suicide. We offer our service by telephone, email, letter and face-to-face in most of our branches.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

SANE

St. Mark's Studios, 14 Chillingworth Road, Islington, N7 8QJ

Serving: National (UK)

HL: 0300 304 7000 T: 0203 805 1790

E: info@sane.org.uk

W: www.sane.org.uk

Description of service:

SANE is a national mental health charity which aims to raise awareness of mental illness and campaign to improve services. SANE aims to provide information and support to those experiencing mental health problems through its helpline, SANEline and through its Textcare service. It also aims to initiate and fund research into the causes of serious mental illness through its research centre.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

SELF INJURY SUPPORT (Formerly Bristol Crisis Service for Women)

P.O. Box 3240, Bristol, BS2 2EF

Serving: National (UK) & Bristol

HL: 0808 800 8088 T: 0117 927 9600

E: info@selfinjurysupport.org.uk

W: www.selfinjurysupport.org.uk

Description of service:

We support women and girls of any background who are affected by self-injury. We run four helplines (see below) for women and non-binary people who feel the service is right for them, offering support on self harm and related issues of trauma or abuse. Telephone helpline: 0808 800 8088 - Wednesdays and Thursdays 7pm - 9.30pm. Text support: 07537 432444 - Tuesdays, Wednesdays and Thursdays 7pm - 9.30pm. Email and webchat: follow the links on www.selfinjurysupport.org.uk. We have a range of publications, information services and online self-help tools and resources on our website. As well as supporting those using self-injury, we also offer resources and information services for family and friends of those who self harm, and for professionals from a wide range of industries. We also provide training to individuals and professionals working with people who self-injure. We post useful information and updates on our [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn](#) pages. **PLEASE NOTE** - all our helpline services are suspended until March 2023. This is a **planned, temporary closure** that will enable us to better support our volunteers, and serve our callers. Updated 09/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Shelter

Address:

Serving: National

T:

E: info@shelter.org.uk (unable to provide advice on this email address)

W: www.shelter.org.uk/housing_advice

Description of service:

Shelter's website provides advice, tools and information for people with a housing or homelessness problem. Issues covered on the website include tenancy deposits, disrepair, housing rights, harassment, illegal eviction, rent and mortgage arrears, housing related benefits, domestic abuse, ending a tenancy and other housing issues. Information on other Shelter services, including our emergency Helpline, webchat and local services, can be found on our website. The emergency Helpline is only for people who are homeless, will be homeless in less than two months or are at risk of harm, including fleeing violence or abuse or serious disrepair. Shelter also carries out research on housing issues, campaigns to tackle the root causes of the housing emergency and provides training on housing and related issues. Please note that we are unable to offer housing advice via our email. Updated 22/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Simon Stevens

Deleted 24/03/2023 as website no longer found - 21 Stoney Stanton Road, Coventry, CV1 4FF

Serving: National (UK)

Description of service:

I am a leading independent dysability issues consultant, researcher, trainer, controversial inclusion activist, campaigner, and social change agent, based in Coventry (UK) with vast experience and expertise in a wide range of fields including dysability equality, independent living, health policy, social care, lifestyle advocacy, employing personal assistants and Secondlife. I have worked with many organisations of all types since 1990 nationally and internationally and I am also the founder of Wheelies, the world's first dysability themed virtual nightclub, and star of Channel 4's dysability prank show, I'm Spazticus as well as being a blogger for the Huffington Post. I also have cerebral palsy that affects my speech, balance, hand control and sense of humour (in a positive way).

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Simpson Millar Solicitors

Address:

Serving: National (UK)

T: 0808 2397025

E: newclients@simpsonmillar.co.uk

W: <https://www.simpsonmillar.co.uk/abuse-claims-solicitors/>

Description of service:

Our team of Abuse Solicitors are independently recognised as being some of the best legal advisors helping survivors of abuse claim their legal rights for more than 30 years and can help you take the first steps towards making a civil claim. Updated 13/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

STOP IT NOW! UK & IRELAND

2 Birch House, Harris Business Park, Bromsgrove B60 4DJ

Serving: National (UK)

HL: 0808 1000 900 T: 01372 847160 T: 01527 591922 (risk assessments)

E: contact@stopitnow.org.uk

W: www.stopitnow.org.uk

Description of service:

Stop It Now! UK and Ireland is a child sexual abuse prevention campaign and helpline. It is run by The Lucy Faithfull Foundation, the only UK-wide child protection charity dedicated solely to reducing the risk of children being sexually abused. We support adults to play their part in prevention through providing sound information, educating members of the public, training those who work with children and families, and running our confidential and anonymous helpline. Our helpline is available to: adults worried about the sexual behaviour of other adults or children and young people; people worried about their own sexual thoughts or behaviour towards children, including those with concerns about their online behaviour; friends and relatives of people arrested for sexual offending, including internet offending; any other adult with a concern about child sexual abuse - including survivors and professionals.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Stop So

Address:

Serving: National UK

T: 07473 299883

E: info@stopso.org.uk

W: www.stopso.org.uk

Description of service:

Specialist Treatment Organisation for the Prevention of Sexual Offending that works with those at risk of sexual offending or reoffending. We also work with the families of sex offenders, who also have to come to terms with being related to a sex offender. Sex offenders are often treated as the lowest of the low in our modern society. It is very hard for this client group to be able to access professional support and help. Practically no NHS services are available for this group. Most therapists do not want to work with these clients. At StopSO UK we want to enable sex offenders, or those who are acting out sexually, and those who have not acted out but have 'troubling thoughts' to be able to access experienced willing & able therapists. Many sex offenders contact us by searching for 'sex offender help' in their search engine, which brings up the StopSO website. Updated 11/07/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

SUPPORTLINE

P.O. Box 2860, Romford, RM7 1JA

Serving: National (UK), London & Essex

HL: 01708 765200 T: 01708 765222

E: info@supportline.org.uk

W: www.supportline.org.uk

Description of service:

Helpline providing emotional support to children, young people and adults throughout the UK by telephone, email and post. Primarily a preventative service particularly aimed at those who are isolated, vulnerable, at risk and victims of any form of abuse. One of the main areas of SupportLine's work is supporting survivors of abuse. Telephone Helpline open Tuesdays, Wednesdays, Thursdays 6pm to 8pm. Email support – info@supportline.org.uk open every day and the charity aims to respond within 48 hours. Updated 12/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

SURVIVORS UK

11 Sovereign Close, London, E1W 31W

Serving: National (UK) & London

HL: WhatsApp - 07491816064 T: 0203 598 3898

E: info@survivorsuk.org

W: www.survivorsuk.org

Description of service:

We provide support for men and boys 13+ who have experienced sexual violation at any time in their lives, and those who care for them. We have national emotional support services (web chat service at www.survivorsuk.org, text chat on 020 3322 1860 and whatsapp 07491816064). A London based counselling service providing low cost Individual counselling and therapy groups for male survivors. We also offer awareness and training for professionals. We also have an ISVA service, providing assistance and support for male survivors through the criminal justice process.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

SWARM

Address:

Serving: National

T:

E: contact@swarmcollective.org

W: www.swarmcollective.org/contact

Description of service:

SWARM is a sex worker led collective based in the UK. The project was founded in 2009 (under our former name Sex Worker Open University) to advocate for the rights of everyone who sells sexual services. Our goal is to build a diverse and inclusive community of sex workers who work together to improve our working conditions and resist violence. We define sex workers as people who sell their own sexual labour or performance, or who have done so in the past. We are here as sex workers who are survivors of economic violence, domestic violence, border violence, transphobic violence and sexual violence. We are part of a global movement, and we are proud to work in solidarity with each other. Many sex workers within SWARM navigate our lives across several marginalised identities. Our solidarity with each other is not just words -- it is how we stay alive. Updated 01/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

Temper Domestic Violence

Address:

Serving: National UK

T: 0203 286 4482

E: temperdv@gmail.com

W: www.temper.me.uk

Description of service:

Temper is a registered charity (1081139) focused mainly on working with people whose behaviour in their intimate relationships is a cause for concern. We work closely with violent, aggressive, abusive people facilitating their understanding of what they use their abusive behaviours for and in such ways as to help them bring about changes in their behaviours. Updated 22/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

The Association of Child Protection Professionals

17 Priory Street, York, YO1 6ET

Serving: National (UK)

T: 01904 613605

E: hello@aocpp.org.uk

W: www.childprotectionprofessionals.org.uk

Description of service:

A multi-disciplinary networking Association for professionals who work with children & young people in the field of protection from abuse and neglect and safeguarding, and supporting families. Produce a journal "Child Abuse Review", organise conferences, training and seminars, and respond to policy and legislative issues. Membership is from £5 per month (student rate) and includes an online subscription the Child Abuse Review. Also produce a free Newsletter for members and interested groups. AoCPP CIO registered charity 1190441. Scottish Registered Charity SC050800. Updated 22/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

The Campaign Against Living Miserably (CALM)

CALM, PO Box 68766, London, SE1P 4JZ

Serving: National

HL: 0800 58 58 58 (Nationwide) 0808 802 58 58 (London) T: 07738 160 434

E: press@thecalmzone.net

W: www.thecalmzone.net

Description of service:

The Campaign Against Living Miserably (CALM) is leading a movement against suicide, the single biggest killer of men under 45 in the UK and the cause of 18 deaths every day. Offer confidential, anonymous and free support, information and signposting to men through the helpline. Callers can talk through a wide variety of issues including abuse, addictions, anger, depression, bullying, eating disorders, sexuality, work issues, racism, bereavement, suicide, divorce and more. The website lists details on local and national agencies offering a wide range of services and support.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

THE CHILDREN'S SOCIETY

Edward Rudolf House, Margery Street, London, WC1X 0JL

Serving: National (UK)

HL: 0300 303 7000 T: 020 7841 4400
E: supporter@childrensociety.org.uk
W: www.childrensociety.org.uk

Description of service:

We fight child poverty and tackle neglect head on. Our frontline services: We run quality services that draw on clear evidence and good practice that are being replicated across the country. We work locally where we can make the greatest possible change for disadvantaged children. Campaigning for change: We are growing our ambitious programme of campaigning to champion change at a national and local level. We have a strong track record of challenging misconceptions and changing attitudes and practice. We do this by uncovering desperate situations, exposing injustice, confronting child exploitation and addressing hard truths.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

THE COUNSELLING DIRECTORY

Counselling Directory, Building B, Riverside Way, Camberley, GU15 3YL

Serving: National (UK)

T: 0333 325 2500

E: info@counselling-directory.org.uk

W: www.counselling-directory.org.uk

Description of service:

A website listing private counsellors in the UK, enabling those in distress to find a counsellor close to them and appropriate for their needs. It is a free, confidential service. The website also contains sections on emotional disorders & provides some useful statistics. Every counsellor on the site belongs to a professional body who has a code of ethics and complaints procedure. Updated 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Uk National • Section: 01

The Dead Women Project

Address:

Serving: National

T:

E:

W: <https://kareningalasmith.com/counting-dead-women/>

Clients:

- Adults FM •

Services:

- Physical & Emotional Abuse •
- Domestic Violence •

Description of service:

London-based domestic and sexual violence charity working to end violence against women." I've been tracking men's fatal violence against women and commemorating the UK women killed by men for 9 ½ years through my work on Counting Dead Women and for The Femicide Census, the team I work with have submitted Freedom of Information Requests to the police about men's fatal violence against women in the UK going back to 2009. From the work of the Femicide Census, we know that over the last decade, on average a woman has been killed by a man in the UK every 3 days. So, using the average over the last 10 years, we might expect to see 7 women killed by men in 21 days, but 14 women and two children have been killed by men in the first three weeks of coronavirus lockdown in the UK". Checked 01/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

The Freedom Programme

Freedom Programme, PO Box 41, Knighton. LD7 9AF

Serving: UK

T: (01547) 520 228 F: (01547) 529 223

E: info@freedomprogramme.co.uk E: freedomprogramme@btinternet.com

W: www.freedomprogramme.co.uk

Description of service:

The Freedom Programme is a domestic violence programme which was created by Pat Craven who holds the copyright (all rights reserved) and evolved from her work with perpetrators of domestic violence. We provide information, not therapy. The Programme was primarily designed for women as victims of domestic violence, since research shows that in the vast majority of cases of serious abuse are male on female. However, the programme, when provided as an intensive two day course, is also suitable for men, whether abusive and wishing to change their attitudes and behaviour or whether victims of domestic abuse themselves. Updated 02/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

THE HIDEOUT

Address:

Serving: National (UK)

T: 0117 944 4411

E:

W: www.thehideout.org.uk

Clients:

- Young People FM • Young People M •
- Children FM • Children M •

Services:

- Physical & Emotional Abuse •

Description of service:

A website for children living with domestic violence. The Hideout provides help, information & support for children & young people – whether you're currently living with violence, you've experienced violence in the past or if you know someone else going through it and you're looking for help & information. We've included lots of information to explain what domestic violence is, how it affects you and where you can go for more help. Checked 01/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

The LANTERN PROJECT

168 Seabank Rd, New Brighton, Wallasey CH45 1HG

Serving: National (UK) & Merseyside

T: 07852 226757

E: lanternproject@yahoo.co.uk

W: www.lanternproject.org.uk

Description of service:

Unfortunately we are no longer able to take referrals or provide direct support. We are only able to respond to emails and send literature to those seeking help. We can also direct enquiries to other support groups around the UK, who may be able to provide direct support and or counselling. Please do take a look at our website. Updated 02/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

THE LUCY FAITHFULL FOUNDATION

2 Birch House, Harris Business Park, Hanbury Road, Stoke Prior, Bromsgrove B60 4DJ

Serving: National (UK)

HL: 0808 1000 900 T: 01527 591922 F: 01527 575939

E: contact@lucyfaithfull.org.uk

W: www.lucyfaithfull.org.uk

Description of service:

The Lucy Faithfull Foundation is the only UK-wide charity dedicated solely to reducing the risk of children being sexually abused by working with entire families that have been affected by abuse including: adult male and female sexual abusers; young people with inappropriate sexual behaviours; victims of abuse and other family members. Updated 04/04/2023

DABS Pathfinder Directory

T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

The Mix

The Mix, 209 City Road, London EC1V 1JN

Serving: National

HL: 0808 808 4994 T: 020 7009 2500

E: Via Website

W: www.themix.org.uk

Clients:

- Young People FM • Young People M •

Services:

- Helpline • Newsletter •
- Physical & Emotional Abuse •

Description of service:

Confidential helpline for young people. The helpline operates by telephone, email, webchat and SMS. The aim of The Mix is to find young people the best help, whatever the problem. Callers can be connected free of charge to local or national helplines when appropriate. The Team can help with issues including abuse, violence, bullying, harassment and discrimination, citizenship and cultural issues, rights, addictions, education and training, families, mental health, gender identity and sexual orientation, self-harm, housing, money matters, health, sex and relationships. Calls to 0808 80 numbers are free to call from landlines and mobile phones within the UK and do not appear on itemised bills. Checked 01/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

The Salvation Army - Domestic Abuse

Territorial Headquarters, 101 Newington Causeway, London, SE1 6BN

Serving: UK and The Republic of Ireland

T: 0207 367 4500

E: info@salvationarmy.org.uk E: pr@salvationarmy.org.uk

W: www.salvationarmy.org.uk/domestic-abuse

Description of service:

At our confidentially-located community setting, we offer safety and ongoing support to women and their children as well as single females who have experienced domestic abuse. Each resident is respected and valued as an individual and the support they are offered is holistic and tailored to meet individual needs. Each family or individual is homed in furnished, temporary accommodation – everyone has their own front door, giving them a sense of ownership in their situation – as they take part in a resettlement programme. We work closely with other agencies and housing associations to empower them to reintegrate into a community of their choice. Support programmes include elements of self-help, life skills and social education, with practical advice and assistance in budgeting, social skills and access to education. The service provided encourages independence, with the goal being for all residents to be resettled in appropriate accommodation in the community. Updated 06/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

The Salvation Army - Modern Slavery

Territorial Headquarters, 101 Newington Causeway, London, SE1 6BN

Serving: UK and The Republic of Ireland

HL: 0300 3038151 T: 0207 367 4500

E: info@salvationarmy.org.uk E: pr@salvationarmy.org.uk

W: www.salvationarmy.org.uk/human-trafficking

Description of service:

The specialist support programme is designed to preserve the dignity of victims, protect, and care for them in safe accommodation, and provide access to confidential client-based support services to give victims the space to reflect, recover and rebuild their lives. Those who don't need accommodation but still need support have the same entitlements as someone living in a safehouse. The Salvation Army will therefore provide victims of modern slavery with access to confidential client-based support services, including: Material assistance, Access to psychological support, Access to legal advice and assistance, Counselling, Emergency medical treatment, Translation and interpretation services when appropriate, Education for children.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

The Silver Line

Trade Tower, Calico Row, London, SW11 3YH

Serving: National

HL: 0800 4 70 80 90 T: 0800 1 69 87 87
E: info@thesilverline.org.uk
W: www.thesilverline.org.uk

Description of service:

Free and confidential helpline offering information, friendship and support to older people, 24 hours and day, every day and night of the year. Our trained staff and volunteers can also signpost people to services within their local community and to Age UK Services, such as the Telephone Friendship Service. Updated 07/06/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

THE SURVIVOR'S TRUST

Unit 2, Eastlands Court Business Centre, St Peters Road, Rugby, CV21 3QP

Serving: National (UK)

HL: 0808 801 0818 T: 01788 550554

E: info@thesurvivorstrust.org

W: www.thesurvivorstrust.org

Description of service:

UK-wide network of specialist voluntary sector agencies providing support to all survivors of rape and sexual abuse. TST aims to educate and inform on the prevalence and impact of sexual abuse and to provide a voice for all those affected by it. Support for member agencies includes regular meetings, forums and workshops and a fortnightly newsletter, plus representation to government agencies at both local and national level. TST provides specialist training including accredited ISVA and ISVA Service Managers training and promotes trauma-informed survivor-focussed working via its trauma-informed quality mark. TST's helpline and webchat are available free of charge to all survivors aged 16+, their families, supporters and professionals. Additionally, our resources website offers information, resources and self-help tools for anyone who might need them. Updated 11/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

The Suzy Lamplugh Trust

218, The Strand, London WC2R 1AT

Serving: National

HL: 0808 802 0300 T: 020 7091 0014

E: info@suzylamplugh.org

W: www.suzylamplugh.org

Description of service:

Our mission is to reduce the risk of violence and aggression through campaigning, education and support. The National Stalking Helpline provides practical advice and information to anybody who is currently or has previously been affected by harassment or stalking. The Team can provide information and guidance on the law in relation to stalking and harassment in the United Kingdom, reporting stalking or harassment, effective gathering of evidence, ensuring your personal safety and that of your friends and family and practical steps to reduce the risk.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Vice

Address:

Serving: National

W: www.vice.com/en_us/article/ywygzv/sex-worker-union-rights-movement-uk

Clients:

• Adults FM • Adults M •

Services:

• Adult Industry Workers •

Description of service:

Article - Sex Work Is Work—And Its Laborers Are Officially Unionizing. In the UK, sex workers are joining with trade unions to demand better collective conditions for their industry. Checked 01/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

WOMEN'S AID ENGLAND

P.O. Box 3245, Bristol, BS2 2EH

Serving: National (UK)

T:

E: helpline@womensaid.org.uk

W: www.womensaid.org.uk

Description of service:

Women's Aid is the national charity working to end domestic abuse against women and children. We are a federation of over 170 organisations which provide just under 300 local lifesaving services to women and children across England. For 47 years we have campaigned on behalf of our members and survivors to shape policy and practice, and to raise awareness of domestic abuse. Our support services, which include our Live Chat, the Survivors' Forum, the No Woman Turned Away Project, the Survivor's Handbook, Love Respect (our dedicated website for young people in their first relationships), the national Domestic Abuse Directory and our advocacy projects, help thousands of women and children every year. Updated 09/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

WOMEN'S RESOURCE CENTRE

United House, North Road, London, N7 9DP

Serving: National (UK)

T: 020 7324 3030 F: 020 7324 3050

E: admin@wrc.org.uk

W: www.wrc.org.uk

Description of service:

The Women's Resource Centre is a charity which supports women's organisations to be more effective and sustainable. We provide training, information, resources and one-to-one support on a range of organisational development issues. We also lobby decision makers on behalf of the women's not-for-profit sector for improved representation and funding. We do not provide any direct services to survivors.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

Working to Recovery Ltd

28 Habost, Port of Ness, Isle of Lewis, Western Isles, Scotland, HS2 0TG

Serving: Training in UK and world wide. Counselling in the Edinburgh area.

T: 01851 810789

E: jim@workingtorecovery.co.uk

W: www.workingtorecovery.co.uk

Description of service:

We provide face-to-face training both within organisations and an online course within our Recovery College. Our courses are for workers, persons effected by sexual abuse and family members/friends. Both the face-to-face training and online courses has been accredited by CPD Standards. (www.cpdstandards.com). We also provide an excellent workbook for male survivors called 'Reclaiming our Lives: A Workbook for Male Survivors of Sexual Abuse', which is available on our website.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 01

YoungMinds

India House, 45 Curlew Street, London, SE1 2ND

Serving: National (UK)

HL: 0808 802 5544 T: 0207 089 5050

E: yomenquiries@youngminds.org.uk

W: www.youngminds.org.uk

Description of service:

YoungMinds is the UK's leading charity committed to improving the emotional well being & mental health of children & young people, (0-18) and empowering their parents & carers. Driven by their experiences, we campaign, research, provide training & consultancy, and influence policy & practice. We provide a Parents' Helpline, online resources, outreach work and publications. The Parents Helpline is open: Mon-Fri 9.30am-4pm. Our helpline supports parents concerned about children up to the age of 25. Calls from landlines & mobiles are free. Updated 23/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

Action for Children, THE KITE

25 Kayll Road, Sunderland, SR4 7TW

Serving: Tyne & Wear

T: 0191 567 4801 F: 0191 567 1162

E: thekite@actionforchildren.org.uk

W: www.actionforchildren.org.uk

Description of service:

Therapeutic services to children and young people up to 18 years old who have been affected by sexually harmful behaviour. Support to non-abusing family members/carers of referred child. Group work, training and consultancy. Referrals from social workers, GPs, other professionals and individuals within the Sunderland local authority boundaries. No fee. Open: Mon-Fri 9am-5pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

Cygnus Support

1 Council Road, Ashington, NE63 8RZ

Serving: Northumberland

T: 01670 853977 F: 01670 858984

E: admin@cygnussupport.com

W: www.cygnussupport.com

Description of service:

Cygnus Support (Formerly Women's Health Advice Centre) supports women, men and young people 14+ to improve their mental health and well-being. It has been delivering services in Northumberland for over 30 years. The clients often have complex problems so we also help those who face many barriers to access other services in the community. Cygnus Support provides a range of services including: Counselling & Psychotherapy- delivered by trained/ qualified volunteers, specialist Domestic abuse counselling and support, Training and education- confidence building, Tai Chi, Yoga, Health promotion- healthy lifestyle sessions, health campaigns. Volunteering opportunities. Centre open: Mon-Thurs 9am-5pm, Fri 9am-4:30pm. Evening sessions available by appointment. Clients are from a range of social backgrounds. We work with clients who present with a wide range of issues such as relationship problems, domestic/sexual violence, bereavement & loss. Updated 19/10/2022

GRACE NORTHUMBERLAND SEXUAL VIOLENCE PROJECT

Deleted 01/04/2023 as no longer found.

Serving: Northumberland

Description of service:

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

Lancashire SAFE Centre

Royal Preston Hospital, Sharoe Green Lane, Fulwood, Preston, PR2 9HT

Serving: Lancashire

HL: 01772 523344 (24 hours)

E: safe@lthtr.nhs.uk

W: www.lancsteachinghospitals.nhs.uk/our-services?service=58

Description of service:

Providing services for people of all ages. Provide forensic medical examinations (following instances of sexual assault & rape) 24hrs. Also provide person-centred ISVA support for victims where a sexual assault or rape has occurred. Referrals can be via self, GP, police, NHS, voluntary organisations. Phone the 24-hour crisis helpline to self-refer for a forensic examination. Office open: Mon-Fri 8.00am-4.00pm.
Updated 19/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

Living+

Deleted 01/04/2023 as no longer found.

Serving: Northumberland

Description of service:

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

NORTHUMBRIA SARC

Rhona Cross House, New Croft House, Market Street East, Newcastle, NE1 6ND

Serving: NORTHUMBERLAND AND TYNE & WEAR

HL: 0333 344 8283 T: 0333 344 8283

E: Newcastle.sarc@nhs.net

W: www.sarcnorthumbria.org.uk

Description of service:

The Northumbria SARC can offer help advice, support and forensic examinations those who have been raped or seriously sexually assaulted whether acute or historic and whether or not someone wishes to involve the police.

The helpline is available 24/7 and staff can offer help and advice and options to people affected by sexual violence.

If you wish to know more or speak to a member of our Crisis Team please contact us either on the telephone number provided or via email. Emails are only managed during office hours. If you are in immediately danger please contact Police on 999 otherwise please contact our 24/7 Helpline. Email updated 02/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

ORCHARD / MOSAIC

75 Osborne Road, Jesmond, Newcastle-upon-Tyne, NE2 2AN

Serving: Tyne & Wear

T: 0191 212 0237

E: orchardMosaic.project@barnardos.org.uk

W: <https://www.barnardos.org.uk/what-we-do/services/orchard-mosaic-trauma-informed-therapeutic-services>

Description of service:

Therapeutic services to children, young people (under 18) and their parents/carers in relation to sexual abuse issues. One-to-one work, Parallel work, Group work, Training and consultancy. Referrals from: Social Workers, GPs and other professionals working with families in North-East region (Newcastle, North & South Tyneside and Northumberland). Updated 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

RAPE & SEXUAL ABUSE COUNSELLING CENTRE (Darlington & Co. Durham)

P.O. Box 106, Darlington, DL3 7YS

Serving: County Durham

HL: 01325 369933 T: 01325 354119

E: rsacc.dton@virgin.net

W: www.rsacc-thecentre.org.uk

Description of service:

Provides free & confidential counselling support to women & girls over 13 who've experienced rape, sexual abuse or domestic abuse. We offer face-to-face counselling (appointments day or evening), a telephone support line and a weekly support group. We also provide support for non-abusing family members or other individuals supporting a survivor. We can provide external training & awareness-raising sessions. Helpline open: Mon, Tues, Wed & Thurs 6.30-9pm. We provide one-off telephone support for non abusive male partners.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

Rape Crisis Tyneside and Northumberland

Newcastle-upon-Tyne

Serving: Tyneside (Gateshead, Newcastle upon Tyne, North Tyneside, South Tyneside), Northumberland and Sunderland

HL: 0800 0352794 T: 0191 222 0272 F: 0191 261 0983

E: enquiries@rctn.org.uk

W: www.rctn.org.uk

Description of service:

Free and confidential sexual violence support services to women and girls (13+) living in Gateshead, Newcastle, North Tyneside, Northumberland and South Tyneside. We offer counselling, telephone helpline support, email support, group work and practical/emotional support services. Training is delivered to external agencies but incurs charges. Counselling and visits are by appointment only. The main office is usually staffed: Mon-Fri 9am-5pm. The helpline is open: Mon, Tues, Wed and Thurs 6-8.30pm. Updated 11/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

SAFETY NET (UK)

I Fisher Street, Carlisle, Cumbria, CA3 8RR

Serving: Cumbria

T: 01228 515859

E: office@safetynetuk.org

W: www.safetynetuk.org

Description of service:

Safety Net supports those affected by rape, exploitation, domestic and sexual abuse across Cumbria. We offer advice, support, therapy and a safe space to help people recover from the trauma of abuse. updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

SARC- Durham, The Meadows

Address:

Serving: County Durham

HL: 03333 448283 T: 0191 3018554

E: info@sarc-support.uk

W: www.themeadowsdurham.org.uk

Description of service:

The Meadows Sexual Assault Referral Centre aims to provide a sensitive and comprehensive service to residents of County Durham and Darlington who have experienced rape or sexual assault. Our free services are available to both females and males. If you have been raped or sexually assaulted, we are here to help you recover physically and emotionally. Many women and men experience difficulties in coming to terms with their ordeal and in carrying on with their everyday life afterwards. There is no right or wrong way to respond in situations of sexual violence - it is important that you try to begin to feel safe again and be able to make your own decisions. 25/07/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

SOMEONE CARES

1 Amble Close, North Shields, Tyne & Wear, NE297XW

Serving: North East

T: 01912 578094

E: Enquiries@someonecares.org.uk

W: www.someonecares.org.uk

Description of service:

We offer free counselling to those affected by abuse, Specialising in working with survivors of Childhood sexual abuse, rape and sexual assault including: domestic, emotional and physical abuse.. Our service is professional & confidential. Please contact us to arrange an appointment, or refer someone to us. We are based in North Shields, Tyne & Wear. Our service is available for all genders aged from 11 years plus. also have an ISVA service and additional venues in Blyth and Sunderland. Updated 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

THE BIRCHALL TRUST

Barrow, Kendal & Lancaster

Serving: Barrow, Kendal, Morecambe and Lancaster

T: 01229 820828

E: enquiries@birchalltrust.org.uk

W: www.birchalltrust.org.uk

Description of service:

Counselling service for male and female survivors (4+) of sexual abuse. Children's and adult's services. Services in Barrow, Kendal and Lancaster. Updated 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

The Bridgeway

Bridgeway services, Penrith Hospital, CA11 8JA

Serving: Cumbria

HL: 0808 118 6432 T: 0808 118 6432

E: info@thebridgeway.org.uk

W: www.thebridgeway.org.uk

Description of service:

At The Bridgeway, our expert team of staff work to give you as much information as possible on the options available to you. We want to help you make your own informed decisions about your care and we will work to support you in this, whatever your decisions may be. Everyone who contacts us is treated with respect and not judged. All staff are specially trained to work with people who have experienced rape or sexual assault. We provide forensic medical examinations to any sex of any age, in the hope of providing evidence of a rape or sexual assault. We are a specialist service that provides help to clients who want to report to the police but we also have a self-referral service for any sex from the age of 16 years and above. We also take self-referrals who disclose historic sexual abuse.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

The Freedom Project

Address:

Serving: West Cumbria

HL: 07712 117986 T: 01900 67167
E: hope@freedom-project-west-cumbria.org.uk
W: freedom-project-west-cumbria.org.uk

Description of service:

The Freedom Project has been especially designed to help people who have identified that they want to make changes in their lives and personal relationships. We are the only Domestic Violence organisation of its kind in West Cumbria and provide practical, emotional help and support to survivors / victims and perpetrators of domestic abuse, their families and friends. Our overarching aim is to break the repeat cycle of domestic abuse in all its forms, leading to permanent changes in the well-being of the people of West Cumbria. Updated 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

THE MEADOWS

Durham

Serving: County Durham

HL: 03333 448283 T: 0191 301 8554

E: info@sarc-support.uk

W: <http://www.themeadowsdurham.org.uk/index.html>

Description of service:

The Meadows Sexual Assault Referral Centre aims to provide a sensitive and comprehensive service to residents of County Durham and Darlington who have experienced rape or sexual assault. Our free services are available to both females and males. If you have been raped or sexually assaulted, we are here to help you recover physically and emotionally. Many women and men experience difficulties in coming to terms with their ordeal and in carrying on with their everyday life afterwards. There is no right or wrong way to respond in situations of sexual violence - it is important that you try to begin to feel safe again and be able to make your own decisions. 26/07/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

THE RHONA CROSS R.E.A.C.H.

Newcastle

Serving: Tyne & Wear

HL: 0333 3448283 option 3

E: reach@northumbria.pnn.police.uk

W: www.reachcentre.org.uk

Description of service:

Service for men and women who've been were raped or sexually assaulted as adults (16yrs+). Offer one-to-one counselling, group work, telephone support and outreach work. Also offer forensic medical examination. Open: Mon-Fri 9am-5pm. Updated 31/07/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North • Section: 02

RAPE AND SEXUAL ABUSE SUPPORT CENTRE / RAPE CRISIS - SOUTH LONDON
(RASASC)

28 Bridge House, Bridge Street, Sunderland, SR1 1TE

Serving: Sunderland Borough (Sunderland, Washington and Coalfields)

HL: 0808 500 2222 T: 0191 416 3550

E: enquiries@wwin.org.uk

W: wwin.org.uk

Description of service:

Free, confidential, 24hr Support Line offering information and support to all survivors of sexual violence aged 16+ and their formal and informal support networks. Specialist counselling for women and girls aged 5+ who have experienced sexual violence and live in South London. Advocacy support through the Criminal Justice System. Training for professionals and workshops and awareness raising in youth settings. The office is open Monday to Friday from 9-5pm. Updated 21/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

42nd STREET

The Space, 87-91 Gt. Ancoats St., Ancoats, Manchester, M4 5AG

Serving: Manchester, Salford & Trafford, Tameside & Glossop

T: 0161 228 7321 F: 0161 228 0528

E: theteam@42ndstreet.org.uk

W: www.42ndstreet.org.uk

Description of service:

42nd Street is a community mental health resource providing services across Manchester, Salford , Trafford, Tameside and Glossop. We work with young people, 13-25yrs, at our central offices and in community venues. Our service includes counselling and 1-1 work, work in schools and group work. Specific expertise around attempted suicide & deliberate self-harm. Projects include all sexual orientations and disabled young people. Some services are available to young people in whole of GM. We support victims of the MEN arena bombing across all of GM, and GM young people can attend our LGBTQ group aged 13-18

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

Axess

Address:

Serving: Merseyside

T: 0300 323 1300

E: hayley.tooley@liverpoolft.nhs.uk

W: www.axess.clinic

Description of service:

Axess sexual health is the free contraception and sexual health service for Liverpool, Knowsley, Cheshire East, Warrington and Halton. Whenever you visit an Axess service, you can be sure that you will be supported by experienced and friendly staff, who understand the concerns and anxieties which you may have about accessing a sexual health clinic. We believe that good sexual health is a right for everybody, and promise that when you access our services, you will always receive the respect and dignity you deserve. New 30/05/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

BARNARDOS SAFER FUTURES SEXUAL ABUSE THERAPEUTIC AND ASSESSMENT SERVICE

Eccles Old Road, Eccles, Salford, M6 8AL

Serving: North West

T: 0161 707 0222

E: media@barnardos.org.uk

W: www.barnardos.org.uk

Description of service:

We provide therapeutic recovery and support work to children of all ages who have experienced sexual abuse. Services are tailored to individual needs. We also offer consultation and training to multi-agency professions and undertake groupwork with children and safe carers. We undertake capacity to protect assessments, sex offender assessments and help local authorities make clearer decisions based on the safety of children. We provide services on an income generation basis and would be happy to discuss needs and costs. Updated 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

Be Free (previously known as PDVI)

Hills House, Leeds Road, Nelson, BB9 8EL

Serving: Pendle

HL: 01282 726000/ 08448114350 (24hr) T: 01282 726000

E: info@p-a-c.org.uk

W: www.p-a-c.org.uk/be-free-adults/

Description of service:

PDVI provides a range of support and interventions for adult victims of domestic abuse in Pendle. These services include; Independent Domestic Violence Advocacy, Outreach Support in the community, group support, professional counselling services, access to legal support, Bi-lingual services, telephone helpline, sanctuary scheme provision and access to homelessness prevention. PDVI uses specialist and experienced staff and trained volunteers to deliver our services. Email and name updated 03/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

BLACKBURN, DARWEN & DISTRICT WOMEN'S AID

P.O. Box 120, Blackburn, BB2 1LG

Serving: Lancashire

HL: 01254 260465 T: 01254 55111 F: 01254 269598

E: info@thewishcentre.org

W: thewishcentre.org

Description of service:

We provide support, advice and counselling for women and their dependants experiencing or who have experienced domestic violence. Refuge accommodation is available. Drop-in centre in central location. Appointments have to be booked via our helpline Open: Mon-Thursday 9am -5pm Fri 9am - 4pm. We run a range of therapeutic programmes for victim, perpetrators and young people. Updated 20/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

Changing Lives - 'Red Umbrella'

Unit D13, Marquis Court, 10th Avenue West, Team Valley, Gateshead, NE11 0RU

Serving: Merseyside

T: 0191 273 8891

E: central.office@changing-lives.org.uk

W: <https://www.changing-lives.org.uk/find-support/red-umbrella>

Description of service:

An innovative new project in Merseyside to support people with experience of sex work, survival sex, and/or sexual exploitation has already had a life-changing impact after just three months of operation. Changing Lives was commissioned by the Merseyside Police & Crime Commissioner to deliver the 'Red Umbrella' service to any individual who has who has been a victim of crime when selling sex. 'Red Umbrella' can offer support to anyone with experience of sex work and/or sexual exploitation, escorts, and people selling sex both on-street and in off-street premises. We work in partnership with Merseyside Police to support people who are victims of hate crime because of their involvement in the sex industry to report the incident(s) of hate crime. Merseyside is the only police force in the world to treat violence against sex workers as a hate crime.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

Cheshire West and Chester Domestic Abuse Partnership (CWACDAP)

Wyvern House, The Drummer, Winsford CW7 1AU

Serving: Cheshire West and Chester

HL: 01606 351 375 T: 01606 351 375

E: CWACDAP@cheshirewestandchester.gov.uk

W: cheshirewestandchester.gov.uk/residents/crime-prevention/domestic-abuse/domestic-abuse-partnership.aspx

Description of service:

The Partnership addresses domestic abuse priorities through the provision of specialist services and initiatives:

Awareness raising training, early intervention for survivors and their children, better policing education, effective risk assessment and safety planning, more effective criminal justice interventions, professional support through the criminal justice system, programmes to address the behaviour of perpetrators of domestic abuse, refuge provision for survivors and their children. Specialist services such as the West Cheshire Domestic Abuse Family Safety Unit (DAFSU) work closely with the specialist domestic violence courts in Chester and Ellesmere Port and co-ordinate Multi-Agency Risk Assessment Conferencing for high-risk victims of domestic abuse.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

Chester Sexual Abuse Support Service

P.O. Box 280, Chester, CH1 1FB

Serving: National (UK), Wales & Cheshire

HL: 0808 2840484 T: 01244 307499

E: info@csass.org.uk

W: www.csass.org.uk

Description of service:

CSASS is a friendly team of people, working with survivors of sexual abuse over the age of 18 to help them feel supported and safe. We offer a range of services, including counselling and group therapy, depending on the survivor's needs. Updated 01/05/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

CREATIVE SUPPORT

5th Floor, Dale House, 35 Dale Street, Manchester, M1 2HF

Serving: Greater Manchester

T: 0161 236 0829 F: 0161 237 5126
E: enquiries@creativesupport.org.uk
W: <https://www.creativesupport.co.uk/>

Description of service:

Provide supported housing and other community services for people with mental health problems and learning disabilities, including adult men and women, young people, people from ethnic minorities and survivors of sexual abuse. Email updated 03/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

CTC PSYCHOLOGICAL SERVICES

20 Walpole Street, Chester, CH1 4HG

Serving: Cheshire

T: 01244 390121 F: 01244 390374

E: admin@ctcps.co.uk

W: <https://ctcps.co.uk/>

Description of service:

Counselling and psychotherapy for individuals and families. Psychological assessment, training and consultancy. Specialising in issues of abuse. Open: Mon-Fri 8.45am-5pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

DIAS

38 Rodney House, King Street, Wigan, WN1 1BT

Serving: Wigan

T: 01942 311365
E: admin@diasdvc.org
W: www.diasdvc.org

Description of service:

DIAS works with women and men who are experiencing or recovering from domestic violence and abusive relationships, and helps them to regain control of the situation. We are dedicated to supporting and advocating for both adults and children in need of our assistance. We promise to work holistically and efficiently in ensuring the safety of all those harmed by domestic violence and abuse. DIAS offers assistance in a number of ways, including: Our Drop in Centre, Counselling services, Advocacy, Help to access safe accommodation, The Freedom Programme, Training packages for agencies and groups, Specialist counselling in schools for affected pupils. Facebook - **DIAS Domestic Violence Centre**. Updated 20/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

FCWA

PO BOX 33, BLACKPOOL, LANCASHIRE, FY3 9GZ

Serving: Blackpool, Wyre and Fylde and adjacent areas.

HL: 01253 596699 T: 01253 596699

E: info@fcwa.co.uk

W: www.fcwa.co.uk

Description of service:

Our helpline is available seven days a week: Monday- Sunday: 9.30am – 10.30pm. Our Objectives ■ To provide for the relief of women in Blackpool, Wyre and Fylde and adjacent areas. ■ To relieve distress and suffering experienced by women who have been gravely or persistently maltreated or abused and any children of such women by establishment of a refuge to provide shelter and a safe environment for such women and where appropriate their children. ■ To relieve women from the effects of such violence by providing and developing a support network of people committed to relieving the said distress experienced by women who have been, or are being, subject to mental and physical abuse. ■ To promote such other charitable purposes as are for the benefit of such women. Updated 31/07/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

Harv

Harv Domestic Violence Team, Po Box 77, Accrington, Lancashire, BB5 1GJ

Serving: Hyndburn and Ribble Valley

HL: 01254 879855 T: 01254 879855

E: info@harvoutreach.org.uk

W: www.harvoutreach.org.uk

Description of service:

At HARV we provide professional and quality support and services to women and children experiencing domestic violence. Updated 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

LANCASHIRE WOMEN

21-23 Blackburn Road, Accrington, BB5 1HF,
4 Nicolas Street, Burnley, BB11 2EU,
255 Church Street, Blackpool, FY1 3PB

Serving: Accrington, Burnley, Blackburn, Preston & Blackpool, and outreach locations across Lancashire

T: 0300 330 1354

E: TalkToUs@lancashirewomen.org

W: www.lancashirewomen.org

Description of service:

Our vision is where all women in Lancashire are valued and treated as equals. Our mission is to empower women and girls to be able to transform their lives by bringing them together to: • find their voice • share experiences and understanding • develop their knowledge and skills • challenge stereotypes and misconceptions about them... so that they can have choices in becoming the individuals they want to be. We offer Counselling services (not Preston), Employability Support, Money and Debt Advice, Personal Development Courses, Peer Support, Specialised Support for Female Offenders, Access to Legal Clinic (Family Law). Updated 30/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

STOCKPORT SAFEGUARDING CHILDREN PARTNERSHIP

c/o Safeguarding Children Unit, Stockport MBC, Stopford House, Piccadilly, Stockport SK1 3XE

Serving: Stockport

T: 0161 474 5657 F: 0161 491 0654

E: lsb@stockport.gov.uk

W: www.safeguardingchildreninstockport.org.uk

Description of service:

No direct service - Strategic Safeguarding Partnership responsible for overseeing the effectiveness of the multi-agency safeguarding activity of its partners. Updated 30/08/2021.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

GREATER MANCHESTER DOMESTIC ABUSE HELPLINE

PO Box 390, Manchester, M16 7WE

Serving: Greater Manchester

HL: 0800 254 0909

E: helpline@independentchoices.org.uk

W: www.domesticabusehelpline.co.uk

Description of service:

We're a Greater Manchester-based professional organisation, with over 40 years experience supporting, advising and working with victims and survivors of domestic abuse/violence. We support anyone over the age of 16 who is experiencing/has previously experienced domestic abuse/violence in any form including: physical abuse/violence; financial/economic abuse; emotional/psychological abuse; controlling behaviour; coercive behaviour; threatening behaviour; online abuse; stalking/harassment, FGM, honour based abuse/violence; forced marriages. We're open Mon-Fri 10am-4pm and can be accessed by professionals, as well as friends and family who want to support loved ones. We run the Community Helpline Language Service (CHLS), offering advice and support in Urdu and Punjabi. Our CHLS workers have a wide knowledge around cultural issues and barriers facing BME communities, such as honour based violence/abuse, forced marriage, FGM, immigration issues, no resource to public funds, Sharia divorce, domestic work/slavery. We're able to access Language Lind for callers who speak other languages. Updated 20/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

MANCHESTER RAPE CRISIS

Manchester. M60 2BS

Serving: Greater Manchester

HL: 0161 273 4500 T: 0161 273 4591

E: help@manchesterrapecrisis.co.uk

W: www.manchesterrapecrisis.co.uk

Description of service:

Free face-to-face counselling for women (over 18) & telephone helpline for women & girls surviving rape or sexual abuse. Wheelchair accessible premises. Signposting service for male survivors. Support & information for friends & relatives who are supporting survivors. Support group for women. The helpline is open: Mon-Fri 10am-4pm; Wed & Thur 6-9pm. Email updated 03/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

MANCHESTER WOMEN'S AID (Pankhurst Trust)

Manchester

Serving: Greater Manchester

T: 0161 6607999

E: referrals@manchesterwomensaid.org

W: <https://pankhursttrust.org/manchester-womens-aid/get-help>

Description of service:

The Pankhurst Trust (Incorporating Manchester Women's Aid) (PTMWA) provides practical and emotional support to women, men and children who have experienced domestic violence and/or abuse. We are a specialist domestic abuse organisation with the experience and skills to support all members of our community and all levels of risk. We have 6 communal refuges to provide a safe home for women and children fleeing immediate high-risk situations and a further 5 dispersed properties for anyone at risk. We have a number of outreach services and work with other professionals in social care and health services to provide as many routes into our services as possible and we also welcome referrals from individuals. We work 1:1 with our service users but also offer several groupwork programmes for people who are ready for this intervention. Our support is tailored to the needs of the individual. For further information please see our website at www.pankhursttrust.org/get-help . Updated 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

MOSAC

The Shirley Jordan Centre, 1st Floor, 35A Topping Street, Blackpool, FY1 3AF

Serving: Lancashire

HL: 01253 628598 T: 01253 628598

E:

W: www.mosaclancashire.co.uk

Description of service:

We offer counselling for adults, adult survivors, and support for mothers and fathers of abused children. Courses for adults facilitated by the college. The service is for people over 18yrs. There is a charge for counselling sessions. This service is facilitated by a qualified BACP HND Counsellor. Checked 03/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

Positive Action in the Community

Hills House, Leeds Road, Nelson, BB9 8EL

Serving: Pendle, Burnley and Rossendale

T: 01282 619192

E: info@p-a-c.org.uk

W: www.p-a-c.org.uk

Description of service:

SafeSpace provides short and medium stay supported accommodation and support at high quality, purpose built accommodation projects in Pendle and Rossendale, for young people between the ages of 16 and 25, who are homeless or facing homelessness. SafeSpace also delivers Homeless Awareness and Prevention Intervention throughout Pendle and Burnley. PDVI provides a range of support and interventions for adult victims of domestic abuse in Pendle. These services include; Independent Domestic Violence Advocacy, Outreach Support in the community, group support, professional counselling services, access to legal support, Bi-lingual services, telephone helpline, sanctuary scheme provision and access to homelessness prevention. PDVI uses specialist and experienced staff and trained volunteers to deliver our services. The Lookout provides support to children and young people aged 5-18 years who have experienced, are in a relationship with or are affected by domestic violence. Please see website for full service details.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

Preston Domestic Violence Services (PDVS)

Harbour House, Port Way, Preston, PR2 2DW

Serving: Preston

HL: 01772 201601 T: 01772 201301

E: enquiries@pdvs.org.uk

W: www.pdvs.org.uk

Description of service:

Preston Domestic Violence Services is a local charity offering support to those who are or have experienced domestic abuse. Our Hope service, provides free confidential support offering advice and options to current victims or survivors of abuse. This service also offers counselling and a freedom program with signposting opportunities. The Outreach services offers flexible, individual support for any victim of domestic abuse regardless if they have left the relationship or not. Our Sanctuary service offers survivors who have left the relationship a choice of staying in their own home with safety measures put in place to make the property more secure. For more information, please call us on our helpline 01772 201 601. Preston Domestic Violence Services, supporting you through difficult times. Updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

QUALITY SOLICITORS ~ ABNEY GARSDEN

Deleted 03/04/2023 as no longer found - 37 Station Road, Cheadle Hulme, SK8 5AF

Serving: Cheshire

Description of service:

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

RAPE & SEXUAL ABUSE SUPPORT CENTRE (CHESHIRE & MERSEYSIDE)

P.O. Box 35, Warrington, WA1 1DW

Serving: Cheshire & Merseyside

HL:0330 363 0063 T: 0330 363 0063

E: support@rapecentre.org.uk

W: www.rapecentre.org.uk

Description of service:

We provide free advice, support and counselling for people of any age affected by any form of sexual violence. We offer Independent Sexual Violence Advisor services to those who have experienced recent assault, in addition to specialist counselling throughout Cheshire & Merseyside. We also offer group work. Updated 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

RASA LIVERPOOL (Rape and Sexual Abuse Centre)

RASA Merseyside, Stella Nova, 2 -3Washington Parade, Bootle, Liverpool, Merseyside, L20 4TZ

Serving: Merseyside

T: 0151 558 1801 F: 0151 558 0048

E: rasa@rasamerseyside.org

W: www.rasamerseyside.org

Description of service:

RASA is here for anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives. We have experience in working with adults who have been sexually abused as children. We offer emotional support, counselling, hypnotherapy, advocacy and other services to help survivors in ways that work for them. We will also work with non-offending family and friends of survivors. Updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

RASA MERSEYSIDE (Rape and Sexual Abuse Centre)

Address:

Serving: Merseyside

T: 0151-558-1801

E: rasa@rasamerseyside.org

W: www.rasamerseyside.org

Description of service:

For further information about services offered, please visit our website www.rasamerseyside.org. Updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

RASA SEFTON (Rape and Sexual Abuse Centre)

RASA Merseyside, Unit 2-3 Stella Nova, Washington Parade, L20 4tz

Serving: Merseyside

T: 0151 5581801

E: rasa@rasamerseyside.org

W: www.rasamerseyside.org

Description of service:

RASA provide essential crisis and therapeutic support to survivors (11+) of rape and sexual abuse. RASA Sefton offer support to women, men, young people and children. Face to face counselling and one-off sessions available. Support with police, court, clinics etc. All messages are responded to promptly and support appointments are usually within a couple of days. Updated 07/06/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

RELEASE

c/o Chorley Women's Centre, 55 Clifford Street, Chorley, PR7 1SE

Serving: Chorley and South Ribble

T: 07786829126

E: releasecounselling@protonmail.com

W: www.chorleywomenscentre.com

Description of service:

Release is a confidential Counselling service for anyone over 16 years who has experienced or been affected by rape, sexual abuse or sexual assault. This includes partners, family and friends. Whether it is recent or it happened a long time ago, your feelings are important. Release offers Trauma Informed Person Centred Counselling. This means you will not be told what to do or be given advice. Your counsellor will assist you to find your own way through thoughts and feelings in a safe and non-judgmental way. Counselling is confidential, however there are some exceptions, and these will be discussed with you in your first session. Counselling can take place if there is a police investigation on going but we must be made aware prior to starting. Sessions are offered online, telephone or face to face. For more information or to book an appointment please contact the Counselling Co-ordinator. 11/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

RELEASE into VICTORY

Preston / Lancashire / Northwest

Serving: Lancashire

T: 07597 998169

E: csasurvivor3@gmail.com

W: www.rcsasupportlancashire.com

Description of service:

We provide 1:1 non-counselling & peer group support, where survivors and those affected by CSA can speak out freely with others, who are able to relate to and empathise with the trauma they have experienced; where the discussion of difficult topics around issues associated with CSA is encouraged and accepted as the norm. This service can be accessed through our outreach service at various venues across Central Lancashire. We work in collaborative partnerships, with relevant services to provide opportunities for positive emotional health & wellbeing outcomes for those affected by CSA, and promote positive public awareness and transparency around issues and concerns associated with CSA. Email updated 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

RESPECT FOR ALL COUNSELLING SERVICE

29 Devonshire Road, Salford, Manchester, M6 8HZ

Serving: Greater Manchester

T: 07902 223743

E: counselling@respectforall.org.uk

W: www.respectforall.org.uk

Description of service:

This is a counselling service for learning-disabled people, people with Aspergers, and for families and carers of learning-disabled people. We operate in all the Greater Manchester boroughs, and offer home visits. Play therapy for children aged 5+. The service is free where funding permits (most people receive 8 free sessions). It can also be funded by social services, NHS, direct payments scheme or by the client. People are now encouraged to seek funding from the newly formed Clinical Commissioning Groups in their borough via GP's. Experienced in abuse work. Email updated 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

RICHMOND FELLOWSHIP MANCHESTER PROJECT

Manchester

Serving: Greater Manchester

T: 0161 248 5354 F: 0161 248 6232
E: manchesterproject@richmondfellowship.org.uk
W: www.richmondfellowship.org.uk

Description of service:

Supported accommodation for women with mental health problems; priority given to survivors of childhood sexual abuse and domestic violence. Ages 18-65. Self-contained flats for single women & women with children. Staff cover: Mon-Sat 9am-5pm. Key worker system offers practical & emotional support. Updated 16/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

SAFE IN THE CITY

The Children's Society in Manchester, Phoenix Mill, 20 Percy Street, Ancoats, Manchester, M4 7HY

Serving: Greater Manchester

HL: 0800 389 9344 T: 0161 202 0977 F: 0161 205 2156

E: supportercare@childrenssociety.org.uk

W: www.childrenssociety.org.uk

Description of service:

Advice, information and advocacy to under 17s who have run away from home, or are at risk of running away (includes survivors and/or victims of sexual abuse). Also work with black and ethnic minority young people at risk. Freephone helpline and practical support. Email updated 13/08/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

SAFE PLACE - Merseyside

SAFE Place Merseyside, 6 David Lewis St, Liverpool, L1 4AP

Serving: Merseyside

HL: 0151 295 3550

E:

W: <http://www.safeplacemerseyside.org.uk/contact/>

Description of service:

A Sexual Assault Referral Centre. Clients are currently referred by the police but from 22nd Sept '09 will also be able to self-refer. Primary service is forensic medical examinations following a recent sexual assault. Clients can access emotional & practical support from a Crisis Worker & are given information about further support. After examination clients may be referred to a local Independent Sexual Violence Advisor who will co-ordinate after-care packages. Checked 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

SafeSpace

Hills House, Leeds Road, Nelson, BB9 8EL

Serving: Pendle and Burnley and Rossendale

T: 01706 816274

E: info@p-a-c.org.uk

W: www.p-a-c.org.uk/safespace

Description of service:

SafeSpace provides short and medium stay supported accommodation and support at high quality, purpose built accommodation projects in Pendle and Rossendale, for young people between the ages of 16 and 25, who are homeless or facing homelessness. SafeSpace also delivers Homeless Awareness and Prevention Intervention throughout Pendle and Burnley. Email updated 13/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

SafeNet

Address:

Serving: Lancashire

HL: 07866 510 728 T: 07866 510 728

E: contact@safenet.org.uk

W: safenet.org.uk

Description of service:

SafeNet has been keeping women and children safe from domestic abuse since the early 1970's. Over the years we have extended our services to all survivors and developed specialist support for ethnic minority communities, children and young people, those with complex health needs, LGBT and male survivors. At SafeNet we are proud to deliver fully inclusive and accessible services. SafeNet PROTECTS victims and survivors of domestic violence and abuse through the PROVISION of safe refuge and support services, and PROMOTES the PREVENTION of further harm through various initiatives including work to build safe and healthy relationships and promote equality. If you are at risk of domestic abuse, and need a safe place to stay, we can help. Talk to us in confidence, or text us on 07866 510 728 – 7 days per week, 24 hour safe refuge line. Email: contact@safenet.org.uk – 8am to 11pm daily.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

SARC- Lancashire

Address:

Serving: Lancashire

T: 01772 523344

E: safe@lthtr.nhs.uk

W: www.lancsteachinghospitals.nhs.uk

Description of service:

The Lancashire SAFE (Sexual Assault Forensic Examination) Centre provides forensic medical examinations and advice for all genders and ages who make a complaint of rape or sexual assault. This service is offered to all individuals living in Lancashire. Updated 1311/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

SARC- Manchester

Address:

Serving: Greater Manchester, Cheshire & South Yorkshire

T: 0161 2766515

E: StMarys.SARC@mft.nhs.uk

W: www.stmaryscentre.org

Description of service:

See Pages 21...for Sexual Assault Referral Centres. St Mary's Sexual Assault Referral Centre (SARC) provides a comprehensive and co-ordinated forensic, medical, counselling and aftercare service to men, women and children living in Greater Manchester, Cheshire and children living in West Yorkshire, who have experienced rape or sexual assault, whether this has happened recently or in the past. Our Centre comprises a team of experts with a wealth of knowledge and experience in advising, supporting and treating anyone who has been raped or sexually assaulted. St Mary's Centre places its clients' needs right at the heart of its service. It is committed to ensuring that people are treated with respect and dignity and are able to assert their choice and control over the services they receive. We provide a high quality, professional and confidential service with highly trained and skilled staff who will support clients for as long as they need. You can use our services without having to report the assault to the Police or we can support you if you choose to make a report to the Police. Updated 26/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

SARC- Merseyside

SAFE Place Merseyside, 6 David Lewis St, Liverpool, L1 4AP

Serving: Merseyside

T: 0151 2953550

E:

W: www.safeplacemerseyside.org.uk

Description of service:

At SAFE Place Merseyside we offer forensic medical examination services for both males and females who have been sexually assaulted.
Checked 04/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

SAVS at BEACON (for Survivors of Childhood Sexual Abuse)

SAVS, Beacon Bolton Counselling Service, The Bolton Hub, Bold Street, Bolton, BL1 1LS

Serving: Bolton and surrounding areas

T: 01204 546100

E: enquire@beaconcounselling.org

W: www.beaconcounselling.org

Description of service:

Beacon offers one-to-one counselling and therapeutic group support to women and men who were sexually abused in childhood. You do not have to go into detail about what happened to you to benefit from counselling, we work with you and what you choose to share. Personal one-to-one counselling is available to people who support survivors. For more information or to self-refer for counselling, visit our website or call and ask to speak with a member of our 'SAVS' team. Office opening hours: Mon-Fri 9am – 5pm. Counselling appointments: Mon & Fri 9am-5pm / Tue, Wed, Thu 9am-9pm. Updated 30/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

ST MARY'S SEXUAL ASSAULT REFERRAL CENTRE

St Marys Hospital, York Place, Oxford Road, Manchester, M13 9WL

Serving: Greater Manchester

HL: 0161 276 6515 T: 0161 276 6515 F: 0161 276 6028

E: StMarys.SARC@mft.nhs.uk E: admin.secure@nhs.net

W: www.stmaryscentre.org

Description of service:

St. Mary's Centre offers comprehensive forensic, counselling, and medical services to males & females in Greater Manchester who have experienced rape or sexual assault, and their supporters. You do not have to report the assault to the police if you don't want to. If you don't want an examination, you can still access the counselling service, even if the assault happened a long time ago.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

STEPS TO FREEDOM

Deleted 11/04/2023 as company has dissolved - Walton, Liverpool

Serving: Merseyside

Description of service:

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

SURVIVE

156 Nantwich Road, Crewe, CW2 6BG

Serving: Cheshire

T: 01270 253179

E: survive156@yahoo.com

W: www.survive-abuse.co.uk

Description of service:

One to one counselling for all adult survivors (over 14yrs) of abuse, specialising in childhood sexual abuse, rape and incest. The office is open: Mon to Fri 9am-6.30pm. Facebook# Survive. Updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

SWACA

166 Knowsley Road, Bootle, Liverpool L20 4NR

Serving: Sefton

T: 0151 922 8606
E: help@swaca.com
W: www.swaca.com

Description of service:

SWACA's dedicated team help women, young people and children survive the impact of Domestic Violence and Abuse by giving free practical and emotional support. Our services are offered regardless of Age, Disability, Sexuality, Race or Religion. Our support can be given by phone, in person, in school, in the workplace, in Children's Centres or in our Centre.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

TDAS

TDAS (Trafford Domestic Abuse Services), Gorse Hill Studios, Cavendish Road, Stretford, M32 0PS

Serving: Trafford

HL: 0161 872 7368 T: 0161 872 7368

E: admin@tdas.org.uk

W: www.tdas.org.uk

Description of service:

Trafford Domestic Abuse Services (TDAS) is a registered charity offering support to individuals and families who are affected by domestic abuse. We offer Domestic Abuse Surgery, plus we offer Training for Professionals, Training for Managers, plus weekly Lunch & Learns.
Updated 30/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

THE COUNSELLING & FAMILY CENTRE

Chancery Place, 50 Brown Street, Manchester, M22JT

Serving: Cheshire & Greater Manchester

T: 0180 0982772

E: altrincham@thecfc.org.uk

W: www.thecfc.org.uk

Description of service:

We offer affordable face to face counselling for children from the age of 6, adults and couples. A reduced rate is available for those in receipt of a means tested benefit, or those on a reduced income. We have introduced a new 'lowest rate scheme' in which those who can attend during the daytime and are in receipt of a means tested benefit pay just £5. We offer home counselling for those who are unable to attend our centre due to health issues. We can also offer counselling in other languages, please speak to a member of staff for more details. We have some rooms for hire. Our opening times are: Monday to Thursday 10am - 10pm, Friday 10am - 4pm. Email and website updated 11/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

The First Step

The First Step Centre, The Old Schoolhouse, Huyton, Knowsley, L36 0UX

Serving: Knowsley

T: 0151 548 3333

E: enquiries@thefirststep.org.uk

W: www.thefirststep.org.uk

Description of service:

We support both women and men from the age of 16 and upwards who have been affected by domestic violence and abuse. Whether you are still in the relationship, looking at leaving or have already left and are still experiencing abuse. We offer emotional and practical support; one to one or if you prefer we can speak to you on the phone. All support is tailored to meet your needs that may include: making sense of what has happened, exploring your legal options, ensuring your safety, how it can impact the family and recognising the warning signs. We provide a variety of therapeutic groups that are held throughout the year. The aim of the groups are to help develop your confidence and self-esteem, learn a new skill, develop your knowledge and raise your awareness, meet with others who have had similar experiences and to ...have fun. Groups have included: Stress management, arts and crafts, health and wellbeing, IT and cookery.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

The Liberty Centre

5 Church House Park Road, Ormskirk L39 3AJ

Serving: West Lancashire

HL: 0808 100 3062 T: 01695 50600

E: liberty@thelibertycentre.org.uk

W: www.dvsswl.org.uk

Description of service:

Our current funded service include: Support for Female victims of Domestic Abuse. Support for Male victims of Domestic Abuse. Support service for children and young person those 8- 25 yrs of age in Domestic Abuse situations. Support at point of crisis & provide a recovery programme after the crisis that will ensure they are able to make informed choices in the future. Drop in and information service from a town centre base, The Liberty Centre Ormskirk. Confidential Counselling. Group recovery programmes. Domestic Abuse awareness courses for both Voluntary sector & statutory agencies. Training Courses' for survivors to meet up & get support from both staff & their peers (crèche available). Training & Awareness for community, voluntary and statutory groups. 24 Hour Emergency Telephone Helpline 0808 100 3062. Email updated 06/06/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

The Lookout

Hills House, Leeds Road, Nelson, BB9 8EL

Serving: Pendle and Rossendale

T: 01282 619192

E: info@p-a-c.org.uk

W: www.the-lookout.org.uk

Description of service:

The Lookout provides support to children and young people aged 5-18 years who have experienced, are in a relationship with or are affected by domestic violence. This project provides one to one support, group support; drop ins and diversionary activities for young people. We work closely with schools and deliver within schools as well as within the community ensuring open access for all with both emphasis on supporting victims and also early intervention and prevention. Email Updated 06/06/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

TRUST HOUSE LANCASHIRE

Trust House Lancashire, PO Box 1355, Preston ~ PR2 0UE

Serving: Lancashire

T: 01772 825288

E: office@trusthouselancs.org

W: www.trusthouselancs.org

Description of service:

A safe space where survivors of all forms of rape and sexual abuse can access a range of services to help them cope and recover from the impact of abuse, regain confidence and self-esteem and be empowered to reclaim their lives. Our services are independent, confidential and free for anyone who has been affected by rape or sexual abuse whether recently or in the past. We offer 1. Specialist counselling and therapy provided by qualified staff, or student counsellors in the final stages of qualification. All counsellors and therapists complete a comprehensive in-house training programme. 2. Parent Peer Support Group. 3. A confidential Support Line for anyone affected by rape and sexual abuse offering emotional support, information and referral to counselling and support services. Updated 22/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

VICTIM SUPPORT LANCASHIRE - Area Office

Ringway House, Percy Street, Preston, PR1 1HQ

Serving: Lancashire

HL: 0300 3230085

E: info@lancashirevictimservices.org

W: www.victimsupport.org.uk/resources/lancashire/

W: lancashirevictimservices.org

Description of service:

We support victims of crime, including domestic and sexual violence and abuse. We also have specialist services for young victims of crime, domestic violence and sexual abuse. We provide confidential support & information to victims of crime, and to witnesses attending local courts. Our services are free, independent of the police & courts, and available to everyone, whether or not the crime has been reported, and regardless of when it happened. The local office is open Mon-Fri 9am-6.30pm. Outside these times there is the National Supportline. Updated 26/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

WE ARE SURVIVORS (formerly Survivors Manchester)

Unit 9, Brewery Yard, Deva City Office Park, Trinity Way, Salford M3 7BB

Serving: Greater Manchester

HL: 0161 2362 182 T: 0161 236 2182 F: 0161 236 9025

E: support@wearesurvivors.org.uk

W: www.wearesurvivors.org.uk

Description of service:

We Are Survivors are survivor-focused voluntary sector organisation that aims to create and facilitate safe spaces for male (including trans and non-binary individuals) survivors of sexual abuse, rape, and sexual exploitation across Greater Manchester providing access to quality assured support. For more information and to make a referral, please visit our website: <https://www.wearesurvivors.org.uk/> or email: support@wearesurvivors.org.uk. Updated 26/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

West Cheshire DAIPS (Domestic Abuse Intervention & Prevention Service)

DAIPS, First floor, Wyvern House, The Drumber, Winsford, CW7 1AH

Serving: Cheshire

T: 0300 123 7047 option two (for agencies)

E: idvawest@cheshirewestandchester.gov.uk

W: www.cheshirewestandchester.gov.uk/residents/crime-prevention/domestic-abuse/domestic-abuse.aspx

Description of service:

The unit provides: Services for victims in high risk cases •Advice and information for agencies dealing with victims of domestic abuse •Co-ordination of Multi-agency Risk Assessment Conferences (MARACs). Updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

WHAG

Chester and Cheshire West Project, PO BOX 211, Ellesmere Port, CH34 9EH

Serving: Rochdale, Bury, Cheshire West and Chester

T: 0151 356 4686

E: whag@whag.info

W: www.whag.info

Description of service:

Women and men can be referred to the refuge and we can offer support in accessing short term accommodation in either our refuge or one of the dispersed properties. Men will only be offered a place in a dispersed property. The refuge is staffed 24 hours a day, seven days a week and if space is available women can move in at any time. Whilst staying the support worker will work with clients to look at their options. They will be offered practical and emotional support for making and implementing decisions about the future (sorting out benefits, schools, GPs/health visitors, contacting legal services, liaising with housing departments). Resettlement support is also available for clients as they move on. Recognised DV programs are delivered in the community. Clients aged 16+ DA floating Support for women and men. We also facilitate The Recovery Toolkit and the Freedom Programme.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

Wirral Women and Children's Aid

Wirral Women and Children's Aid, PO Box 14, Birkenhead, CH41 6PX

Serving: Wirral

HL: 0151 643 9766 T: 0151 643 9766

E: admin@wwaca.org

W: www.wwaca.org

Description of service:

We provide refuge for women and children fleeing domestic abuse. We are an independent Wirral based charity with close partnership with our local communities to provide support for local families. Our refuge accommodates up to 12 women and 26 children. Each room has its own ensuite facility, shared kitchens and lounges, a sensory playroom for the children and a large garden with play equipment. We operate a 24-hour domestic abuse helpline, and the refuge is staffed 24/7. We provide support and guidance to empower women to enable them to begin a new life with their children in a non-violent environment. We support women and children with practical and emotional needs. Helping women and children overcome trauma is at the heart of everything we do, and staff are trained in several trauma therapies. For more information visit our website www.wwaca.org. Updated 18/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North West • Section: 03

YEWDALÉ COUNSELLING SERVICES

Sue Mobey House, 300 Yewdale, Skelmersdale, WN8 6ES

Serving: Lancashire

T: 01695 559070

E: enquiries@yewdalecounsellingservices.com

W: www.yewdalecounsellingservices.com

Description of service:

Provide a counselling service for young people and adults (any age) on any issue. Email updated 06/06/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

ARCH Teesside

22 Hoylake Road, Saltersgill, Middlesbrough, TS4 3JL

Serving: Teesside

T: 01642 822335

E: e.wilson@archteesside.org

W: www.archteesside.org

Description of service:

Free confidential counselling service for anyone who has experienced rape or sexual abuse at any time in their lives. We also support partners/family if required. We provide Independent Sexual Violence Advisory (ISVA) support, whether the rape or abuse has been reported to the police or not, this service is open to all ages. Our ISVAs work on the clients behalf to represent them & ensure their rights are met. Open: Mon-Fri 8:30am-5pm; Tues, Wed & Thurs open until 7pm. Please visit our website for further information. Updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

BARNARDO'S TEES VALLEY BRIDGEWAY PROJECT

Deleted 11/04/2023 as no longer found - Allendale Road, Ormesby, Middlesbrough, TS7 9LF

Serving: Cleveland

Description of service:

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

BARNARDO'S TEES VALLEY SECOS PROJECT

Address:

Serving: Cleveland

T: 01642 604593

E: elizabeth.phillips@barnardos.org.uk

W: www.barnardos.org.uk/what-we-do/services/secos-vulnerable-adolecents

Description of service:

Support and counselling for young people aged between 11-25 years experiencing difficulties in their lives, especially due to abuse, sexual exploitation, and problems at home. We also raise awareness in schools & youth settings about healthy relationships and keeping safe. All our support packages are free to service users. Office hours: Mon-Fri 9am-5pm. Service users are also supported 6-11pm via our outreach service. Email updated 06/06/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

Barnsley Sexual Abuse & Rape Crisis Services (BSARCS)

PO BOX 775, Barnsley, S70 1PL

Serving: Barnsley, South Yorkshire

HL: Rape Crisis England and Wales helpline 0808 500 2222
Safeline 0808 800 5005 Samaritans 116 123 T: 01226 320140
E: info@bsarcs.org
W: www.bsarcs.org.uk

Description of service:

Barnsley Sexual Abuse & Rape Crisis Services offers free counselling support to anyone who has experienced rape or sexual abuse at any point in their life. Counselling is also offered to close friends and family of those who have experienced sexual violence. Additionally our trained Independent Sexual Violence Advocates help to support people who have reported the offender/s through the justice process and can offer practical support, help and advice to those who are considering that option. This support is also available to children, young people and their families. Our premises are centrally located, easily accessible and confidential. Updated 10/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

Behind Closed Doors (BCD)

Behind Closed Doors, PO Box 275, Leeds, LS19 9BN

Serving: Leeds

T: 0113 222 4202

E: info@behind-closed-doors.org.uk

W: www.behind-closed-doors.org.uk

Description of service:

Behind Closed Doors was established in 1997 and now supports women and men across the Leeds district who have, or are, experiencing domestic violence and abuse. We have a Community DV Team which works within the Leeds Domestic Violence Service, supporting people assessed as being at medium/high risk and/or needing help with significant practical issues like housing and civil legal proceedings. Our Prevention and Recovery Service (PARS) works to support people at lower levels of risk who require more emotional support and information to make sense of their experience, recover and move on positively.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

BPD WORLD

28 Wood Street, Huddersfield, HD1 1DU

Serving: National (UK) & West Yorkshire

HL: 0844 357 4567

E: mail@bpdworld.org

W: www.bpdworld.org

Description of service:

BPD World provides information, advice & support to those affected by personality disorders. They provide free counselling from their base in Huddersfield for unwaged people, & there's a sliding scale for others. They also provide a helpline, on-going phone support (monthly donation), email support, live online support, crisis support & advocacy by your own Support Worker. Their website includes a wealth of helpful information, including a forum for abuse survivors.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

Bradford Cyrenians - Men Standing Up Helpline

255 - 257 Manningham Lane, Bradford, BD8 7EP

Serving: Bradford

HL: 0300 3030 167 T: 01274 481039
E: menstandingup@bradfordcyrenians.org.uk
W: www.bradfordcyrenians.org.uk

Description of service:

Confidential telephone helpline for all men across the UK suffering from domestic abuse by their current or former partner (including same-sex partner) or other family members. The helpline team are trained professionals who have experience of working with men who have suffered domestic abuse. Offering emotional support, information and guidance. Can also signpost to other specialist services. MSU can offer 2 units of emergency crash pad accommodation and 5 units of longer term furnished accommodation. Each service user has a dedicated supported housing officer who will work intensively around support needs, for e.g. emotional and practical support, claiming correct benefits, registering with a GP, helping become tenancy ready and rehousing support to help men access long term accommodation. Updated 23/06/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

BRADFORD RAPE CRISIS & SEXUAL ABUSE SURVIVORS SERVICE

Address:

Serving: Bradford District

HL: 0800 448 0710 T: Text only: 07435 752975 F: 01274 308 497

E: contactus@brcg.org.uk

w: www.bradfordrapecrisis.org.uk

Description of service:

Free, confidential specialist sexual violence support for women and girls who have experienced any form of sexual abuse at any time in their lives. Helpline: a woman who will listen, provide emotional support and useful information. Counselling: we currently offer up to 24 counselling sessions. These are confidential, free of charge and can be in our office or online. Advocacy & Support: ISVA service providing support throughout the criminal justice system and a specialist service for refugee & asylum seeking women. Jyoti services: specialist services for BAME women and girls delivered by BAME women. Shared support groups: on-going informal support groups building resilience and mutual support. Time Out: Young women & girl survivors at risk of CSE. Sexual violence prevention work, survivor's voice and engagement work and training. BRC&SASS works to improve the response to women and girl survivors of sexual violence locally, regionally and nationally. Updated 31/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

CASA SUITE

810A Hessle Road, Hull, East Riding of Yorkshire, HU4 6RD

Serving: Humberside

T: 033022301617
E: casasuite.sarc@nhs.net
W: www.casasuite.org

Description of service:

An acute examination facility for the collection of forensic samples self referral or police referral historic cases can be signposted to follow on support services. Email updated 31/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

CHANGING LIVES

2-5 Princes Street, Doncaster, DN1 3NJ

Serving: South Yorkshire

T: 01302 309800

E: admin@changinglives-therapy.org

W: www.changinglives-therapy.org

Description of service:

The Centre is open Mon-Fri 9am-3pm. We run various projects working with ethnic minority women; offenders & women at risk of offending; a Mental Health Project offering counselling. We also run courses on anxiety management, assertiveness, etc and support with education and training. We have Creche facilities. A confidential listening & support service is also available. Information Advice and Guidance appointments available. Email updated 11/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

DONCASTER HOUSING FOR YOUNG PEOPLE

C/O Doncaster Foyer, Chequer Road, Doncaster, DN1 2AA

Serving: South Yorkshire

T: 01302 738198

E: admin@dhyp.org.uk

W: www.dhyp.org.uk

Description of service:

DHYP works with young people (16-25yrs) who are homeless or in housing need. The Progressions Service is the first port of call for anyone needing support, a Floating Support Service for young people who would like support in their own tenancies, a Supported Lodgings Service for young people to live with and be supported by householders in the community that is a stepping stone to independence, the weekly the Wellbeing Hub provides free meals and general support and a Young Person's Forum gives young people a voice on our services and involvement in the wider community. Please call for further details. Updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

DONCASTER RAPE & SEXUAL ABUSE COUNSELLING SERVICE (DRASACS)

Floor 2, Cussins House, 22 Wood Street, Doncaster, DN1 3LW

Serving: Doncaster Council Borough

T: 01302 341572

E: admin@drasacs.org.uk E: jlovell@drasacs.org.uk

W: www.drasacs.org.uk

Description of service:

Doncaster Rape and Sexual Abuse Counselling Service, offer counselling, advocacy & training. Our services are available to men, women & children who have suffered rape/sexual abuse. We also support family members who have been directly impacted by the abuse which has been suffered by a loved one. We deliver healthy relationships and safe social media training to young people. Updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

EVA WOMEN'S AID

86 High Street, Redcar, TS10 3DL

Serving: Cleveland and Redcar

T: 01642 490677 F: 01642 507099

E: info@eva.org.uk

W: www.evawomensaid.org.uk

Description of service:

EVA Women's Aid is an award winning professional organisation providing free, confidential and non-judgmental specialist support services for women and children who have been affected by any form of domestic abuse and/or sexual violence at any time in their lives. EVA Women's Aid is a women only organisation, independent of the criminal justice system, statutory agencies and other private companies.
Updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

Harbour

8 Sydenham Road, Hartlepool, TS25 1QB

Serving: County Durham, Hartlepool, Stockton, Middlesbrough, Darlington, Redcar & Cleveland, Northumberland and North Tyneside

HL: 03000 20 25 25 T: 03000 20 25 25

E: info@myharbour.org.uk

W: www.myharbour.org.uk

Description of service:

For over forty years we have provided assistance to families and individuals affected by domestic abuse. We offer a range of different services to assist those affected by domestic abuse. We work across the North East of England with services in County Durham, Hartlepool, Stockton, Middlesbrough, Darlington, Redcar & Cleveland and North Tyneside. Updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

Hope

HOPE, The Phoenix Centre, 9-27 Northway, Scarborough, YO11 1JH

Serving: North Yorkshire

HL: 01723 381811

E: Office@hopesurvivors.org.uk

W: www.hopesurvivors.org.uk

Description of service:

HOPE is a support & self-help group offering one-to-one support, group meetings, information & resources for men and women (16yrs+) who have been sexually abused. HOPE groups cover Scarborough, Whitby and Ryedale, and are run by survivors who were also sexually abused. The helpline is open Mon evenings: 5.30-8.30pm. For information or to make contact call on the number given. Email updated 11/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

HULL RAPE CRISIS

93 Clarendon Street, Hull, HU3 1AN

Serving: East Yorkshire

HL: 01482 329990 T: 01482 329990
E: hullrapecrisis@hullrapecrisis.karoo.co.uk
W: www.hullrapecrisis.org

Description of service:

Services to women over the age of 14. Telephone helpline: 01482 329990 ~ call and leave a message and we will return your call.
01/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

HULL WOMEN'S CENTRE

1st Floor, Queens Dock Chambers, Queens Dock Avenue, Hull, HU1 3DR

Serving: East Yorkshire

T: 01482 226806

E: enquiries@hullwomensaid.org

W: www.hullwomensaid.org

Description of service:

A women's centre offering a safe women-only (16+) environment, training, education, a creche and signposting to other useful services.
The Centre is open: Tues & Wed: 10am-1pm. Email updated 18/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: UK National • Section: 04

IDAS

39 Blossom Street, York, YO24 1AQ

Serving: Yorkshire (Barnsley, Sheffield, North Yorkshire and York)

HL: 03000 110 110 (North Yorkshire and Barnsley)/ 0808 808 2241 (Sheffield)

E: info@idas.org.uk

W: www.idas.org.uk

Description of service:

IDAS offers a range of free and confidential services to help people cope with, and recover from, the traumatic impact of domestic abuse and sexual violence. Our support is open to everyone irrespective of age, sex, gender, ethnicity, disability, or immigration status. Our services include the provision of different types of safe accommodation, one to one and groupwork support in the community, and access to our confidential helpline. Services are accessible and inclusive and can be accessed by anyone living in North Yorkshire, Barnsley, and Sheffield. Updated 09/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

Kirklees, Calderdale and Wakefield Rape and Sexual Abuse Centre

P.O. Box 230, Huddersfield, HD1 5UY

Serving: Kirklees, Calderdale & Wakefield

HL: 0300 303 4787
E: helpline@kcrasac.co.uk
W: www.kcrasac.co.uk

Description of service:

RASAC is a feminist charity that offers therapeutic, helpline and advisory support services for people, aged 13+, who have experienced rape, sexual and domestic abuse, at any time in their lives, living in Kirklees, Calderdale, and Wakefield. Updated 26/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

LEEDS MIND SERVICE

Clarence House, 11 Clarence Road, Horsforth, Leeds, LS18 4LB

Serving: West Yorkshire

T: 0113 305 5800

E: info@leedsmind.org.uk

W: www.leedsmind.org.uk

Description of service:

The aim of our work is to help people build on their strengths, overcome obstacles, and become more in control of their lives. We have faith and optimism in our clients and so the services we deliver are built around their needs. We support the people of Leeds to discover their own resources to 'recover' from periods of poor mental health, and to live life independently with their mental health condition. Leeds Mind promotes positive mental health and wellbeing, and provides help and support to those who need it. We offer many services, including: counselling, social support, peer support, social prescribing, employment support, suicide bereavement support, and mental health training.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

Mountain Healthcare (formerly SARC - South Yorkshire)

Mountain Healthcare, The Mount, The Green, Finchingfield, Essex, CM7 4JX

Serving: South Yorkshire

T: 0330 2230938 / 0330 223 319

E: info@mountainhealthcare.co.uk

W: www.mountainhealthcare.co.uk

Description of service:

We are a dynamic, clinically led business, specialising in the provision of Sexual Assault Referral Services and Police Custodial Healthcare. Our aim is to provide the best possible services through innovative, efficient service design which ensures the highest possible quality of service is provided, which is holistic throughout, and improves outcomes to the people we serve.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

OVEREATERS ANONYMOUS

P.O. Box 242, Doncaster, DN4 7SQ

Serving: South Yorkshire

T: 01302 530362

E: general@oagb.org.uk

W: www.oagb.org.uk

Description of service:

This is the Doncaster meeting of a worldwide organisation. It is a support group for compulsive overeaters, working a 12-step programme of recovery and offering unconditional acceptance and support. Membership is open to anyone with a desire to stop compulsively overeating. Meetings in Doncaster are Sunday nights, 7.30pm at Doncaster MIND. To contact a local member, phone the 01302 number given, BEFORE 9pm please.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

PENNINE DOMESTIC VIOLENCE GROUP (PDVG)

Address:

Serving: Kirklees

HL: 0800 052 7222 T: 01484 308306/308307

E: info@pdap.co.uk

W: www.pdap.co.uk

Description of service:

PDVG is a registered charity that provides support, advice, information and safe accommodation to anyone effected by or experiencing domestic abuse. PDVG has been in operation delivering a range of specialist domestic abuse services in Kirklees since 2002 when two long standing domestic abuse services merged. Huddersfield Women's Aid which had been in operation since 1975 and Kirklees Asian and Black Women's Welfare Association which had also been operating services in Huddersfield for over 10 years. Email updated 18/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

S.E.A.R.C.H. (Sexual Abuse & Rape Counselling Hartlepool & Stockton)

P.O. Box 45, Hartlepool, TS24 7YL

Serving: Cleveland

T: 0845 602 7449

E: info@myharbour.org.uk

W: www.myharbour.org.uk

Description of service:

Face-to-face counselling for women and men who have been sexually abused or raped at some time in their lives. This service is run by Harbour (formerly known as North Tees Women's Aid). Email updated 07/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

SAFE PROJECT

Scarborough Survivors, Mental Health Resource Centre, 9 Alma Square, Scarborough, YO11 1JR

Serving: North Yorkshire

T: 01723 506582

E: survivors.office@btconnect.com

W: www.scarboroughsurvivors.org.uk

Description of service:

The Safe Project covers the Scarborough Borough & Ryedale District areas, providing services to adult survivors (18+) of childhood sexual abuse, supporting them to feel empowered. SAFE provides representation & advocacy, self-help groups, counselling, and training for professionals around disclosure. All services are free. The Centre is open Mon-Thurs 1pm-4.30pm and by appointment on Fridays.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

SARC- Manchester

Address:

Serving: Greater Manchester, Cheshire

T: 0161 2766515

E: Josh.Edgar@mft.nhs.uk

W: www.stmaryscentre.org

Description of service:

St Mary's Sexual Assault Referral Centre (SARC) provides a comprehensive and co-ordinated forensic, medical, counselling and aftercare service to men, women and children living in Greater Manchester, Cheshire and children living in West Yorkshire, who have experienced rape or sexual assault, whether this has happened recently or in the past. Our Centre comprises a team of experts with a wealth of knowledge and experience in advising, supporting and treating anyone who has been raped or sexually assaulted. St Mary's Centre places its clients' needs right at the heart of its service. It is committed to ensuring that people are treated with respect and dignity and are able to assert their choice and control over the services they receive. We provide a high quality, professional and confidential service with highly trained and skilled staff who will support clients for as long as they need. You can use our services without having to report the assault to the Police or we can support you if you choose to make a report to the Police. Updated 07/09/20.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

SARC Teesside

13 Trinity Mews, North Ormesby Health Village, North Ormesby, Middlesbrough, TS3 6AL

Serving: Cleveland Police Area

T: 0330 223 0099 T: 01642 061230

E: Middlesbroughanddurham.sarc@nhs.net

W: <https://sarcteesside.co.uk/>

Description of service:

A sexual assault referral centre offering care and medical and forensic examinations to people who have recently experienced sexual assault and rape. Patients may attend either with police or as a self-referral with no police involvement. Aftercare including emergency contraception, sexual health advice and referrals to support services such as counselling and advocacy can be provided. Forensic evidence can be stored at the SARC for up to two years. Those that have experienced historic sexual abuse or violence can self-refer through our telephone helpline for support and referrals to other services. Updated 17/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

SCARBOROUGH SURVIVORS

Mental Health Resource Centre, 9 Alma Square, Scarborough, YO11 1JR

Serving: North Yorkshire

T: 01723 500222 F: 01723 506582
E: survivors.office@btconnect.com
W: www.scarboroughsurvivors.org.uk

Description of service:

A user-led group offering support and information on mental health issues, for people with direct personal experience of mental health difficulties, either personally or as carers. The Resource Centre is open Mon-Thurs 1pm-4.30pm and by appointment on Fridays.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

SHEFFIELD RAPE AND SEXUAL ABUSE CENTRE

P.O. Box 34, Sheffield, S1 1UD

Serving: South Yorkshire

HL: 0114 241 2769 T: 0114 241 2766

E: info@srasac.org.uk

W: www.srasac.org.uk

Description of service:

We offer a FREE professional & confidential counselling service for women & girls (13yrs+) who have experienced sexual abuse and/or rape at any time in their life, in a safe friendly environment. We offer specialist face-to-face counselling, telephone helpline support, and advice in the immediate aftermath of an assault. We also offer training to professionals and a signposting service to male victims. Email updated 18/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

SHEFFIELD WOMEN'S COUNSELLING & THERAPY SERVICE

289 Abbeydale Road, Sheffield, S7 1FJ

Serving: Sheffield

T: 0114 275 2157

E: office@saffronsheffield.org.uk

W: <https://www.saffronsheffield.org.uk/>

Description of service:

We offer a service for women over 16 who have experienced some kind of crisis or trauma. This includes neglect, harassment, abuse (domestic/sexual/emotional). Available by phone Monday - Friday 9am - 5pm; 0114 2752157; email @officesaffronsheffield.org.uk. Our main offer is one-to-one therapy, but we also individual and group well-being sessions. Updated 26/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

SUPPORT AFTER RAPE & SEXUAL VIOLENCE LEEDS (SARSVL)

SARSVL, P.O. Box 827, Leeds, LS1 9PN

Serving: Leeds

HL: 0808 802 3344 T: 0113 243 9102

E: info@sarsvl.org.uk

W: www.supportafterrapeleeds.org.uk

Description of service:

SARSVL provides free, confidential and specialist support to women who have been affected by any form of sexual violence, at any time in their lives. SARSVL operates a freephone helpline for women and girls aged 13+, via telephone (0808 802 3344) e-mail (support@sarsvl.org.uk) and text (07860 022880), opening times can be found on our website. We also have a specialist advocacy service that provides support to women and girls aged 13+ through the criminal justice system. Our counselling service provides therapy (pre-trial, short term and long- term) to women aged 18+, for more details on how to refer please see our website. Women do not need to have reported to the police to access our services. We have experience of working with women from marginalised groups, including women in the asylum system and women who have been released from prison. SARSVL staff also work with interpreters. Our definition of FM is inclusive of trans women and non-binary people who feel a woman-centred service is right for them. Updated 26/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

SURVIVE (SUPPORT FOR SURVIVORS OF RAPE AND SEXUAL ABUSE)

25 Micklegate, York, YO1 6JH

Serving: York and North Yorkshire

HL: 0808 145 1887 T: 01904 638813

E: survive@survive-northyorks.org.uk

W: www.survive-northyorks.org.uk

Description of service:

Survive are a York based charity providing information and support to adult (18+) male and female survivors of child sexual abuse, rape and/or sexual assault. Services include: one-to-one emotional support sessions, specialist trauma counselling and EMDR, support groups and a book loan service. The helpline is open Monday-Thursday 10am-12pm. Appointments and information can be obtained through the office phone Mon - Fri. Updated 26/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

SURVIVORS WEST YORKSHIRE

New Devonshire House, Keighley, West Yorkshire, BD21 2AU

Serving: West Yorkshire

HL: T: 07393 140 250

E: ops@survivorswestyorkshire.org.uk

W: www.survivorswestyorkshire.org.uk

Description of service:

A survivor led and informed organisation offering specialist support to male survivors of childhood sexual abuse and adult rape across West Yorkshire, including the delivery of Ben's Place, a free digital counselling service available to all males aged over 16. We offer teletherapy (video counselling). We can also signpost female survivors. Updated 29/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

VICTIM SUPPORT DONCASTER

41 College Road, Doncaster, DN1 3JH

Serving: South Yorkshire

HL: 0808 1689 111
W: www.victimsupport.org.uk

Description of service:

Offer emotional and practical support to victims of crime. Checked 26/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

Victim Support South Yorkshire

Hackenthorpe Lodge, 126 Occupation Lane, S12 4PQ

Serving: South Yorkshire

HL: 08081689111 T: 0300 303 1976
E: Humbersouthyorks.vs@victimsupport.org.uk
W: www.victimsupport.org.uk

Description of service:

We provide advocacy support to anyone who has been affected by crime or traumatic incidents whether or not it was reported to the Police. All our services are free and confidential. Our local team can be contacted on 0300 303 1976- Monday-Friday 9am-8pm and Saturday 9am-1pm. Or by email at humbersouthyorks.vs@victimsupport.org.uk 24/7 Supportline- 0808 168 9111 or contact by live chat 24/7- see address above. Updated 08/07/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

WELL WOMEN CENTRE

24 Trinity Church Gate, Wakefield, WF1 1TX

Serving: West Yorkshire (Wakefield District)

HL: 01924 211114

E: info@wellwomenwakefield.org.uk

W: www.wellwomenwakefield.org.uk

Description of service:

WWC services are open to women aged 16 and over, who living within the Wakefield district (WF1 – wf11), and are register with a GP who is part of Wakefield CCG. The following services are offered both remotely and face to face: one-to-one counselling, groups & courses, complementary therapies, and casework support (specifically for women of colour and minority ethnic backgrounds, and women who have suffered abuse and trauma that impacts them now). To access services, please call during the following registration days & times: Mondays 5pm – 7:30pm / Fridays 10am – 12:30pm. You can also register online via the website, and access further information and self-help resources. Updated 28/06/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England North East • Section: 04

YOUTH COUNSELLING UNIT

County Hall, Beverley, HU17 9BA

Serving: East Yorkshire

HL: 01482 392806

E: ehp.beverley@eastriding.gov.uk

W: eastriding.gov.uk/living/children-and-families/youth-family-support/

Description of service:

One-to-one counselling for young people aged 13-25yrs on any issue. Disclosures of abuse of under-18s have to be reported under child protection legislation. Open during office hours. Email updated 29/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

AMAZON YOUNG PEOPLE'S COUNSELLING SERVICE, BARNARDOS

40 Rupert St, Nechells, Birmingham, B7 4PS

Serving: West Midlands

T: 0121 359 5333

E: amazon@barnardos.org.uk E: corporate.partnerships@barnardos.org.uk

W: www.barnardos.org.uk/work-with-us/corporate-partnerships/amazon

Description of service:

Provide a counselling and support service to children and young people (male and female) under 18 years old, who have been sexually abused. Counselling is also available for parents and carers of these children/young people. The Project has professionally qualified and experienced staff from a range of ethnic backgrounds. Email updated 26/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

AXIS COUNSELLING

Fletcher House, 15 College Hill, Shrewsbury, SY1 1LY

Serving: Shropshire and Telford & Wrekin

T: 01952 278000

E: info@axiscounselling.org.uk

W: www.axiscounselling.org.uk

Description of service:

Axis offers a range of services to people in the Shropshire and Telford & Wrekin area who have been affected by sexual abuse, including a Counselling service for those aged 11+ and an Independent Sexual Violence Advisor (ISVA) Service for those aged 5+. Support is also available for family members and loved ones. Our Counselling service offers a variety of one-to-one face to face, online and telephone counselling as well as group work. Our ISVA Service offers practical and emotional support, plus support through the criminal justice system, and advocacy. For more information about our services, please visit our website www.axiscounselling.org.uk. Updated 10/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

BIRMINGHAM & SOLIHULL WOMEN'S AID

Ryland House 44-48 – Bristol Street, Birmingham, B5 7AA T; 0121 685 8687

Serving: West Midlands

HL: 0808 800 0028

E: Via Website

W: www.bswaid.org

Description of service:

We provide support services and emergency accommodation for women and children affected by domestic violence. We offer support, advice and information to women and children via outreach, counselling, family support, helpline, women's safety unit and refuges. We also raise awareness about domestic violence within schools and youth projects and provide training and information to agencies and professionals. BSWA is a member of many local for a and inter-agency groups and works in partnership with other agencies to develop best practice and improve services for women and children. We offer Visual Evidence for Victims services to women in Birmingham and Solihull and promote the project through our training and awareness raising. Our helpline, providing support for women and access to emergency accommodation and our other support services is 0808 800 0028. We may use Language Line interpretation services and Text Relay on all our phone lines. Checked 29/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

BIRMINGHAM SPACE

40 Rupert St, Nechells, Birmingham, B7 4PS

Serving: West Midlands

T: 0121 359 5333

E: birminghamspace@barnardos.org.uk E: rupertstreetadmin@barnardos.org.uk

W: www.barnardos.org.uk/what-we-do/services/birmingham-space

Description of service:

Space provides face-to-face support for children and young people in vulnerable situations which may lead to abuse or sexual exploitation. For male and female children and young people under 18, who live in Birmingham. Updated 02/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

CHESTER SEXUAL VIOLENCE SUPPORT SERVICE

4 Rose Hill, Chesterfield, S40 1LW

Serving: Derbyshire

T: 01246 559431

E: info@csass.org.uk

W: csass.org.uk

Description of service:

Offer face-to-face, one-to-one counselling service to adult male survivors of sexual abuse and sexual assault, and to their partners. The helpline is not currently operational, but messages left on the answer phone are checked and responded to. Training and consultancy offered to other organisations. Email updated 27/06/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

Core

Address:

Serving: Derbyshire

T: 0800 612 6505

E: support@derbyshirecore.org

W: www.core-derbyshire.com

Description of service:

The CORE website has been created to support victims of crime, giving people access to the different types of help they may need from just one place. The aim is to ensure that every victim of crime or anti-social behaviour has access to the best possible support service. On these pages you will find useful information and contact details which have been brought together with help from victims services, the police, local authorities, the fire and rescue services, health services, voluntary organisations and specialist support groups. The Police and Crime Commissioner for Derbyshire has commissioned a range of support services for victims of crime who reside in the county. These CORE services include support for general victims, young people, domestic abuse victims, and sexual assault victims. In addition to these services, there is also dedicated support for victims of Child Sexual Exploitation (CSE) and a restorative justice support service. Updated 09/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

Coventry Rape and Sexual Abuse Centre (CRASAC)

Address:

Serving: West Midlands & Warwickshire

HL: 024 7627 7777 T: 024 7627 7772

E: admin@crasac.org.uk or E: clientservices@crasac.org.uk

W: www.crasac.org.uk

Description of service:

Coventry Rape and Sexual Abuse Centre (CRASAC) provides specialist support to victims and survivors of sexual violence who have been affected directly or indirectly at any time in their lives. The charity aims to address the trauma and injustice of sexual abuse and exploitation through specialist counselling, advocacy, emotional support, and community-based services. Their work helps women, men and children aged five and above overcome the effects on well-being, physical and mental health, and regain the lost power and control as a result of sexual violence and abuse. Updated 08/07/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

Crossroads Derbyshire

Crossroads Derbyshire, PO Box 22, Glossop, Derbyshire, SK13 8AE

Serving: Glossop, the High Peak and the North Dales

HL: 0800 0198 668 T: 01457 856675

E: admin@crossroadsderbyshire.org

W: www.crossroadsderbyshire.org

Description of service:

Crossroads Derbyshire is a voluntary organisation and registered charity dedicated to helping women and children break free from domestic abuse. We also offer outreach support to men. We offer a range of confidential support and advisory services to women, children and young people suffering the damaging effects of domestic abuse including: Refuge for young women and children needing a safe place to stay, Outreach services for women and men, Community programmes for young people, Counselling, Specialist services for children.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

Domestic Abuse Counselling Service

The Loft, 60 George Street, Bedworth, CV12 8EA

Serving: Nuneaton, North Warwickshire and Stratford upon Avon

T: 024 7635 1137

E: lynn.bell@dacservice.org.uk

W: www.dacservice.org.uk

Description of service:

The Domestic Abuse Counselling Service is a non-profitable charity organisation that came into being in January 2006 due to a gap in service provision for victims of abuse. Our counselling service is made possible through the use of staff and volunteer counsellors and the service is available to both female and male victims of abuse in Nuneaton, North Warwickshire and Stratford upon Avon and Perpetrators of abuse from our Nuneaton office.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

EMERGE- VICTIMS TO SURVIVORS

St Georges Hospital, Corporation Street, Stafford, ST16 3AG

Serving: Staffordshire, Shropshire & West Midlands

HL: 01785 225991 & 01543 576174 T: 01785 225991

E: emergestafford@gmail.com

W: <https://www.emgestafford.co.uk/>

Description of service:

Emerge are a registered charity based in Stafford who provide a support service for male and female survivors of childhood sexual abuse and victims of sexual violence (14+). We offer face to face counselling and group support in a safe, confidential environment. Support is also offered to non-offending parents, other family members and partners. A telephone helpline is available several times a week for survivors, their families and healthcare professionals to offer support, advice and help with any other queries. An answer machine service is available at all other times and any messages will be responded to as quickly as possible. Updated email 04/07/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

Eve

Address:

Serving: Northamptonshire

T: 01604 230311

E: eve2eve@eve.org.uk

W: www.eveda.org.uk

Description of service:

Eve exists to help women and families caught up in domestic violence and abuse. Domestic abuse is still an issue in 21st Century Britain, and we are here to help. From raising awareness of domestic abuse and how to spot it, to running a women's and family refuge in Northamptonshire or training professionals to spot the signs, we are a multifaceted organisation determined to make a difference in the lives of thousands of women and children. Email updated 28/06/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

FIRST STEP

Alliance House, 6 Bishop Street, Leicester, LE1 6AF

Serving: Leicester, Leicestershire & Rutland

T: 0116 254 8535 T: 07581 568144

E: contact@firststepleicester.org.uk

W: firststepleicester.org.uk

Description of service:

Provides support services for adult male survivors (16+) of sexual abuse and male rape, and their supporters (partners, family, friends). Also one-to-one counselling and support groups for survivors and also for supporters. Training, consultation and support provided to other professionals and organisations. Call for an appointment: Mon, Tues, Wed 9am-8pm. Thurs 9am-4pm. 24 Hour answer phone. Updated 10/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

FreeVa

UAVA Ltd, PO Box 26, Leicester, LE1 1AA

Serving: Leicester, Leicestershire or Rutland

HL: 0808 80 200 28 T: 0116 2550004

E: info@freeva.org.uk

W: www.freeva.org.uk

Description of service:

Free-VA is a registered charity based in Leicester, working towards reducing domestic violence, rape and sexual assault. We provide specialist support and information to anyone affected by domestic violence, rape and sexual assault - we work closely with other agencies to ensure the right support is in place for you. FreeVA are part of the United Against Violence & Abuse (UAVA) consortium - www.uava.org.uk .Email updated 02/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

HORIZON SARC

Hodge Hill Primary Care Centre, Roughlea Avenue, Birmingham, B36 8ND

Serving: West Midlands

T: 0800 970 0375

E: enquires@horizonsarc.org.uk

W: www.horizonsarc.org.uk

Description of service:

We provide coordinated, forensic, counselling and aftercare services to men, women and people who identify by another gender living in the West Midlands who have experienced rape or sexual assault, recent or non-recent. Our full range of services include: Crisis Worker Support, Forensic Medical Examination (if appropriate), Emergency Contraception, Pregnancy Testing, HIV PEP Risk Assessment, Referral for Sexual Health Screening for Sexually Transmitted Infections, Referrals to Independent Sexual Violence Advisor (ISVA), Counselling or other supporting agencies. Email checked but not working 03/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

icap (Immigrant Counselling And Psychotherapy)

96 Moray Road, London, N4 3LA

Serving: National (UK), London & Birmingham

T: 0207 272 7906 F: 0207 272 6920

E: info@icap.org.uk

W: www.icap.org.uk

Description of service:

Provides individual and group psychotherapy for the Irish community in the UK. Also works with other communities affected by migration and loss. Specialises in working with sexual and institutional abuse, and the trauma of displacement. Treats those experiencing a wide range of psychological difficulties, including depression, anxiety and substance misuse. Provides supervision and consultation to other agencies and organisations.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

icap (Immigrant Counselling And Psychotherapy) West Midlands

Address:

Serving: West Midlands

T: 0121 666 7707
E: info@icapbirmingham.org.uk
W: www.icap.org.uk

Description of service:

icap offers counselling and therapy for the Irish community in Britain. Updated 03/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

JUNIPER LODGE SEXUAL ASSAULT REFERRAL CENTRE

Lodge One, Leicestershire General Hospital, Gwendolin Road, Leicester, LE5 4PW

Serving: Leicestershire

HL: 0116 273 3330

E: Via website

W: www.juniperlodge.org.uk

Description of service:

Aim to provide multi-agency support to male & female survivors (13+) of rape and sexual assault. The service offers an appropriate environment for examination for forensic evidence, statement taking and support work, whether or not clients wish police involvement. Telephone support, face-to-face support, information from specially trained police officers or a medical examination is offered to all clients as appropriate. Checked 02/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

LEICESTER RAPE CRISIS

P.O. Box 7402, Leicester, LE1 6WD

Serving: Leicestershire

T: 0116 255 5962

E: admin@jasminehouse.org.uk

W: www.jasminehouse.org.uk

Description of service:

Jasmine House is Leicester based charity working with female survivors of sexual abuse, sexual violence and rape aged 13+. Jasmine House provides a female-led environment which is safe and supportive to allow personal growth, giving women and girls the tools to talk through trauma to help survivors cope, recover and thrive. We offer free counselling for 12 weeks, emotional support services, group support and a young women's support and recovery service. To find out more information please see our website: www.jasminehouse.org.uk or get in touch on: 0116 2555962 or admin@jasminehouse.org.uk. Self-referrals can be made through the website by the individual or a profession supporting the survivor. Updated 03/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

LWA - Living without Abuse

PO Box 16, Loughborough, LE11 3AX

Serving: Leicester, Leicestershire or Rutland

T: 01509 550317

E: info@lwa.org.uk

W: www.lwa.org.uk

Description of service:

LWA provides a range of domestic abuse and sexual violence services across Leicester City, Leicestershire and Rutland. These services include community based support for adult survivors including 1-2-1 support and group programmes. We also specialise in services for children and young people who witnessed or experienced abuse, including IDVA and ISVA services. Updated 15/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

MANNA HOUSE COUNSELLING SERVICE

73 St Giles Street, Northampton, NN1 1JF

Serving: Northamptonshire

T: 01604 633304

E: mhcs@mannahouse.org.uk

W: www.mannahouse.org.uk

Description of service:

An independent Christian counselling charity for individuals and couples of any faith or none. One-to-one counselling for those who have been sexually abused, and for many other issues. We ask for £10 on registering to cover administration costs. As a charity, in addition to seeking external funding sources, we rely on the financial contributions of clients and have a suggested payment policy based on a client's household income. Currently clients will have an assessment appointment normally 3-4 weeks after we receive the application form, then wait approximately 18-20 weeks for counselling to begin. Contact by phone or email to receive further details and an application form.

Updated 10/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

Midlands Women's Aid

Address:

Serving: Midlands

T: 0300 3020035
E: support@mwa.org.uk
W: www.mwa.org.uk

Description of service:

We provide safe housing in our Refuge accommodation, support and childcare services. These services provide a lifeline to women and their children, offering safety and support in a peaceful homely environment.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

**NCHA (Nottingham Community Housing Association) - Derbyshire WISH and
Lincolnshire Domestic Abuse**

12/14 Pelham Road, Sherwood Rise, Nottingham, NG5 1AP

Serving: Nottinghamshire, Derbyshire, Lincolnshire, Leicestershire, Northamptonshire and Rutland

HL: 0345 650 5599 T: 0345 650 1202

E: wishsouth@ncha.org.uk E: lincolnshiredas@ncha.org.uk

W: www.ncha.org.uk

Description of service:

Meeting the needs of men, women and children experiencing domestic abuse is a challenge NCHA Care and Support has been meeting for over 20 years. During this time we have developed a level of expertise to ensure that individuals are offered a supportive and safe environment at a time when they are at their most vulnerable. Safety and security is the primary focus of our services which are all community based and when individuals are able to move on to more permanent accommodation, we provide a community based support service to help them resettle successfully in their new community. The welfare of children is also central to our service and by establishing partnerships with educational services we work to ensure any disruption caused by a temporary or permanent move is kept to a minimum.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

Northampton Domestic Abuse Service (NDAS)

Address:

Serving: Northampton and Northamptonshire

H: 0300 0120154 T: 0300 0120154

E: info@ndas-org.co.uk

W: <http://ndas.co/>

Description of service:

Northamptonshire Domestic Abuse Service (NDAS) has been helping families and individuals recover from the impact of domestic abuse since 1976. We are an inclusive organisation and provide support to male and female victims in the form of refuges, outreach support and group work. We also provide support to children who have witnessed and experienced domestic abuse.

All of our services are available for self-referral or for professionals to refer into. The service is only available to clients residing in Northamptonshire (with the exception of refuge) NDAS also offer training to professionals. Visit www.ndas.co/training-for-professionals.

Updated 14/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

Northamptonshire Rape Crisis

Warwick House, Floor 2, Cliftonville, Northampton, NN1 5BE

Serving: Northamptonshire

HL: 0300 222 59 30 T: 01604 250721
E: info@northamptonshirerapecrisis.co.uk
W: www.northamptonshirerapecrisis.co.uk

Description of service:

NRC offers a safe and professional counselling and support service for women and men aged 14+ who are survivors of sexual abuse, rape, incest and sexual violence. We also can support the partners and carers of survivors. NRC offers the services of an Independent Sexual Violence Adviser (ISVA) who will provide emotional and practical support with reporting rape or abuse to the police and will continue to support throughout the Criminal Justice System and thereafter. As an organisation we do provide training courses in the specialist area of rape to both voluntary and statutory sectors. Peer groups are run regularly for women between 14 - 19 years old and women over 20 years old. Updated 05/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

PANAHGHAR SAFE HOUSE

Address: Coventry

Serving: West Midlands

HL: 0800 055 6519 T: 024 7622 8952

E: besafe@safehouse.org.uk

W: www.safehouse.org.uk

Description of service:

Panahghar (which means safe house in Urdu) provide practical assistance, support, advocacy, legal work, information & advice, counselling & accommodation. They work primarily but not exclusively with women & children from black, Asian, minority ethnic & refugee backgrounds. They aim to help women & children who've suffered any form of violence, through healing to independence. They also provide training, seminars & drama presentations. Email updated 04/07/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

Pathway Project

PO Box 4168, Lichfield, WS13 8WY

Serving: Lichfield

HL: 01543 676 800 T: 01543 442 610

E: talktoeve@pathway-project.co.uk E: hayleyc@pathway-project.co.uk

W: www.pathway-project.co.uk

Description of service:

Pathway Project works to support adults, young people and children, who are experiencing or affected by domestic abuse. Pathway aim to provide a range of high quality services, meeting the needs of abused adults and children, in a caring environment. Email Updated 03/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

QUETZAL PROJECT, The

14-16 Talbot Lane, Leicester, LE1 4LR

Serving: Leicester, Leicestershire & Rutland

T: 0333 1014280
E: help@quetzal.org.uk
W: www.quetzal.org.uk

Description of service:

Quetzal exists to deliver a high-quality counselling and support service to women survivors (aged 16+) of childhood sexual abuse in Leicester, Leicestershire and Rutland that is specialist, safe and free to access.

We offer the following services:

- Long-term Counselling -Following a clinical assessment, we offer 12 sessions, 16 sessions or one year of free weekly counselling depending on the level of need. We are able to offer this service through face-to-face, telephone or on-line methods.
- Single Session Therapy -This consists of a focused approach through a one-off 90-minute session with our specialist, trained counsellors.
- Check and Chat-A weekly emotional support phone call which supports clients on the waiting list.
- Workshops, events and community awareness raising sessions. Updated 10/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

RAPE AND SEXUAL VIOLENCE PROJECT (RSVP)

P.O. Box 9558, Birmingham, B4 7QE

Serving: Birmingham and Solihull

HL: 0121 643 4136 T: 0121 643 0301 F: 0121 643 2973

E: info@rsvporg.co.uk

W: www.rsvporg.co.uk

Description of service:

We offer a wide range of services to both survivors and the people supporting you. Our services are confidential and include: Counselling, specialist sexual abuse counselling to survivors and their supporters; Adult Advocacy and Child Advocacy, providing advice and practical support to adults and children who have, or are considering reporting to the police; Telephone Helpline service, offering support and information; Visual Evidence for Victims, photographing injuries (or criminal damage) caused as a result of crime; Social Groups, where survivors can socialise safely; written Self-help information; Specialised one-to-one and group support for asylum seekers and refugees; Coffee Mornings, where survivors can learn coping strategies. Updated 08/07/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

ROSA

ROSA, PO Box 151, Rugby

Serving: Warwickshire

HL: 01788 551151 T: 01788 551151

E: support@rosasupport.org

W: www.rosasupport.org

Description of service:

RoSA is an independent charity offering free confidential support for anyone who has experienced the trauma of rape, sexual abuse or sexual violence. We work throughout the county of Warwickshire supporting adults, young people and children of any age and gender. Our support is also offered to family members, partners and carers. We offer counselling, support groups, practical support, information, training and workshops. Updated 13/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

ROSA (Rape Or Sexual Abuse Support Services)

P.O. Box 151, Rugby, CV21 3WR

Serving: Warwickshire

HL: 01788 551151 T: 01788 551150 F: 01788 552115

E: support@rosasupport.org

W: www.rosasupport.org

Description of service:

RoSA is an independent charity offering free confidential support for anyone who has experienced the trauma of rape, sexual abuse or sexual violence. We work throughout the county of Warwickshire supporting adults, young people and children of any age and gender. Our support is also offered to family members, partners and carers. We offer counselling, support groups, practical support, information, training and workshops. Updated 14/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

SAFELINE

6a New Street, Warwick, CV34 4RX

Serving: National & Warwickshire

HL: National Male HL 0808 800 5005.

Warwickshire HL 0808 800 5008 T: 01926 402498

E: office@safeline.org.uk

W: www.safeline.org.uk

Description of service:

Specialist services for survivors and their families of rape and sexual abuse. Services offered to men, women, LGBT+, young people, partners, carers and parents. Training provided for volunteers, employers, agencies and statutory bodies. (Accredited by OCN) The office is open: Mon-Fri 9am-5pm. Our National Male Survivor Helpline and Online Support Service is open Monday to Friday 9am – 8pm and Saturday and Sunday 9am - 2pm. Our Warwickshire helpline is open Monday to Friday 9am – 5pm and Saturday 10am – 2pm. Online support is available through Text (07860 027573) and Email (support@safeline.org.uk). We offer free online and telephone counselling to individuals aged 16 years and over living in England and Wales. In Warwickshire we offer free face to face counselling, art therapy and ISVAs to adults and children, support groups for adults and prevention projects for young people. Updated 10/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

Safer Places

Safer Places, PO Box 2489, Harlow Essex

Serving: West Essex, mid Essex, east Hertfordshire and Southend

HL: 03301 025811 T: 03301 025811

E: info@saferplaces.co.uk

W: www.saferplaces.co.uk

Description of service:

We provide support to people living in their own homes or in one of our refuges. We also offer legal advice, specialist programmes for people who have experienced Domestic Abuse, counselling, individual and group support, support with accessing housing and benefits and a wide range of activities for adults and young people. We also offer excellent training and employability within a safe and nurturing environment where learners can develop new skills, gain qualifications and get the support and help they need to be able to go on to further education or employment.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

SAIL (Sexual Abuse & Incest Line)

12 Soresby Street, Chesterfield, Derbyshire, S40 1JN

Serving: Derbyshire

HL: 0800 028 2678 HL Text: 07522 561397

T: 01246 559 889 (appointments and general enquiries)

E: info@sailderbyshire.org.uk E: helpline@sailderbyshire.org.uk

W: www.sailderbyshire.org.uk

Description of service:

We provide free and confidential, specialist trauma informed counselling, for 26 weeks initially, face to face in Chesterfield, also at our Hubs in Belper, Long Eaton and Matlock. We also offer counselling remotely by telephone. Counselling is for anyone over 18 residing in Derbyshire affected by sexual abuse, sexual assault or incest at any time. We have Independent Sexual Violence Advisor service (ISVA) for anyone who is seeking practical and emotional support when accessing other services or agencies. This service can also support with reporting to police, through the criminal justice system to court and CICA system. We provide emotional support and information through our helpline by free phone, email and text. We offer Art Therapy and Drama Therapy, using a blend of talking and creative art making and several types of creative and performing arts to facilitate emotional release, exploration, and healing. We offer peer support groups and group therapy in a space created for the opportunity to connect with others who may also identify in some way as survivors. Topics covered include safety, stabilisation, self-care, and assertiveness. We offer volunteer placement opportunities for helpline workers and counselling students. Please visit our website or contact our helpline for more information about our services. Updated 10/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

SARAC (SEXUAL & DOMESTIC ABUSE & RAPE ADVICE CENTRE)

P.O. Box 3, Burton upon Trent, DE14 1ZT

Serving: Staffordshire & Derbyshire

HL: 01283 517185 T: 01283 535110

E: staff@sarac.org.uk

W: www.sarac.org.uk

Description of service:

A support service for people aged 11 and over who are affected by rape, sexual and/or domestic abuse and sexual exploitation. One-to-one counselling, helpline and group sessions. We offer groupwork through alternative therapies such as yoga, drumming and provide groupwork with Young People. Updated 14/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

SARC- Leicestershire

Lodge One, Leicestershire General Hospital, Gwendolin Road, Leicester, LE5 4PW

Serving: Leicestershire

HL: 0116 273 3330

E: Via Website

W: www.juniperlodge.org.uk

Description of service:

Aim to provide multi-agency support to male & female survivors (13+) of rape and sexual assault. The service offers an appropriate environment for examination for forensic evidence, statement taking and support work, whether or not clients wish police involvement. Telephone support, face-to-face support, information from specially trained police officers or a medical examination is offered to all clients as appropriate. Checked 03/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

SAVANA

Unit C, Metro Business Park, Clough Street, Hanley, Stoke on Trent, Staffordshire, ST1 4AF

Serving: Stoke on Trent, Staffordshire

HL: 01782 433204 T: 01782 433205

E: info@savana.org.uk

W: www.savana.org.uk

Description of service:

Information, counselling & support services for anyone who has experienced or is affected by sexual violence. This includes but is not limited to; one on one rape, gang rape, domestic abuse, female genital mutilation, childhood sexual exploitation and honour related violence; whether the incident was recent or in the past. We see males and females from the age of 4yrs. Counselling is by appointment, Mon-Fri 9am-7pm, Sat 9am-2pm. Savana houses Independent Sexual Violence Advisor's – ISVA, trained to Home Office recommendations, providing independent practical and emotional support. They work with clients to identify needs and advise on other services available providing advocacy where needed. Training, awareness raising and outreach. All of our training is CPD accredited. Available packages can be found on the CPD Certification Service - info@cpduk.co.uk or email - info@savana.org.uk

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

SV2 – Supporting Victims of Sexual Violence

EPOS House, 263 Heage Rd, Ripley Derbyshire DE5 3GH

Serving: Derbyshire/Derby City

HL: 01773 746115 T: 01773 746115

E: help@sv2.org.uk

W: www.sv2.org.uk

Description of service:

SV2 offers a variety of specialist support services to those effected by sexual abuse or rape in Derbyshire, including survivors, loved ones and professionals.

We can provide:

- Counselling
- Independent practical advice & support (ISVA)
- Holistic Therapies
- Bespoke awareness sessions
- Consent Workshops

For more information, please visit our website. Updated 10/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

The Elm Foundation

6 Fairfield Road, Chesterfield, S40 4TP

Serving: Derbyshire

T: 01246 540464

E: info@theelmfoundation.org.uk

W: www.theelmfoundation.org.uk

Description of service:

We are a local charity, which offers a range of services appropriate to individual need to help and support men, women and children who are affected by Domestic Abuse.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

The Glade (SARC)

The Glade, Bransford, Worcestershire, WR6 5JD

Serving: West Mercia; Worcestershire, Herefordshire and Shropshire, Telford and Wrekin

HL: 0808 178 2058 T: 01886 833555

E: info@theglade.org.uk

W: www.theglade.org.uk

Description of service:

The Glade Sexual Assault Referral Centre (SARC) is a specialist centre which provides a service of care to women and men who have been raped or sexually assaulted in West Mercia; Worcestershire, Herefordshire and Shropshire, Telford and Wrekin, in a manner that will address the needs of the individual. In 2016 a new Paediatric Service was launched in the West Mercia, West Midlands, Staffordshire and Warwickshire areas. The service provides 24/7 Paediatric cover for all cases whereby the client is aged 0-17 years. The service operates from five designated examination suites, one of these is The Glade, Bransford. Updated 10/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

THE HAVEN WOLVERHAMPTON

18 Waterloo Road, WV1 4BL

Serving: West Midlands

HL: 08000 194 400 T: 01902 904677 (Fundraising, Media and General Enquiries)

E: office@havenrefuge.org.uk

W: www.havenrefuge.org.uk

Description of service:

The Haven Wolverhampton supports women and children affected by abuse and homelessness. We run a 24/7 helpline and deliver safe accommodation (refuges and independent safe houses), a community service, advocacy, counselling and therapies, children's services, substance use support, support for women with no recourse to public funds and bespoke, tailored programmes. Socials: @thehavenwton
Updated 11/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

THE WHAT? CENTRE

23 Coventry Street, Stourbridge, DY8 1EP

Serving: West Midlands

T: 01384 379992

E: thewhatcentre@hotmail.co.uk

W: www.thewhatcentre.co.uk

Description of service:

Free counselling service for the young people of Dudley borough aged 10-25 years old. Advice and information on a wide range of subjects and issues affecting young people. Referral service to other local agencies. Email updated 10/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

UAVA

Deleted 10/05/2023 as now ceases to exist - UAVA Ltd, PO Box 26, Leicester, LE1 1AA

Serving: Leicester, Leicestershire or Rutland

Description of service:

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

West Mercia Rape and Sexual Abuse Support Centre

P.O. Box 240, Worcester, WR1 2LF

Serving: Herefordshire and Worcestershire

HL: 01905 724514 T: 01905 611655

E: business.support@wmrasc.org.uk E: counselling@wmrasc.org.uk

W: www.wmrasc.org.uk

Description of service:

A free, confidential and non-judgemental service for survivors of rape and/or sexual abuse aged 5+. Counselling and Advocacy services are available face to face or online. The helpline is open Mon & Thurs 6-8pm, Tues 1-5pm & Fri 10-2pm. Volunteer training includes a 30 hour OCN accredited course. West Mercia Rape & Sexual Abuse Support centre runs both Worcestershire and Herefordshire Rape & Sexual Abuse Support Centres. Email updated 10/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England Midlands • Section: 05

WOLVERHAMPTON DOMESTIC VIOLENCE FORUM

Civic Centre, St Peter's Square, Wolverhampton, WV1 1RT

Serving: Wolverhampton

T: 01902 550052

E: wdvf@wolverhampton.gov.uk

W: www.wolverhampton.gov.uk/community/domestic-violence

Description of service:

Provides an information, support and advocacy service to victims of domestic and sexual violence and abuse and in the Specialist Domestic Violence Court. Open: Mon-Fri 9am-4.30pm. Updated 11/10/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

Boston Women's Aid – SoLDAS (South Lincolnshire Domestic Abuse Service)

PO Box 8, Boston, Lincs, PE21 8JP

Serving: Boston and South Holland

T: 01205 311272

E: admin@bostonwa.co.uk

W: www.bostonwomensaid.org.uk

Description of service:

We have been providing Domestic Abuse Services since 1987. Visit our website for more information on all of our services. Updated 16/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

Broxtowe Women's Project

PO Box 6660, Nottingham, NG16 3ZE

Serving: Nottingham

HL: 01773 719111 T: 01773 718555
E: enquiries@broxtowewp.org
W: www.broxtowewomensproject.org.uk

Description of service:

Our outreach service is how we provide vital information and support to women who need our help. Support can be provided over the phone or in person by one of our experienced and qualified outreach workers. Counselling for adult females.

Our outreach workers offer information on housing, benefits, police procedures and legal issues and can also refer women to other agencies if more specialist help is needed. An outreach worker can accompany a service user on her first visit to a solicitor, benefits agency, the police etc. and will speak on their behalf if requested. Within our services we also offer wellbeing, and aim to prevent domestic abuse with awareness raising. Updated 22/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

Derbyshire WISH and East Lindsey Domestic Abuse Service

12/14 Pelham Road, Sherwood Rise, Nottingham, NG5 1AP

Serving: Nottinghamshire, Derbyshire, Lincolnshire, Leicestershire, Northamptonshire and Rutland

HL: 08000 198 668 T: 01773 483 430

E: wishsouth@ncha.org.uk E: info@ncha.org.uk

W: www.ncha.org.uk

Description of service:

Meeting the needs of men, women and children experiencing domestic abuse is a challenge NCHA Care and Support has been meeting for over 20 years. During this time, we have developed a level of expertise to ensure that individuals are offered a supportive and safe environment at a time when they are at their most vulnerable. Safety and security are the primary focus of our services which are all community based and when individuals are able to move on to more permanent accommodation, we provide a community based support service to help them resettle successfully in their new community. The welfare of children is also central to our service and by establishing partnerships with educational services we work to ensure any disruption caused by a temporary or permanent move is kept to a minimum. Derbyshire WISH provides services and support, including accommodation and community-based support, for adults and children who are experiencing and living with the impact of domestic abuse. Email updated 11/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

Equation

Castle Cavendish Works, Dorking Road, Nottingham, NG7 5PN

Serving: Nottinghamshire

HL: 0800 9956 999 (men) T: 0115 9623 237 (office)
E: info@equation.org.uk E: helpline@equation.org.uk
W: www.equation.org.uk

Description of service:

Equation's goal as a charity is for everyone to have equal, healthy relationships, in a society free from domestic abuse, sexual violence and gender inequality. Working primarily in Nottingham and Nottinghamshire, Equation delivers education to the whole community to prevent domestic abuse and sexual violence, promote gender equality and raise aspirations for healthy relationships. We provide practical tools and guidance to support the well-being and safety needs of survivors. Service for Men Phone Number is 0115 960 5666. Updated 16/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

GRIMSBY & SCUNTHORPE RAPE CRISIS

The Ironside Centre, West Street, Scunthorpe, DN15 6HX

Serving: North Lincolnshire

HL: 0800 197 4787

E: info@thebluedoor.org

W: www.thebluedoor.org

Description of service:

Free, confidential, sympathetic listening service for adult (18+) survivors of rape, sexual assault or sexual abuse in North and North East Lincs. Service includes telephone helpline & face-to-face support. Also support friends, family & partners of survivors. Help available with police, court & medical matters. The office is open Mon-Thurs 9am-5pm. Personal visits by appointment only. Independent Sexual Violence Advisors (ISVA) and Domestic Violence Advisors (IDVA) available. Email updated 11/07/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

IMARA

200/202 Mansfield Road, Nottingham, Nottinghamshire, NG1 3HX

Serving: Nottinghamshire

HL: 07503 516752 and 07503 516759 T: 0115 8602281

E: info@imara.org.uk

W: www.imara.org.uk

Description of service:

Early intervention service for children (4+), teenagers and safe family members following a disclosure of sexual abuse. Offer advice, assessment, resource intervention and advocacy for immediate family members from a legal, therapeutic and advocacy perspective. Art Therapy and Parks Inner Child Therapy provided for clients. Facilitate referrals to other counselling services. Currently only accept referrals for direct work from Nottinghamshire Police Child Abuse Unit, this may include disclosures of historical abuse. Updated 13/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

JIGSAW COUNSELLING & CONSULTANCY SERVICES

12 Nichol Hill, Louth, Lincolnshire LN11 9NQ

Serving: Lincolnshire

T: 01507 608020 F: 01507 608024
E: sales@traumaresourcesshop.co.uk
W: www.traumaresourcesshop.co.uk

Description of service:

The Trauma Resources Shop is an online store for both professionals working on the front line and for those affected by severe complexities and situations in their life. Health professionals, counsellors, psychotherapists, general practitioners, social workers, support workers, carers, nurses, women's aid centres, men's aid centres, rape crisis centres, event organisers, DV & SV police departments, HR services across the board, councils wellbeing teams and those working with families in crisis and students in training centres and universities. Email updated 18/07/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

Juno Women's Aid (Formally WAIS)

30 Chaucer Street, Nottingham, NG1 5LP

Serving: Ashfield, Broxtowe, Gedling, Nottingham City and Rushcliffe

HL: 0808 800 0340 T: 0115 947 6490

E: enquiries@junowomensaid.org.uk

W: junowomensaid.org.uk

Description of service:

Juno Women's Aid facilitates the 24-hour freephone domestic and sexual violence Helpline in Nottingham city and south of the county. They provide support to women, children and teenagers affected by domestic violence and abuse. Juno provides a range of support services including emergency refuge accommodation, crisis support and drop ins and a pet fostering service. Juno is experienced in working with women from all backgrounds including Black, Minority Ethnic and Refugee communities. They also support survivors of honour-based abuse, forced marriage, female genital mutilation, unsettled immigration status and no recourse to public funds. Updated 29/09/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

LINCOLNSHIRE RAPE CRISIS

Address: Lincoln

Serving: Lincolnshire

HL: 0800 3345500

E: info@lincolnshirerapecrisis.org.uk or E: support@lincolnshirerapecrisis.org.uk

W: www.lincolnshirerapecrisis.org.uk

Description of service:

Lincolnshire Rape Crisis is a specialist support service for women and girls in Lincolnshire who have experienced any form of sexual violence, at any point in their lives. This includes rape, sexual assault, sexual abuse, incest, sexual domestic violence, trafficking and sexual exploitation, female genital mutilation, ritual abuse, forced marriage, crimes in the name of honour, sexual intimidation, coercion or harassment, whether physical or verbal. We provide support and information for women and girls through our helpline, email, one to one support sessions, group sessions, and counselling.

We listen and believe. We support women and girls to explore their thoughts, feelings, and options. We are here to listen. We do not advise, direct or persuade women to take any particular course of action. We believe the woman is the best person to decide what is right for her, and we will support whatever she decides. Our Helpline is open on Mon, Wed and Wed 12.30-3.30pm, and Tues and Fri 6-9pm. At all other times you can leave a message for someone to call you back if it's safe to do so.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

NOTTINGHAM COUNSELLING SERVICE

32 Heathcoat Street, Nottingham, NG1 3AA

Serving: Nottinghamshire

T: 0115 950 1743 F: 0115 988 1611
E: Info@nottinghamcounsellingcentre.org.uk
W: <https://www.nottinghamcounsellingcentre.org.uk/>

Description of service:

A registered charity which aims to promote mental health and relieve distress associated with emotional, personal, relationship, or family problems, including low self-esteem, depression, anxiety, eating disorders, self-harm, sexual abuse, parenting, etc. Offers access to affordable counselling services to anyone over 16 yrs. The service is not funded, and clients are expected to make contribution towards the running of charity, on a from £15 - £50 depending on their income. Email updated 13/07/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

Nottinghamshire Sexual Violence Support Services (Notts SVSS)

30 Chaucer Street, Nottingham, NG1 5LP

Serving: Nottingham and Nottinghamshire

HL: 0115 941 0440

E: admin@nottssvss.org.uk

W: <https://nottssvss.org.uk/>

Description of service:

Notts SVS Services provides support to survivors of sexual abuse, sexual violence and rape, aged 18 and above, living in Nottingham/shire. Support is available whether the incident(s) happened recently or in the past and includes: helpline/hub, drop-in, counselling (short, medium and long-term), therapies including group support and Cognitive Behavioural Therapy, email support, ISVA (Independent Sexual Violence Advisor) service and specialist support for adult survivors of institutional child sexual abuse. Our services are provided free of charge* and we are aware of the additional needs and concerns of people who are BAME or LGBTQ+. We have accessible rooms and will tailor our support to meet your needs. Services are available online, by telephone, and in person. People can access our service through our helpline or by filling in the form on our website: <https://nottssvss.org.uk/contact/> *calls to our telephone number may be charged by your call provider at a local rate. Updated 15/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

S.H.E. UK (Supporting; Healing; Educating)

SHE UK, 1 Byron Street, Mansfield, Nottinghamshire, NG18 5NX

Serving: Nottinghamshire

T: 01623 622 916

E: info@she-uk.org.uk E: opportunities@she-uk.org.uk

W: www.she-uk.org.uk

Description of service:

S.H.E. UK provide a variety of services designed to help victims of sexual violence and abuse recover and move on with the lives. These include: peer support and mentoring; crisis support; Lounge service in Mansfield; creative workshops; skills & training workshops; creative therapy groups; personal development courses; volunteering opportunities and a mentoring service. All of these services are delivered by highly trained professionals with years of counselling and therapeutic experience, in either a paid or unpaid capacity. Updated 11/10/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

SARC- Lincolnshire

Address:

Serving: Lincolnshire

T: 01522 524402 (office) T: 0303 123 4000 (Out of hours)

E: lpft.springlodge@nhs.net

W: www.lpft.nhs.uk/spring-lodge.org

Description of service:

We are Lincolnshire's Sexual Assault Referral Centre, also known as Spring Lodge. We are here to help any adult who has been raped, sexually assaulted or sexually abused at any point in their lives. Our office number is 01522 524402 Monday to Friday from 09am to 5pm. Out of hours is via Single Point of Access on 0303 123 4000. Updated 13/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

SARC- Nottinghamshire - The Topaz Centre

Ox Close Lane, Arnold, Nottingham

Serving: Nottinghamshire

HL: 0800 085 9993

E: notts.sarc@nhs.net

W: <https://www.topazcentre.org/>

Description of service:

The Topaz Centre is Nottinghamshire's dedicated adult Sexual Assault Referral Centre (SARC). Providing specialist multi-agency support to survivors of rape and sexual assault. The Topaz centre offers individuals who have been victim of a recent sexual offence the opportunity to undertake a forensic medical examination (for the collection of evidence and injury documentation), access medical support around sexual health needs and emergency contraception, with the option of an individualised holistic assessment to explore practical and emotional support needs. For clients who are undecided regarding police involvement we offer a dedicated self-referral pathway. Updated 14/09/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

THE SEXUAL ABUSE PROJECT (SAP)

Unit 5, Victoria Court, Kent Street, Nottingham, NG1 3LZ

Serving: Nottinghamshire

T: 0115 950 1743

E: info@nottinghamcounsellingcentre.org.uk

W: www.nottinghamcounsellingcentre.org.uk/surviving-abuse-positively

Description of service:

We provide confidential individual counselling support for both male and females in Notts who were sexually abused in childhood, with links into NCS main services; Regular opportunities to review ongoing counselling needs. Updated 18/07/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

THE TOPAZ CENTRE

Ox Close Lane, Arnold, Nottingham

Serving: Nottinghamshire and Bassetlaw

HL: 0800 085 9993

E: notts.sarc@nhs.net

W: www.topazcentre.org

Description of service:

The Topaz Centre is Nottinghamshire's dedicated adult Sexual Assault Referral Centre (SARC). Providing specialist multi-agency support to survivors of rape and sexual assault. The Topaz centre offers individuals who have been victim of a recent sexual offence the opportunity to undertake a forensic medical examination (for the collection of evidence and injury documentation), access medical support around sexual health needs and emergency contraception, with the option of an individualised holistic assessment to explore practical and emotional support needs. For clients who are undecided regarding police involvement we offer a dedicated self-referral pathway. Updated 14/09/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East • Section: 06

West Lincolnshire Domestic Abuse Service (WLDAS)

West Lincolnshire Domestic Abuse Service, Unit 2, 9 Lord Street, Gainsborough, Lincolnshire, DN21 2DD

Serving: West Lincolnshire

T: 01427 616219

E: info@wldas.org.uk

W: www.wldas.org.uk

Description of service:

West Lincolnshire Domestic Abuse Service (formerly West Lindsey Women's Aid) is a registered charity; we provide support and assistance to women, men and children suffering, or fleeing from domestic abuse. We are working towards a society in which freedom of movement and speech is the right of everyone to achieve quality of life.

West Lincolnshire Domestic Abuse Service (WLDAS) provides safe, emergency, temporary accommodation and support to any woman – with or without children – experiencing domestic abuse. Whilst we do not have accommodation for males, we do offer support to men experiencing domestic abuse via Outreach Support.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Anglia Care Trust

Unit 8 The Square, Martlesham Heath, Ipswich, Suffolk IP5 3SL

Serving: Suffolk

HL: 0800 977 5690 T: 01473 622888 F: 01473 618660

E: admin@angliacaretrust.org.uk

W: www.angliacaretrust.org.uk

Description of service:

Commissioned by Suffolk County Council, Anglia Care Trust (ACT) is now providing the Domestic Abuse Outreach Service (DAOS) for the county, working with individuals and families irrespective of whether they are living together or apart. The service comprises of 4 elements which can be tailored to individual's needs, subject to their circumstances: • Crisis Support • Intensive Support • Advice and Guidance • Specialist Male Victim Support. We will work alongside you and help you to access other organisations to make sure that you are safe, and you get the support that you need. Our service provides emotional and practical support and will support your children if involved. Where legal matters are concerned, you will be supported to ensure the correct professionals provide the appropriate help.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Bury St Edmunds Women's Refuge

Bury St Edmunds Women's Aid Centre Ltd, P O Box No. 715, Bury St Edmunds, Suffolk, IP33 1PD

Serving: Bury St Edmunds

T: 01284 753085

E: admin@burystedmundswomensaid.org.uk

W: www.burystedmundswomensaid.org.uk

Description of service:

Bury St Edmunds Women's Aid Centre (the Refuge) was established in 1974 to provide safety and support for women and children experiencing Domestic Abuse. The Refuge has living accommodation for up to 23 bed spaces. We offer temporary accommodation in a safe and supportive refuge where women and their children can recover from the traumatic effects of domestic violence and make informed choices. We also offer a range of community services, courses and counselling to support women to rebuild their lives after abuse. Email updated 15/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

BUTTERFLY PROGRAMME

Address: Suffolk

Serving: Suffolk

T: 01473 722773

E: clare@butterflyprogramme.co.uk

W: www.clarificonsulting.com

Description of service:

We run targeted groups for women who have been sexually abused as children. Each group consists of up to 8 survivors who are ready to heal from the effects of the abuse they suffered. The groups run once a week for 9 weeks. Each week we cover different topics & all materials, resources, handouts and light refreshments are provided. Any agency or service can refer someone onto the programme - contact Clarifi Consulting on the number given for details. Email updated 15/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

CAMBRIDGE RAPE CRISIS CENTRE

Box R, 12 Mill Road, Cambridge, CB1 2AD (correspondence only)

Serving: Cambridgeshire

T: 01223 313 551

E: contact@cambridgerapecrisis.org.uk

W: www.cambridgerapecrisis.org.uk

Description of service:

CRCC is a specialist sexual violence charity offering free emotional, therapeutic and advocacy support for survivors of sexual violence across Cambridgeshire, no matter when the abuse occurred.

We provide a confidential, anonymous and non-judgemental telephone helpline and email support service for women and girls who have been subjected to all forms of sexual violence. Our helpline number is 01223 245888 and our email support address is support@cambridgerapecrisis.org.uk. Our service opening hours can be found on our website.

Our counselling services offer free 121 counselling for survivors of all genders and peer support groups for women and girls.

Our Independent Sexual Violence Advocates offer practical advice and support, particularly with the Criminal Justice System, for survivors of any gender.

For more information about our services, please visit: www.cambridgerapecrisis.org.uk. Alternatively, you can call 01223 313551 or email contact@cambridgerapecrisis.org.uk.

Updated 22/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

CENTRE FOR ACTION ON RAPE & ABUSE

P.O. Box 548, Colchester, CO1 1YP

Serving: North- and Mid-Essex

T: Admin: 01206 367881 or Enquires: 01206 769795

E: info@caraessex.org.uk

W: www.caraessex.org.uk

Description of service:

CARA provides independent, specialist support to victims and survivors of any kind of sexual violence. We work with adult women and men, young people and children from across mid and north Essex. The services we provide include: Specialist counselling for adults; Specialist counselling and support for young people; Play therapy for children of 12 and under and support for their families; ISVA (Independent Sexual Violence Adviser) support through the criminal justice process; Advocacy services including advice and support around benefits, housing issues and health appointments; A women-only social group with creative and holistic activities. We provide our services from our head office in Colchester and from outreach premises in Braintree, Chelmsford, Clacton-on-Sea and Great Dunmow. Services for women can be provided in a women-only environment, on request. We aim to answer our enquiry line within office hours but calls will go to a regularly checked answerphone if no-one is available. Updated 16/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Changing Pathways

Address:

Serving: Basildon, Brentwood, Castle Point, Rochford and Thurrock, Harlow, Epping and Brentwood

HL: 01268 729 707 T: 01268 729 707

E: welcome@changingpathways.org

W: <https://changingpathways.org>

Description of service:

Changing Pathways provides a free and confidential service to individuals experiencing or who have experienced domestic abuse and violence. We offer a range of services including:

Safe temporary refuge accommodation for women and their children. Outreach support for individuals living in the community. Specialist community-based services for individuals experiencing stalking and harassment. Specialist community-based services for those from BAME (Black, Asian, Minority Ethnic) communities. Hospital based support from trained Health IDVAs. Children and young people activities and support. Adult and child counselling. We focus on listening to our service users to help them regain their independence and take the first steps on a pathway away from fear and abuse. Updated 16/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

CHOICES COUNSELLING

Alex Wood Hall, Norfolk Street, Cambridge, CB1 2LD

Serving: Cambridgeshire and Peterborough

T: 01223 358149

E: admin@choicescounselling.co.uk

W: www.choicescounselling.co.uk

Description of service:

"Confidential one-to-one trauma-informed counselling for adult survivors of childhood sexual abuse aged 17+ throughout Cambridgeshire and Peterborough. Psychoeducational symptom management sessions. Workshops for adult survivors and a supportive family member or friend on understanding the effects of childhood sexual abuse and ways to manage symptoms. Counsellor training provided on understanding the effects of childhood sexual abuse. Sessions offered Monday to Friday. Clients can self-refer by calling our confidential answerphone on 01223 358149, email admin@choicescounselling.co.uk or visit our website: www.choicescounselling.co.uk" Updated 22/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

DABS (Directory And Book Services)

23 Wakefield Close, Colchester, Essex, CO1 2SD

Serving: National (UK) & Essex

T: 07586 775331 (Answerphone Only. Text is preferable for accuracy.)
E: dabspf@outlook.com
W: www.dabs.uk.com

Description of service:

Pointing Service to the most suitable services and resources for victims, survivors, partners, family members, professional and other helpers, and for all concerned with or interested in the subjects of domestic, physical sexual abuse, sexual violence, or incest.

DABS produces this National Resource Directory. It contains general information for victims and those supporting them together with details of over 600 specialist organisations and groups in the UK and Ireland. Updated JUNE 2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

DOVE PROJECT, THE

Southend-on-Sea Domestic Abuse Project, 4 West Road, Westcliff-on-Sea, SS0 9DA

Serving: Essex

HL: 0330 333 7444 T: 01702 302333
E: enquiries@safesteps.org
W: www.safesteps.org

Description of service:

The Dove Project supports adult female and children (4+) who have experienced domestic abuse, child abuse, child sexual abuse, or rape. It provides a free counselling service Mon-Fri, as well as a drop-in from 1pm-4pm. Access to legal aid, housing and benefit advice. Updated 22/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

FLEDGLINGS

Southend-on-Sea Domestic Abuse Project, 21 West Road, Westcliff-on-Sea, SS0 9DA

Serving: Essex

T: 01702 302 333

E: enquiries@safesteps.org

W: www.safesteps.org

Description of service:

A Family Contact Centre that provides supervised contact for families and statutory organisations. Also provide one-to-one, group and art therapy for children who may have been sexually abused, or been victims of, or witnesses to, domestic abuse Updated 22/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

KERNOS CENTRE

32-34 Friar's Street, Sudbury, CO10 2AG

Serving: Suffolk

T: 01787 882 883

E: admin@kernos.org

W: www.kernos.org

Description of service:

Individual counselling, therapeutic groups & self-help meetings for people, including children from 7yrs, who have experienced abuse and/or its legacy, e.g., Depression, anxiety, eating disorders, self-injury. Provide professional supervision, skills training & workshops. Access via agency or by self-referral. The cost will be paid by the client if they have the means, or by follow-on funding, charitable support or a combination of these. First contact by phone. Sessions available weekdays or evenings. Updated 22/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Leeway

City Hall, St Peters St, Norwich NR2 1NH

Serving: Norfolk and Waveney

HL: 0300 561 0077

E: adviceandsupport@leewaynwa.org.uk

W: www.leewaysupport.org

Description of service:

We operate 9 safehouses (refuges) across Norfolk and where possible, we will look to find you safe accommodation the same day. Women and children are welcome to stay as long as necessary to plan their future away from danger and key workers will provide support with issues such as housing, benefits, health, safety planning, accessing other agencies and moving on. Alongside this, we provide a dedicated service to children living in refuge. We are the lead agency within NIDAS which is a Norfolk wide IDVA service working with standard and high-risk clients. We also provide a dedicated male helpline. Please see website for further details. Updated 28/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Lighthouse Women's Aid

238 Felixstowe Road, Ipswich IP3 9AD

Serving: Suffolk

HL: 01473 228 270 T: 01473 220 770

E: admin@lighthousewa.org.uk

W: lighthousewa.org.uk

Description of service:

Lighthouse Women's Aid is a charitable organisation based in Suffolk, providing support and advice to adults, young people and children affected by domestic abuse in their personal or family relationships. We have been providing safe and supportive refuge in Ipswich since 1976. We also offer a range of therapeutic courses and services to support women, young people and children to rebuild their lives free from domestic abuse. Lighthouse also provides training services to businesses, agencies and charities around domestic abuse awareness as well as healthy relationship education in schools/colleges. Updated 22/05/2023

DABS Pathfinder Directory

T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Mid and North Essex Mind

The Constantine Centre, 272a Mersea Rd, Colchester, Essex CO2 8QZ

Serving: Mid and North East Essex

T: 01206 764600

E: enquiries@mnessexmind.org

W: www.mnessexmind.org

Description of service:

Mid and North Essex Mind - supporting and empowering people experiencing an emotional or mental health condition by building on their personal hopes and aspirations by identifying and responding to community needs. SERVICES: STaR Service - Support Time & Recovery: 18+yrs. 2. IAPT Counselling Service for Anxiety and Depression (BACP Accredited) 18+yrs. 3. Private Counselling Service (Fee-paying) Supports people presenting a wide range of psychological or emotional problems (BACP Accredited) 18+yrs. 4. Wellbeing and Resilience Mental Health Service WARMS (5-18years) provides young people and their families support around mental health and emotional wellbeing. 5. Crisis Café (18+) for people experiencing emotional distress or mental health crisis support outside of normal working hours. 6. Training: delivered by mental health experts and tailored to your business needs. 7. Futures in Mind (18+) support with recovery from mental health problems and/or substance and alcohol misuse. Updated 13/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Next Chapter (Formally Colchester and Tendring Women's Refuge)

Next Chapter, PO Box 40, Colchester, Essex, CO1 2XJ

Serving: Colchester, Tendring, Braintree, Chelmsford, Maldon and Uttlesford

HL: 0330 3337 444 T: 01206 500 585

E: info@thenextchapter.org.uk

W: www.thenextchapter.org.uk

Description of service:

Next Chapter provide free and confidential services to support people who are currently experiencing or have previously experienced domestic abuse. We are passionate about ensuring that every person has the opportunity to live their life free from domestic abuse.

Our staff and volunteers are trained to provide support at the highest possible standard, informed by the trauma the individual has experienced and led by their needs. We provide immediate support and advice to promote safety and reduction in risk of harm and longer-term support to promote emotional recovery and practical support wherever it is needed to enable planning for a safer future. Updated 22/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

NORWICH CENTRE, THE

7 Earlham Road, Norwich, NR2 3RA

Serving: Norfolk

T: 01603 617709

E: info@norwichcentre.org

W: www.norwichcentre.org

Description of service:

Fees negotiable. Individual counselling. Workshop and training programme (not specifically for survivors). The office is open: Mon-Fri 9am-5pm. We have a wheelchair accessible annexe which is accessible to those arriving by car and parking in our car park. BACP Accredited Counselling Service. Updated 16/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Pandora Project

Pandora Project, PO Box 91, King's Lynn, PE38 8BW

Serving: West Norfolk, Swaffham and the coastal part of North Norfolk

T:

E: referrals@pandoraproject.org.uk

W: www.pandoraproject.org.uk

Description of service:

Pandora Project offers advice, support and information to adults and children affected by domestic abuse, living in West Norfolk, Swaffham and the coastal part of North Norfolk. Our Children and Young People's service offers support to children affected by domestic abuse aged 5-18 yrs. A support worker will meet with them weekly or fortnightly, helping them to understand that the abuse is wrong and, more importantly, that it is not their fault. We offer 1-1 support for women affected by domestic abuse, current or historic. We run a 10 week recovery programme on a rolling basis in King's Lynn and Fakenham, called Open The Box. We look at the different types of abuse, the effects on children and how to move on to positive relationships. We run Who's in Charge, supporting parents to manage aggressive and violent behaviour from their children. See website for full service details. Updated 16/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

PETERBOROUGH RAPE CRISIS

Oasis@Rivergate Centre, Viersen Platz, Peterborough, PE1 1SE

Serving: Cambridgeshire

HL: 01733 225937

E: admin@prccg.org.uk

W: www.peterboroughrapecrisis.co.uk

Description of service:

We offer the following services to women & girls (13+) who have been raped, sexually abused or assaulted: Telephone helpline; Individual telephone support; Face-to-face support; Support in court; Support in medical matters; Support in going to the police if desired; Details of other agencies who could help with welfare rights, compensation, housing, pregnancy & sexual health issues. The helpline is open: Wed 7-9pm & Sat 10am-12noon. Our training course is accredited with The Open College of Learning ~ Please contact us for details. Email updated 25/07/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Phoebe

19 Tower Street, Citizen Advice Bureau Building, Ipswich, Suffolk, IP1 3BE

Serving: Ipswich

T: 01473 231566

E: info@phoebecentre.org.uk

W: www.phoebecentre.org.uk

Description of service:

PHOEBE has been delivering support to the immigrant, black and Asian community in Ipswich for the last five years. We offer advocacy support in securing safe, temporary accommodation in refuges for women and children fleeing domestic violence. Practical support is often what women need in times of stress; hence, we offer women access to food and toiletries, but most crucially, we offer casework assistance in addressing the complex paperwork that is involved within the courts and Home Office. Email updated 16/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Safe Steps

4 West Road, Westcliff-on-Sea, Essex, SS0 9DA

Serving: Southend, Essex and Beyond

HL: 01702 302333

E: enquiries@safesteps.org

W: www.safesteps.org

Description of service:

Safe Steps, Charity No. 1177687, are a leading local charity providing domestic & sexual abuse services across Southend, Essex and beyond. Safe Steps have taken on the work started by SOS Domestic Abuse Projects and are looking to broaden their services to those in greatest need in our community. The organisation helps women, men, children and families through specialist services and programmes aimed at reducing the risk of domestic abuse and assisting in recovery from abuse. We work in partnership with Southend Domestic Abuse Forum, Southend and Castle point Multi-Agency Risk Assessment Conference (MARAC), the police, health services and other voluntary agencies. We also run the COMPASS helpline 0330 333 7444. Updated 26/07/2022

DABS Pathfinder Directory

T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Safer Places

Safer Places, PO Box 2489, Harlow Essex

Serving: West Essex, mid Essex, east Hertfordshire and Southend

HL: 03301 025811 T: 03301 025811

E: info@saferplaces.co.uk

W: www.saferplaces.co.uk

Description of service:

We provide support to people living in their own homes or in one of our refuges. We also offer legal advice, specialist programmes for people who have experienced Domestic Abuse, counselling, individual and group support, support with accessing housing and benefits and a wide range of activities for adults and young people. We also offer excellent training and employability within a safe and nurturing environment where learners can develop new skills, gain qualifications and get the support and help they need to be able to go on to further education or employment.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

SARC- Suffolk

Suffolk

Serving: Suffolk

HL: 0300 123 5058 T: 01473 613579

E: contact@theferns-suffolk.org.uk

W: www.theferns-suffolk.org.uk

Description of service:

The Ferns offers support following sexual assault to clients of all genders and ages. We have provision for forensic capture and examination if the assault happened within the past 2 to 7 days, with onward referral to ISVA and partner agencies to assist recovery. We advise on local and national support if the assault occurred longer ago. We will advise you on your options, keeping your needs central to the care we provide. You can self-refer to The Ferns. No police, GP or other professional referral is required. Your privacy and dignity will be respected at all times, in line with local policy. Updated 22/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

SERICC

Address:

Serving: South East and West Essex

HL: 01375 380609 T: 01375 381322

E: sericc@sericc.org.uk

W: www.sericc.org.uk

Description of service:

SERICC works to raise awareness, prevent and reduce sexual violence through the provision of high quality specialist support services. Information, support and referral telephone helpline for victims and survivors of any form of sexual violence including rape, sexual assault, childhood sexual abuse, sexual harassment and sexual exploitation. Specialist support and advocacy for victims/survivors throughout the Criminal Justice System. Specialist, confidential counselling and support is provided to an individual who has experienced any form of sexual violence and who live or work in the areas of Thurrock, Basildon, Brentwood, Harlow and Epping. See website. Updated 05/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

SOUTH ESSEX RAPE AND INCEST CRISIS CENTRE (SERICC)

SERICC, The Hall, West Street, Grays, RM17 6LL

Serving: Essex

HL: 0300 033 7777 T: 01375 381322 F: 01375 387053

E: support@synergyessex.org.uk

W: www.synergyessex.org.uk

Description of service:

SERICC provides an independent and specialist, sexual violence support, advocacy and counselling service for women and girls, men and boys who have experienced sexual violence at any time in their lives. Counselling appointments are for residents of the Thurrock, Basildon, Brentwood, Harlow and Epping areas. SERICC also offers support to friends and family members of survivors of sexual violence. SERICC'S information and support line is open during office hours, Monday - Friday.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

SUE LAMBERT TRUST

St Julians Hall, 6 Music House Lane, Norwich NR1 1QL

Serving: Norfolk

T: 01603 622406

E: info@suelamberttrust.org

W: www.suelamberttrust.org

Description of service:

The Sue Lambert Trust is a Norfolk based charity which provides support for survivors of sexual abuse. We provide one to one counselling and practical support. Our services are available to women, men and children aged 11+, and for as long as they are needed. Our work is done in Norwich and Great Yarmouth. We are a charity, our professional counsellors are all volunteers, and we do not charge for our services however we ask clients to please pay what they can towards the cost of their counselling sessions.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

SUFFOLK RAPE CRISIS (SRC)

Address:

Serving: Ipswich, Suffolk Coastal, Waveney, Mid Suffolk, Babergh, St Edmundsbury, Forest Heath

HL: 0800 0850 520 T: 01473 231200

E: info@srchelp.org.uk

W: www.srchelp.org.uk

Description of service:

Suffolk Rape Crisis is a local, specialist service providing support to women and girls aged 14 and above who have experienced any form of sexual violence. We offer a free, confidential counselling service in locations throughout Suffolk, as well as offering an online video counselling service. The counselling team are all women and provide a space in which you can feel heard, validated, and believed. The service provides a chance to explore what you have survived, the impact this may have had or is having on your day-to-day life. We also provide a free confidential helpline that is open on a Tuesday between 7pm and 9pm. This is staffed by our wonderful women volunteers who have received extensive training in how to support survivors of sexual violence. Updated 22/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

SUPPORTLINE

P.O. Box 2860, Romford, RM7 1JA

Serving: National (UK), London & Essex

HL: 01708 765200 T: 01708 765222

E: info@supportline.org.uk

W: www.supportline.org.uk

Description of service:

Telephone helpline. Confidential emotional support for children, young adults and adults. Preventative service aimed at supporting people before they get to the point of crisis. Particularly aimed at those who are vulnerable, isolated, at-risk groups and victims of any form of abuse. Opening times are given on the answer phone. We also provide e-mail and postal support. Updated 30/11/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

SURVIVORS IN TRANSITION

Drop-in at: 84 Fore Street, Ipswich, Suffolk, IP4 1LB

Serving: Suffolk

T: 07765 052282

E: support@survivorsintransition.co.uk

W: www.survivorsintransition.co.uk

Description of service:

Free support for adult survivors (18+) of childhood sexual abuse, and male survivors of recent sexual assault. A safe and welcoming environment for survivors with various support options such as Holdfast stabilisation programme, counselling, and referral pathway to Butterfly programme. Further details on our website. Open: Monday - Friday, 9am - 5pm. Updated 26/07/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

THE HARBOUR CENTRE

C/o Norfolk Constabulary, Jubilee House, Falconers Chase, Wymondham, NR18 0WW

Serving: Norfolk

HL: 0845 456 4810 T: 01603 276381 F: 01603 276397

E: contact@theharbourcentre.co.uk

W: www.theharbourcentre.co.uk

Description of service:

The Harbour Centre Sexual Assault Referral Centre (SARC) provides free support to all those who have been affected by sexual abuse both recently and in the past. The centre opened in 2010 with a team of friendly, specially trained professionals who provide help to all people of all ages living in Norfolk. We are here to listen and to help you make informed decisions about what you want to do next. Be reassured that we will treat you as an individual and will respect whatever choices you make. Our purpose is it to make things easier for you. You can use our services without reporting the matter to the police or we can support you to do this whenever you feel it is right for you to do so. A one-stop service for victims of rape and serious sexual assault living in Norfolk.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

The Magdalene Group - Doorway Women's Services

61 King Street, Norwich, NR1 1PH

Serving: Norfolk

HL: 0808 800 1030 T: 01603 610256

E: administrator@magdalengroup.org E: support@magdalengroup.org

W: www.magdalengroup.org

Description of service:

Women's safety organisation providing support, advice and information. Working with women who have multiple disadvantages, have experienced sexual violence, exploitation or who sex work. Open access service 12-3 Tuesday, Wednesday, Thursday with appointment at other times. Late night outreach in Norwich. Craft and wellbeing workshops held fortnightly. Prison visits monthly. One to one, professional, friendly support. Also run the ROSE project providing support to young people who are at risk of or being exploited. And the Jigsaw Programme delivering educational sessions in schools, to parents and other professionals about keeping young people safe online. One-to-one personalised, confidential, and non-judgemental support. Updated 08/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

THRIVE THERAPY

Colchester, Essex, CO5

Serving: Off A12 corridor in Braintree, Colchester, Maldon and Chelmsford

T: 01206 330767

E: Via website

W: www.counselling-directory.org.uk/counsellor_9507.html

Description of service:

I am a trauma therapist specialising in PTSD working almost exclusively with women, men, young people and children recovering from child sexual abuse, child abuse, domestic violence and neglect, I specialise in working with dissociative disorders, particularly DID and have extensive experience working with people with major psychiatric diagnosis. I also work with Survivors with alcohol addiction and have many years' experience working in Community alcohol Teams and rehab. I also provide evening and weekend appointments including counselling by Skype. I am EMDR qualified and BACP Accredited. Checked 16/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

Waveney Forum

The Kirkley Centre, 154 London Road South, Lowestoft, Suffolk, NR33 0AZ

Serving: Waveney

T: 01502 572 143

E: info@waveneydvforum.org.uk

W: www.waveneydvforum.org.uk

Description of service:

Supported by its numerous partners, Waveney Domestic Violence & Abuse Forum (WDVAF) (the Forum) provides tailored services to families impacted by domestic abuse. Trauma & Abuse Therapy is offered free of charge by our experienced and qualified therapists. Trauma therapy is a flexible method adapted to individual need. We offer a dedicated advice and guidance service to all who require it in order that victims of domestic abuse are informed directly, or by their serving professional agency about what can be offered to them in their locality and nationally. Updated 16/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

YMCA Trinity Group - currently operating and funded until January 2024

YMCA Trinity Group, The Cresset, Peterborough, PE3 8DX

Serving: Peterborough and Cambridgeshire

HL: 07771357187

E: familyrespect@ymcatrinity.org.uk

W: <https://ymcatrinitygroup.org.uk/counselling/family-respect-project/>

Description of service:

The project focuses on working with children and young people who display any abusive behaviours towards their parents and carers and other people in their family. The work is being led by YMCA Trinity Group through collaboration with the Police and Crime Commissioner and Respect UK. The focus of our Family Respect project is to support families who are experiencing child to parent abuse with a particular focus on working with the child or young person to facilitate change and growth within the family. Updated 05/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England East Anglia • Section: 07

YOUNG CONCERN TRUST

YCT house, Maddox Road, Harlow, Essex, CM20 3GA

Serving: Essex

T: 01279 414090

E: admin@yctsupport.com

W: www.yctssupport.com

Description of service:

The Young Concern Trust provides a confidential counselling service for young people aged 11-25 years, who live, work or study in the Harlow area. We cover: West Essex 5-18, Harlow 5-25, North and East Hertfordshire 11-18. You can find our referral form at www.yctsupport.com/refer. Updated 22/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

Aurora Foundation for People Abused in Childhood

Enquiries only: "Aurora", 4 Ebor Cottages, Kingston Vale, London, SW15 3RT

Serving: London and South East England

T: 0208 541 1951 F: 0208 541 1951

E: help@aurorafoundation.org.uk

W: www.aurorafoundation.org.uk

Description of service:

The Aurora Foundation for People Abused in Childhood (Aurora) is a Trauma Recovery Centre and Therapeutic Community - providing counselling/psychotherapy and bodywork interventions alongside support- especially for adult men and women survivors of childhood trauma and abuse. Clients make monetary contributions for their therapies to keep the service going, see the website for more details. All therapies take place in a warm, homely environment, and services also include social activities such as client meet-ups and external social events. Most of the Aurora Team are survivors themselves or supporters of survivors. Aurora is a registered charity. Email updated 16/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

BB4K (Bounce Back 4 Kids)

BB4K, 2 Southern Court, South Street, Reading, Berkshire, RG1 4QS

Serving: Reading, West Berkshire, Wokingham, South Oxfordshire, Oxford City

T: 0334564800

E: bb4k@pactcharity.org

W: www.bounceback4kids.org

Description of service:

Bounce Back 4 Kids (BB4K) supports families affected by domestic abuse, once the perpetrator of the abuse has left the family home. It is a therapeutic-style support service, developed by the charity Parents and Children Together (PACT), to assist families in healing from trauma. The programme works with children and their parents or carers, with support tailored to be responsive to the needs of families to include individual support, groupwork, online workshops and courses, play therapy, other therapeutic-style sessions, access to wellbeing newsletters and a private Facebook group. Updated 22/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

Bromley Y (Formally - Bromley Community Wellbeing Service for Children & Young People)

17 Ethelbert Road, Bromley, BR1 1JA

Serving: London Borough of Bromley

T: 020 3770 8848
E: info@bromleyy.org
W: www.bromley-y.org

Description of service:

- The service offered free of charge and is the Single Point of Access (SPA) for the mental health and emotional wellbeing of children and young people under the age of 18 years in Bromley. For children who are looked after or who have an Education & Health Care Plan, support can be offered to the age of 25 years.
- Webinars for parents/carers, young people and school staff
- Support with finding and signposting to other more appropriate services.
- Referrals can be made by the young person, parent/carer or professional. Depending on the difficulties, a young person may be offered individual therapy, group work or mentoring support within the service or could be referred on to a more appropriate service within the London Borough of Bromley.
- Referral difficulties may include: anger, anxiety, behavioural difficulties, bullying, depression, low self esteem, eating difficulties, relationship difficulties, self harm, sexuality and gender issues, suicidal thoughts.
- Our website: www.bromley-y.org gives more information about the service, emergency contact numbers, self help and advice and our referral form. Updated 22/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

Bromley, Lewisham & Greenwich Mind

54 Ormiston Road, Greenwich, London, SE10 0LN

Serving: London

HL: 020 8853 1735 T: 020 8853 2395 F: 020 8293 3579

E: Greenwich.reception@blgmind.org.uk

W: www.blgmind.org.uk

Description of service:

Range of services, (for 18+) including telephone & face-to-face counselling, and art therapy. Counselling can be with Asian service, which includes Chinese, Turkish & Japanese; African, which includes Caribbean & African counsellors; or Generic, which includes Czech, Polish & Romanian. Various groups, including women-only group, men-only group, and post-natal group. Plus drop-in. Access is via the helpline. Phone for further details. Open Mon-Fri 9.30am-5pm. Email updated 16/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

CRISIS RECOVERY UNIT

The Maudsley Hospital, Denmark Hill, London, SE5 8AZ

Serving: London

T: 020 3228 6000 HL: 0800 731 2864

Email: Via website

W: <https://www.slam.nhs.uk>

Description of service:

A specialist unit for people who harm themselves. The service offers inpatient treatment at the Bethlem Royal Hospital, Kent, and outpatient at Maudsley Hospital. The out-patient service offers an assessment interview and recommends outpatient treatment, which consists of 16 therapy sessions, over 6mths, using different therapies according to the patient's needs. A report is sent to the referrer after the initial assessment and at the end of the treatment package. Checked 16/06/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

Daughter Arise

Suite 14, 141-157 Acre Lane, Brixton, London, SW2 5UA

Serving: LAMBETH AND ALL SURROUNDING AREAS IN LONDON

HL: 07525 457585 T: 07525 457585

E: info@daughterarise.org.uk

W: www.daughterarise.org.uk

Description of service:

Daughter Arise is a Christian based company that believes in showing the love of Jesus through action by supporting vulnerable people in our community and beyond. The aim of Daughter Arise is to support those who have been through sexual abuse and also emotional and physical abuse who are struggling with the aftermath to help them build a solid foundation for their future by offering encouragement, support, education and spiritual motivation which in turn will empower the individual to make informed choices and positive changes in their circumstances. We work with survivors of sexual abuse, their families and supporters irrespective of faith, culture, life choices or personal background we are here to listen and support. We offer a support group for women survivors of childhood sexual abuse 16+, helpline, workshops, mentoring &, befriending and practical help. Services for individual male young people and male adults - Helpline only. Updated 28/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

DVIP Domestic Violence Intervention Project

SOUTHWARK OFFICE, 59-61 Old Kent Road, London, SE1 4RF

Serving: London

T: (44) (0) 20 7633 9181

E: info@dvip.org E: yuva@dvip.org

W: www.dvip.org

Description of service:

For over 25 years, we've been helping to make women and children safer. With services across London, we work to stop domestic violence and to reduce the harm it causes to women, children and families.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

ENFIELD WOMEN'S CENTRE

31A Derby Road, Enfield, EN3 4AJ

Serving: London Borough of Enfield

HL: 020 8351 9128 T: 020 8443 1902

E: info@enfieldwomen.org.uk

W:

Description of service:

Open to women (16+) who live, work or study in London Borough of Enfield. Counselling (sliding scale); Training (IT, employability, personal development, literacy group, parenting, ESOL); Projects around a healthy lifestyle; 50+ women's group (active ageing); Social walks; Cinema Group; Events; Volunteering opportunities. Coffee mornings, some with speaker or activity. Convenes Enfield Women's Network. Street Dance group for children from age 5. Facebook page. The phone is answered: Mon-Fri 10am-4.30pm

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

FOUNDATION FOR THE DEVELOPING PERSON (FDP)

376 Hale End Road, Highams Park, London, E4 9PB

Serving: London, I travel to give training wherever I am invited

T: 07753 826284

E: jan@janhawkins.co.uk

W: www.janhawkins.co.uk

Description of service:

Training for professionals supporting survivors of childhood abuse (16+) - (physical, sexual, emotional and neglect). Trainings in a rolling program of study days, bespoke training for organisations. Experienced with providing consultation to the media in their preparation of programs on the subject of abuse, and therapy to contributors to such programs. Referral to other experienced practitioners. BSL (British Sign Language) Stage 2+. Private practice: individual, couple and group therapy. Updated 06/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

GALOP

Serving: London

HL: 0800 999 5428 (LGBT+ Domestic Abuse)

HL: 0800 130 3335 (Conversion Therapy)

HL: 0207 704 2040 (LGBT+ Hate Crime)

E: info@galop.org.uk

W: www.galop.org.uk

Description of service:

Galop is the UK's LGBT+ anti-abuse charity. We work with and for LGBT+ victims and survivors of interpersonal abuse and violence. Galop works directly with thousands of LGBT+ people who have experienced abuse and violence every year. We specialise in supporting victims and survivors of domestic abuse, sexual violence, hate crime, and other forms of abuse including honour-based abuse, forced marriage, and so-called conversion therapies. We are a service run by LGBT+ people, for LGBT+ people, and the needs of our community are at the centre of what we do. We run three national support helplines: one for LGBT+ victims and survivors of domestic abuse, one for LGBT+ people who have experienced hate crime, and the other for victims and survivors of so-called conversion therapies and practices. We provide advocacy services, both in London and nationally, for LGBT+ victims who need longer-term support. We are person-centred, empowerment-based, and trauma-informed – meaning our focus is always on helping our clients decide what is best for them, and then supporting them through their journey. Updated 08/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

Greenwich Domestic Violence and Abuse Services

Serving: London

T: 020 8317 8273

E: info_gdva@h4w.co.uk E: referrals_gdva@h4w.co.uk

W: www.gdva.org.uk

Description of service:

GDVA: Refuge Service – Emergency Safe accommodation for Women and children fleeing DVA

GDVA: Floating Support Service – Supporting Women & Men who have experienced DVA

We can support you with:

- Safety planning
- Obtaining extra security in the home to enable you to remain there in safety
- Domestic abuse awareness
- Moving forward and positive relationships
- Advice and support with housing, i.e., supporting you to keep your home
- Budgeting and debt advice – signposting
- Advice on benefits and claiming them
- Advice and signposting/support to access legal services
- Advice and signposting/support to access education and training and employment
- Group work (Freedom programme) signposting to counselling
- Access to specialist support services to suit each individual need
- Liaising with other agencies. Updated 05/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

HAVEN - CAMBERWELL

Address – SE5 9RS

Serving: London

HL: 0203 299 6900 T: 0203 299 1599

E: Kch-tr.Havensinfo@nhs.net

W: <https://www.thehavens.org.uk/>

Description of service:

The Havens are Sexual Assault Referral Centres, where specially trained, experienced professionals can give you medical help and advice, counselling and practical & emotional support. You do not have to report the assault to the police to get help, and we can help you decide what to do next. We can offer you support and help to recover. We see male & female clients of all ages. All services are free of charge
16/11/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

HAVEN - PADDINGTON

Address – W10 6DZ

Serving: London

HL: 0203 299 6900 T: 0203 299 1599

E: Kch-tr.Havensinfo@nhs.net

W: <https://www.thehavens.org.uk/>

Description of service:

The Havens are Sexual Assault Referral Centres, where specially trained, experienced professionals can give you medical help & advice, counselling and practical & emotional support. You do not have to report the assault to the police to get help, and we can help you decide what to do next. We offer support to males & females of all ages. The main number is open Mon-Fri 9am-5pm; the other number is for out of hours. We cover N-W and some Central London. Updated 16/11/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

HAVEN - WHITECHAPEL

Address – E1 5DG

Serving: London

HL: 0203 299 6900 T: 0203 299 1599

E: Kch-tr.Havensinfo@nhs.net

W: <https://www.thehavens.org.uk/>

Description of service:

The Havens are Sexual Assault Referral Centres, where specially trained, experienced professionals can give you medical help and advice, counselling and practical & emotional support for up to 1 year post sexual assault. You do not have to report the assault to the police to get help, and we can help you decide what to do next. We can offer you support and help to recover. We see male & female clients of all ages. All services are free of charge. Updated 16/11/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

Haven -The Survivors of Abuse Network

Peterhouse Centre, 122 Forest Rise, Walthamstow, London, E17 3PW

Serving: London

T: 020 8520 0755

E: info@wfhaven.org.uk

W: www.wfhaven.org.uk

Description of service:

The Haven is a holistic survivor-led organisation which provides confidential crisis support/ counselling for survivors or anyone (13+) who has been affected (ie. Families/partners) by sexual abuse, rape, serious sexual assault and domestic violence. The Haven can offer support for survivors seeking redress through the Criminal Justice System. There is no charge but we do accept donations. We run support groups and take self and agency referrals. For an appointment or enquiries please call: Mon-Fri 9:30am-4pm

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

HER CENTRE Ltd.

Clockhouse Community Centre Building, Defiance Walk,
Woolwich, London, SE18 5Q

Serving: London & Bexley

T: 0203 2607715 F: 0208 8545702

E: info@hercentre.org

W: www.hercentre.org

Description of service:

Her Centre provides advice, information and support to women who live, work or study in Greenwich. Services include domestic violence advocacy, domestic violence counselling, group therapy, training and activities for women, BAMER women's group support, outreach advice sessions, open discussion meetings and cultural events. Her Centre is Safe Lives accredited from May 2014. www.safelives.org.uk

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

Hestia

Hestia Housing & Support, 1st & 2nd Floor, Maya House
134-138 Borough High Street, London SE1 1LB

Serving: London

HL: (0)20 7378 3100 T: (0)20 7378 3100 F: (0)20 7407 5781
E: info@hestia.org
W: www.hestia.org

Description of service:

We help people find a permanent home, manage their finances, take care of their health, and access work, training or education, as well as providing emotional and practical support to help people succeed in their daily lives. All of our services are built around the needs of our service users, ensuring that the individuals and families that we work with have control over the support they receive. We believe in empowering adults and children to have a voice in the choices that benefit them, their families and their local communities; to enable them to change their lives for the better, fulfil their aspirations and live the most independent, healthy and enriching lives possible.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

Housing For Women

Housing for Women, Sixth Floor, Blue Star House , 234-244, Stockwell Road, London, SW9 9SP

Serving: London

T: 020 7501 6120

E: communications@h4w.co.uk E: referrals_gdva@h4w.co.uk

W: www.hfw.org.uk

Description of service:

Housing for Women is a charity that improves lives by providing social housing and gender sensitive support services to women. We work with women and their families who are facing challenging circumstances – whether they have simply been priced out of the London housing market or are victims of trafficking or violence. Email updated 17/11/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

icap (Immigrant Counselling And Psychotherapy)

96 Moray Road, London, N4 3LA

Serving: National (UK), London & Birmingham

T: 0207 272 7906 F: 0207 272 6920

E: info@icap.org.uk

W: www.icap.org.uk

Description of service:

Provides individual and group psychotherapy for the Irish community in the UK. Also works with other communities affected by migration and loss. Specialises in working with sexual and institutional abuse, and the trauma of displacement. Treats those experiencing a wide range of psychological difficulties, including depression, anxiety and substance misuse. Provides supervision and consultation to other agencies and organisations.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

INTO THE LIGHT

P.O. Box 64427, London, W5 9HA

Serving: National (UK) & London

T:

E: info@intothelight.org.uk

W: www.intothelight.org.uk

Description of service:

Into The Light offers the following services: (1) Ten Week Psycho-educational Course for Survivors of sexual abuse which is topic based and underpinned with a therapeutic approach and is facilitated by a professional counsellor and is available through: Groups: Women's Groups in London and online, One to One: All genders in person and online: All genders throughout the UK, (2) One to One counselling in London or online throughout the UK (3) Workshops on some of the main issues surrounding sexual abuse for survivors of all genders and also for partners, support workers and counsellors. (4) Seminars & Training for community groups, counselling services and organizations on the issues surrounding supporting survivors of child sexual abuse. (5) Training courses for counsellors . (6) A website which provides information and resources for people who have experienced sexual abuse and those that support them. Updated 14/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

KIDSCAPE

2 Grosvenor Gardens, London, SW1W 0DH

Serving: National (UK) & London

HL: 08451 205 204 T: 020 7730 3300 F: 020 7730 7081

E: info@kidscape.org.uk

W: www.kidscape.org.uk

Description of service:

Helpline for parents of bullied children; resources & publications on bullying & child safety; workshops for badly bullied children under 16; training in schools for teachers or children. Booklets & leaflets can be downloaded from the website or send a SAE & 4 loose 1st class stamps for a bully or child safety pack. Kidscape is the first charity in the UK established specifically to prevent bullying & child sexual abuse. Open: Mon-Fri 10am-4pm. Updated 15/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

KINGSTON WOMEN'S CENTRE

169 Canbury Park Road, Kingston-upon-Thames, KT2 6LG

Serving: London & Surrey

T: 020 8541 1941

E: kingstonwomenscentre@btconnect.com

Description of service:

Kingston Women's Centre is a registered charity, run by women for women. The Centre provides affordable counselling for Women of all ages and backgrounds. We are committed to promoting the welfare and interests of women. Our aim is to provide Counselling and Therapy for women of all backgrounds, in times of crisis and change, within a warm, safe and caring environment. We will listen and we will honour your individuality; we will respect your views and beliefs; we will stand beside you and support you while you explore the person you are now; we will help you make the changes you might need to make in order for life to be more peaceful and fulfilling; we will do our best to enable you to become the person you were born to be. Updated 06/08/21

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

MAYA CENTRE

Unit 8, Elthorne Road, London, N19 4AJ

Serving: London

T: 020 7281 8970

E: admin@mayacentre.org.uk

W: www.mayacentre.org.uk

Description of service:

We are a multi-ethnic women's counselling centre, & provide free, one-to-one psychodynamic counselling to women on incomes below £10000/year (£15000 with dependents), without degree level education or previous counselling experience. Counselling is offered once a week for up to a year. Group therapy also available including a group for women affected by domestic abuse. Counselling can be in English, Turkish, Arabic, Somali, Farsi, Portuguese or Spanish.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

MOSAC - Supporting Non-Abusing Parents/Carers of Sexually Abused Children

Lewisham

Serving: National (UK) & London

HL: 0800 980 1958

E: helpline@mosac.org.uk E: info@mosac.org.uk

W: www.mosac.org.uk

Description of service:

National helpline for parents of children who have been sexually abused. Counselling and play therapy by appointment. Befriending by appointment. Advocacy by appointment. Groups for parents of children who have been sexually abused. The helpline is open: Mon 2-6pm; Tues, Wed & Fri 10am-2pm. Updated 19/11/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

OFF CENTRE - HACKNEY YOUNG PEOPLE'S COUNSELLING SERVICE, E

Off Centre at Family Action

Unit 7 The Textile Building, 29a-31a Chatham Place, Hackney, E9 6FJ

Serving: London

T: 02089864016

E: offcentre@family-action.org.uk

W: www.family-action.org.uk/what-we-do/children-families/off-centre/

Description of service:

Off Centre is a leading voluntary sector mental health provider for young people aged 16-25 in Hackney, delivering counselling, art-therapy and advice & guidance to City and Hackney residents. All our services are free and confidential and aimed at supporting young people at gaining greater control over their lives, to make positive choices and have brighter futures. Young people come with different emotional and practical needs such as: family breakdown, bullying, bereavement, violence, depression, college, stress, abuse, self-harm, suicidal ideation, homelessness, education, unemployment and more. We also support young LGBTQ+ young people through our weekly social support group where they are able to freely express their sexuality and gender identity in a safe space, without the fear of judgement, bullying or harassment. One-to-one counselling & art therapy, advice, information & guidance weekdays 10-6pm. Drop-in counselling ages 11-25 Thursdays 4-7.30pm. LGBTQ+ group ages 11-25 Thursdays 5.30-7.30pm. Updated 24/10/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

ONE IN FOUR UK

219 Bromley Road, Bellingham, Lewisham, London, SE6 2PG

Serving: National (UK), London & Surrey

T: 0208 6972112 F: 0208 6978022

E: admin@oneinfour.org.uk

W: www.oneinfour.org.uk

Description of service:

Support and resources for adult survivors (16+). Up to 2 years one-to-one counselling, self-development workshops for survivors, access to legal advocacy and support. Training for professionals. One in Four provides counsellors and training in schools. Telephone and Skype Counselling facility: 0208 697 2112. Two centres - North and South London. Resources include: The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence. The Spirit Within: A One in Four handbook to aid recovery from religious sexual abuse across all faiths. Responding to survivors of child sexual abuse - A pocket guide for professionals, partners, families and friends. Numbing the pain: A pocket guide for professionals supporting survivors of childhood sexual abuse and addiction. Two downloadable reports of Survivors' Voices - one focused on CSA in the family; the second on the link between CSA and Addiction. And an educational film for Addiction services.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

RAPE AND SEXUAL ABUSE SUPPORT CENTRE / RAPE CRISIS - SOUTH LONDON
(RASASC)

P.O. Box 383, Croydon, CR9 2AW

Serving: Helpline National Other Services South London

HL: 0808 802 9999 T: 0208 683 3311 F: 0208 683 3366

E: info@rasasc.org.uk

W: www.rasasc.org.uk

Description of service:

Women only professional service for female survivors of any form of sexual violence living in any of the 12 South London Boroughs. Confidential Freephone helpline offering information & support to female survivors (13+), their family, friends & partners from anywhere in the UK - open 365 days a year: 12noon-2.30pm & 7pm-9.30pm. Specialist long term face-to-face counselling available in Kingston, Croydon, Lambeth, Wandsworth, Southwark and Bexley; Play/talking Therapies for female children from 4 years old. Therapeutic Groups; Independent Sexual Violence Advocates support complainants through the Criminal Justice System up to and including the trial; Outreach with women involved in sex work, homeless women, migrants and ex-offenders; VAWG training for professionals, Gender & Consent workshops in primary, secondary schools and universities; Accredited Sexual Violence Training (OCN) for front line workers and therapists. Media Consultancy. The office is open from Monday to Friday 10am-6pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

RESPOND, NW

3rd Floor, 24-32 Stephenson Way, London, NW1 2HD

Serving: London

HL: 0808 808 0700 T: 020 7383 0700 F: 020 7387 1222

E: admin@respond.org.uk

W: www.respond.org.uk

Description of service:

Respond works with people (5+) with learning disabilities who have experienced significant trauma in their lives. We specialise in the effects of sexual abuse. We provide support, advise & training for families & professionals supporting people with learning disabilities who have experienced trauma. The helpline is open: Wed 2-5pm & Thurs 2.30-5.30pm. Updated 12/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

SARC- London

Havens: Camberwell, 13-14 Caldecott Road, SE5 9RS & Paddington (St Charles) & Whitechapel, 9 Brady Street, E1 5DG

Serving: London

HL: 020 3299 1599 T: General Enquiries: 020 3299 1599 & Self-referral: 020 3299 6900

E: kch-tr.havensinfo@nhs.net

W: www.thehavens.org.uk

Description of service:

There are three Havens in London. Haven Camberwell is based at Denmark Hill, the others being the Haven Paddington (St Charles) now based at St Charles Hospital in North London and the Haven Whitechapel near The Royal London Hospital. All three Havens have been run by King's College Hospital NHS Foundation Trust from April 2013. We offer a confidential service for victims of sexual assault and rape in London. The Havens are open 24 hours, 7 days a week to assist victims of sexual violence (rape and serious sexual assault). Our primary concern is for the health and wellbeing of our clients. Anyone who has been sexually assaulted in the last year can make an appointment. We have specially trained, experienced staff that can provide; 1. Medical (forensic) examination to collect evidence for court, 2. Information and emotional support, including support at court (ISVA services); 3. Emotional support and trauma treatment (Psychology and counselling), 4. Emergency contraception, 5. Treatment of sexually transmitted infections & 6. Referrals to termination (abortion) clinic if required. Updated 24/10/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

SOUTHALL BLACK SISTERS

21 Avenue Road, Southall, UB1 3BL

Serving: London & Middlesex

HL: 0208 571 0800 T: 0208 571 9595 F: 0208 574 6781

E: info@southallblacksisters.co.uk

W: www.southallblacksisters.org.uk

Description of service:

A women's advice and resource centre, dealing particularly with domestic violence and abuse, and particularly for Asian and Afro-Caribbean women. We offer specialist advice, information, casework, advocacy, counselling & self-help support services in several community languages. We are managed by a group of women with long experience of women's struggles and commitment to women's rights.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

SOUTHWARK CHILD SEXUAL ABUSE TREATMENT SERVICE, SE

Southwark Child & Family Service, Lister Health Centre, 101 Peckham Road, London, SE15 5LJ

Serving: London

T: 020 3228 7777

E: CAMHS.SouthwarkReferrals@slam.nhs.uk

W: <https://localoffer.southwark.gov.uk/wellbeing/mental-and-emotional-health-services/southwark-camhs-service/southwark-child-and-family-service/>

Description of service:

We are a team of professionals made up of: Psychotherapists, Psychologists, Psychiatrists & Nurses.

Problems we may help with: Emotional problems (including anxiety and depression), Behavioural problems, Attention and concentration difficulties, Child and family relationship difficulties, Trauma and loss, Types of abuse including sexual abuse, Self-harm.

Ways that we can help: Assessment of the problems - Parent and child work - Individual sessions for the child, which may include art or child psychotherapy - Family therapy - Parenting interventions - Cognitive behaviour therapy. - Prescribing medication.

Referrals can be made by anyone who is concerned about a child.

The Hope Project:

The Hope Project at Southwark CAMHS works with children, young people and their families who have been affected by traumatic events. These might include one-off life events, such as a road traffic accident, or experiences of abuse and violence that have occurred over a longer period of time.

14/02/23

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

SPIRAL HOLISTIC THERAPY CENTRE

London, N7

Serving: London

T: 020 7607 4403

E: info@spiralcentre.org E (clients): enquiries@spiralcentre.org

W: www.spiralcentre.org

Description of service:

Spiral is a holistic therapy centre offering counselling and psychotherapy in person in Holloway, North London. Spaces are mainly Monday to Saturday, daytimes and evenings. We work with adult survivors, partners, parents and young people (18+) of any gender. We have experienced therapists working from Spiral, and we also offer a low cost service for those on low incomes. Please see our website www.spiralcentre.org for more information about our service and our therapists, or email us at enquiries@spiralcentre.org.

Updated 20/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

SUPPORTLINE

P.O. Box 2860, Romford, RM7 1JA

Serving: National (UK), London & Essex

HL: 01708 765200 T: 01708 765222

E: info@supportline.org.uk

W: www.supportline.org.uk

Description of service:

Helpline. Confidential emotional support for children, young adults and adults. Preventative service aimed at supporting people before they get to the point of crisis. Particularly aimed at those who are vulnerable, isolated, at risk groups and victims of any form of abuse. Opening times are given on the answer phone. We also provide telephone, e-mail and postal support. Updated 22/05/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

SURVIVORS TOGETHER

c/o Forrest House, 63 Rowntree Clifford Close, Plaistow, London, E13 8AB

Serving: London

T:

E: yvonne@survivorstogether.co.uk or E: anna@survivorstogether.co.uk

W: www.survivorstogether.co.uk

Description of service:

Survivors Together is a support group for women (18+) survivors of childhood sexual abuse, and women who have been affected by it. We meet for socialising, activities and refreshments. Updated 24/10/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

SURVIVORS UK

11 Sovereign Court, London, E1W 31W

Serving: National (UK) & London

HL: Webchat (www.survivorsuk.org) & Textchat (020 3322 1860) T: 0203 598 3898

E: help@survivorsuk.org

W: www.survivorsuk.org

Description of service:

We provide support for adult men over 18 who have experienced sexual violation at any time in their lives, and those who care for them. We have national emotional support services (web chat service at www.survivorsuk.org and text chat on 020 3322 1860). A London based counselling service providing low-cost Individual counselling and therapy groups for male survivors. We also offer awareness and training for professionals. We have also just launched a new ISVA service, providing assistance and support for male survivors through the criminal justice process. Email updated 22/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

SUTTON WOMEN'S CENTRE

3 Palmerston Road, Sutton, SM1 4QL

Serving: London & Surrey

HL: 020 8661 1991 T: 020 8661 1991 F: 020 8661 1991

E: info@suttonwomen.co.uk

W: <https://suttonwomenscentre.co.uk/>

Description of service:

Support for women generally (all issues, areas, etc). E.g., Mental health, domestic violence, depression, lesbians. Drop-in for women day-time. Assertiveness training. One-to-one confidential support. Updated 29/10/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

The Gaia Centre

4th Floor, International House, 1 St Katharine's Way, London, E1W 1UN

Serving: Lambeth

HL: 08082000247 T: 020 7395 7700

E: lambethvawg@refuge.org.uk

W: www.refuge.org.uk/our-work/our-services/one-stop-shop-services/the-gaia-centre/

Description of service:

The pioneering Gaia Centre, funded by the London Borough of Lambeth, was the first of its kind in the UK to offer a 'single point of access' for women, girls and men experiencing violence and abuse. This means that anybody experiencing any form of gender-based violence in Lambeth can find all the tailored support they need under one roof. The service supports more than 1,300 clients every year, through one-to-one casework, group work, outreach, independent advocacy, and peer support. At Refuge, we believe that no-one should have to live in fear of violence and abuse.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

The Listening Place

3 Meade Mews, London, SW1P 4EG

Serving: London

T: 020 3906 7676

E: administration@listeningplace.org.uk

W: <https://listeningplace.org.uk>

Description of service:

Face-to-face support for those who feel life is no longer worth living. The world can feel a very lonely place if you are feeling that life is no longer worth living: not only is it difficult to share those feelings but it can be hard to get the care and support that will make a difference. The Listening Place offers a warm and welcoming environment; somewhere that individuals can talk openly about their feelings without being judged or being given advice. The Listening Place is not a 'drop-in' centre – we will see all our visitors by appointment. Updated 28/11/2021.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

THE WELL CENTRE

The Well Centre, 16 Wellfield Road, Streatham, London, SW16 2BP

Serving: London

T: 0208 473 1581

E: lamccg.thewellcentre@nhs.net

W: www.thewellcentre.org

Description of service:

For young people aged 13-20. The Well Centre is a youth health centre where you can drop-in to see a youth worker, counsellor or doctor. No appointment needed, just turn up, to discuss any of your health concerns or worries in a safe and confidential space. Confidential Service. Anything you discuss with the Well Centre staff will stay confidential within the team. Even if you are under-16 nothing will usually be said to anyone including parents, other family members, care workers or tutors without your permission. There are a few exceptions to this, if you have any worries about confidentiality feel free to ask a member of staff. Email updated 13/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

VICTIM SUPPORT NEWHAM, E

Mansfield House, 30 Avenons Road, Plaistow, London, E13 8HT

Serving: London

T: 0808 1689 291 HL: 08081689 111

W: <https://www.youandco.org.uk/>

Clients:

- Adults FM • Adults M •
- Parents FM • Parents M •
- Young People FM • Young People M •
- Children M •

Services:

- Physical Disabilities •

Description of service:

Practical support, information and counselling for all victims of crimes. Specialist counsellor for adult survivors of sexual abuse. Open: Mon-Fri 9am-12noon & 1-4.30pm. A textphone is also available. Website updated 17/11/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

WEST HAMPSTEAD WOMEN'S CENTRE, NW

26-30 Cotleigh Road, London, NW6 2NP

Serving: London

T: 0207 328 7389

E: info@whwc.org.uk

W: www.whwc.org.uk

Description of service:

Offer a wide range of services and support to all women (18+). Services available include counselling (short-term), a support group for women survivors of rape & sexual abuse, yoga classes, massage, craft & sewing classes, help and advice on a wide range of issues. Membership is £5.00 Sept-Sept. Rooms available for hire. Open: Mon-Fri 9am-5pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

Woman's Trust

PO Box 70420, London, NW1W 7QL

Serving: East and West London

T: 0207 034 0303

E: admin@womanstrust.org.uk E: office@womenstrust.org.uk

W: www.womanstrust.org.uk

Description of service:

We provide free, women-only, client-led services to women affected by domestic abuse in locations across East and West London. We offer hardship travel and childcare grants to enable access to all women. Services include: Person-centred one-to-one counselling – One initial assessment session and then up to 18 sessions, at times and local venues to suit clients. We want women to regain their voice, feel valued and able to move on from abuse; resulting in better life chances for them and their children. Self-development workshops – One day workshops for women to learn about types of abuse and the effects on survivors and their children. They learn strategies for staying safe, addressing their emotions and planning for the future. Support Groups – These are peer support groups that run in 8 week blocks. The aim is to help women overcome the social isolation that domestic abuse can create. Recent client feedback has led us to initiating two evening groups for working women. Office email updated 13/12/2022 (not working at present).

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

WOMEN & HEALTH, NW

4 Carol Street, London, NW1 0HU

Serving: London

T: 020 7482 2786

E: connect@women-and-health.org

W: www.womenandhealth.org.uk

Description of service:

Free & Low-cost counselling / psychotherapy for women resident in LB Camden on low income. NHS funded short term counselling. Complementary health treatments for women - low cost for those on a low income. Groups, classes and workshops open to all women. Check website for program details. We provide a creche service for children.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

WOMEN AND GIRLS NETWORK

P.O. Box 13095, London, W14 0FE

Serving: London

HL: 0808 801 0770 (Sexual Violence Helpline) T: 020 7610 4678 Advice Line: 0808 801 0660

E: info@wgn.org.uk

W: www.wgn.org.uk

Description of service:

Women and Girls Network (WGN) is a pan-London service that supports women and girls affected by all forms of gendered violence including childhood sexual abuse, domestic violence, female genital mutilation, forced marriage, prostitution (including trafficking and sexual exploitation), rape/gang rape, 'honour' based violence and war crimes. WGN is a free, women-only service providing a holistic response to women and girls who have experienced, or are at risk of, gendered violence. WGN's overall aim is to promote, preserve and restore the mental health and well-being of women and girls to make a total and sustainable recovery from the experiences of violence. Helpline opening times; Mon & Fri: 10.00-12.00pm & 2.30-4.30pm, Tues, Wed & Thu: 10.00-12.00pm & 6.30-9.00pm & Sat: 10.00-1.00pm. The advice line operates Mon – Fri between 10am – 4pm and late Weds between 6pm – 9pm. Updated 20/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England London • Section: 08

YoungMinds

India House, 45 Curlew Street, London, SE1 2ND

Serving: National (UK) and London

HL: 0808 802 5544 T: 0207 089 5050

E: yomenquiries@youngminds.org.uk

W: www.youngminds.org.uk

Description of service:

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing & mental health of children & young people, (0-18) and empowering their parents & carers. Driven by their experiences, we campaign, research, provide training & consultancy, and influence policy & practice. We provide a Parents' Helpline, online resources, outreach work and publications. The Parents Helpline is open: Mon-Fri 9.30am-4pm. Our helpline supports parents concerned about children up to the age of 25. Calls from landlines & mobiles are free. Updated 23/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

a2dominion Domestic Abuse Services (ADAS) West Berkshire

Address:

Serving: Oxfordshire, West Berkshire, Buckinghamshire

H: 0800 731 0055/0808 2000 247 T: 0800 731 0055

E: oxfordshiredomestic@a2dominion.co.uk E: DAS@2dominion.co.uk

W: www.a2dominion.co.uk/services/Domestic-abuse-support-services

Description of service:

We can help you whether the abuse you have experienced or are experiencing is physical, emotional, psychological, sexual or economic abuse, including honour-based abuse, forced marriage, female genital mutilation, stalking and harassment and coercive control. Updated 09/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

AAAC Counselling

Administration Office

Serving: Hastings, Rother and Bexhill

T: 01424 775187

E: aaaccounselling@gmail.com

W: www.aaaccounselling.co.uk

Description of service:

For our specialised Trauma and Abuse service there are two pathways to access: NHS Pathway - Short Term Solution Focused (10 weeks). This includes secondary survivors (parents/siblings), Referrals from GP or other healthcare professional - Serves the areas of Hastings, St Leonards, Bexhill and Rother. Private Pathway - self referral and fee paying - National. We also offer low cost counselling for various other issues and concerns - self referral – National. Services: Remote sessions now offered (via video link), Specialising in Childhood Sexual Abuse & Trauma, Generic issues. Updated 28/11/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

ANDOVER MIND - Wellbeing Centre

Arcade House, West Brook Close, South Street, Andover, SP10 2BN

Serving: Hampshire

H: 0300 5000 907 T: 01264 332297 F: 01264 332297

E: mind@andovermind.org.uk

W: www.andovermind.org.uk

Description of service:

Andover Mind runs a Wellbeing Centre based in Westbrook Close in Andover. Services include adult and youth counselling, 1 to 1's and social/therapeutic/self-help groups. Email updated 13/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

ANDOVER RAPE CRISIS HELPLINE

P.O. Box 1608, Andover, SP10

Serving: Hampshire

HL: 01264 336222

W: <https://www.andovercrisis.org.uk/>

Clients:

• Adults FM • Adults M •

Services:

• Helpline •

Description of service:

Free telephone and face-to-face counselling for women and men alike. The helpline is open Wed evenings: 7-9pm - the answer phone is monitored daily and all messages responded to. Updated 19/11/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

ARC

35 Reading Road, Wokingham, RG41 1EG

Serving: Berkshire

HL: 0118 977 6710 T: 0118 977 2818

E: coordinator@arcweb.org.uk

W: www.arcweb.org.uk

Description of service:

A free, confidential information and counselling service for young people (14-25 years), and for parents. Can also provide information about groups, e.g. domestic violence, and accommodation. Registered charity. Updated 13/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

AURORA HEALTH FOUNDATION

Enquiries only: "Aurora", 4 Ebor Cottages, Kingston Vale, London, SW15 3RT

Serving: London and South East England

T: 0208 541 1951 F: 0208 541 1951

E: info@aurorafoundation.org.uk

W: www.aurorafoundation.org.uk

Description of service:

The Aurora Foundation for People Abused in Childhood (Aurora) is a Trauma Recovery Centre and Therapeutic Community - providing counselling/psychotherapy and bodywork interventions alongside support- especially for adult men and women survivors of childhood trauma and abuse. Clients make monetary contributions for their therapies to keep the service going, see the website for more details. All therapies take place in a warm, homely environment, and services also include social activities such as client meet-ups and external social events. Most of the Aurora Team are survivors themselves or supporters of survivors. Aurora is a registered charity.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

BASINGSTOKE RAPE & SEXUAL ABUSE CRISIS CENTRE – NOW ‘START’

Westbury, 13 City Road, Winchester, Hants, SO23 8SD

Serving: Hampshire

HL: 01962 868 688 T: 01962 807037

E: See Website

W: <https://start-org.uk/>

Description of service:

START is a new sexual trauma service, operating across Central, West and North Hampshire, bringing together the previous RASAC (Rape and Sexual Abuse Counselling Service) supporting Central, West and North Hampshire and BRASACC (Basingstoke Rape and Sexual Abuse Crisis Centre), also operating in the North of the county. The core service offered by START is a confidential, specialist counselling and support service for anyone who has experienced sexual abuse and/or sexual assault, resulting in sexual trauma. Updated 21/11/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

BB4K (Bounce Back 4 Kids)

Serving: Reading, West Berkshire, South Oxfordshire, Oxford City

T: 0334564800

E: bb4k@pactcharity.org

W: www.bounceback4kids.org

Description of service:

Bounce Back 4 Kids (BB4K) supports families affected by domestic abuse, once the perpetrator of the abuse has left the family home. It is a therapeutic-style support service, developed by the charity Parents and Children Together (PACT), to assist families in healing from trauma. The programme works with children and their parents or carers, with support tailored to be responsive to the needs of families to include individual support, groupwork, online workshops and courses, play therapy, other therapeutic-style sessions, access to wellbeing newsletters and a private Facebook group. Updated 06/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

BCHA

St Swithuns House, 21 Christchurch Road, Bournemouth, BH1 3NS

Serving: Bournemouth, Poole and Dorset

T: 01202 410 500/01202 547755

E: enquiries@bcha.org.uk

W: www.bcha.org.uk

Description of service:

At BCHA we work hard to help victims of domestic abuse and human trafficking escape and recover from the traumatic situations they have experienced, and to help them stay safe.

When working with victims of abuse, we recognise the importance of not only offering a place of safety, but also the vital support people need to overcome the emotional trauma and begin the slow process of rebuilding confidence and self-esteem. We also offer assistance with practical issues such as benefits and dealing with other agencies.

BCHA runs a number of services for people who need support to stay safe. These services include: Support for victims of trafficking, Support in the community for victims of domestic abuse, Safe houses and refuges.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Bromley Y (Formally - Bromley Community Wellbeing Service for Children & Young People)

17 Ethelbert Road, Bromley, BR1 1JA

Serving: London Borough of Bromley

T: 020 3770 8848
E: info@bromleyy.org
W: www.bromley-y.org

Description of service:

- The service offered free of charge and is the Single Point of Access (SPA) for the mental health and emotional wellbeing of children and young people under the age of 18 years in Bromley. For children who are looked after or who have an Education & Health Care Plan, support can be offered to the age of 25 years.
- Webinars for parents/carers, young people and school staff
- Support with finding and signposting to other more appropriate services.
- Referrals can be made by the young person, parent/carer or professional. Depending on the difficulties, a young person may be offered individual therapy, group work or mentoring support within the service or could be referred on to a more appropriate service within the London Borough of Bromley.
- Referral difficulties may include: anger, anxiety, behavioural difficulties, bullying, depression, low self esteem, eating difficulties, relationship difficulties, self harm, sexuality and gender issues, suicidal thoughts.
- Our website: www.bromley-y.org gives more information about the service, emergency contact numbers, self help and advice and our referral form. Updated 21/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

CATALYST SUPPORT - ORIGINALLY SOUTHERN ADDICTIONS ADVISORY SERVICE

14 Jenner Road, Guildford, Surrey, GU1 3PL

Serving: Surrey

T: 01483 590150

E: info@catalystsupport.org.uk

W: www.catalystsupport.org.uk

Description of service:

Catalyst is a non-profit organisation working with people in Surrey dealing with issues stemming from drug and alcohol use, and supporting mental health and wellbeing needs. A welcoming and non-judgmental ethos is common to all our work, aligned with high professional standards. -We support people with mental ill health by offering one to one support, wellbeing activities, peer support, volunteering opportunities and much more. - We provide up to 12 weeks of free counselling for individuals and loved ones affected by drug and/ alcohol use - We are involved with 3 out of the 5 Safe Havens across Surrey which provide out of hours mental health crisis support - We outreach to hard to engage individuals, including those who are homeless To find out more about the work we do, please visit: www.catalystsupport.org.uk. Updated 12/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

CHOICES

Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone, Kent ME14 1HH

Serving: Dartford, Gravesham, Sevenoaks, Maidstone, Tunbridge Wells, Tonbridge & Malling, and Medway

HL: 0800 917 9948 T: 01622 230 726

E: info@choicesdaservice.org.uk E: admin@choicesdaservice.org.uk

W: www.choicesdaservice.org.uk

Description of service:

We provide community support services to men, women and children in Dartford, Gravesham, Sevenoaks, Maidstone, Tunbridge Wells, Tonbridge & Malling, and Medway. This includes a helpline (0800 917 9948 (Mon – Fri 9am-4:30pm)), various programmes for victims of domestic abuse, and outreach.

We also provide hostel accommodation for homeless single young people aged between 16 and 25 years old.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

CIS'ters: Surviving Rape and Sexual Abuse during childhood

P.O. Box 119, Eastleigh, SO50 9ZF

Serving: National (UK) & Hampshire & England South East

HL: 02380 338080 T: 02380 338080

E: helpme@cisters.org.uk E: admin@cisters.org.uk

W: www.cisters.org.uk

Description of service:

CIS'ters is an emotional support service for females (age 18+) who, as female children/teens, were raped and/or sexually abused by a member of their immediate or extended family. We are run by survivors, for survivors and offer a national helpline and newsletter plus group meetings and workshops (held in Southampton) for survivors. CIS'ters also delivers training and is available for consultations for and from workers in other agencies and across sectors. We actively campaign to raise awareness of the impact of rape and sexual abuse and the ongoing unmet needs of victims/survivors (children and adults). Helpline is 24/7 answer phone which is monitored daily. Call Backs are usually within 24 hours and we take care when doing so, or you may prefer to email us at helpme@cisters.org.uk. Updated 25/09/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

EAST KENT RAPE LINE

P.O. Box 353, Canterbury, CT2 9WA

Serving: Kent

HL: 0800 458 2818 T: 01227 451753

E: isva.eastkentraneline@btconnect.com E: info@eastkentraneline.com

W: www.eastkentraneline.com

Description of service:

Offer counselling (face-to-face), telephone support and information for women and male survivors (11+) of rape and childhood sexual abuse. The helpline is open: Mon-Fri 6.30-9.30pm. Information is available during office hours on 01227 451753. Email updated 28/11/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

EASTBOURNE SURVIVORS

Brightview, 6 Saffrons Road, Eastbourne, BN21 1DG

Serving: East Sussex

HL: 01323 416 316 T: 07721 343 797

E: info@eastbournesurvivors.org

W: www.eastbournesurvivors.org

Description of service:

A facilitated support groups for men and women who are adult survivors of childhood sexual abuse (they're also welcome to bring their partners). The group is held the first and third Tuesday of every month, from 7.30-10pm. Doors open from 7pm. Helpful books, leaflets and information are also available. To make contact, phone the number given and ask for Phil or Mel, or just turn up for the meeting, at 6 Saffrons Road, Eastbourne.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

ESDAS - East Surrey Domestic Abuse Services

Serving: Reigate & Banstead, Mole Valley and Tandridge

HL: 01483 776822 T: 01737 771350 F: 01737 771284

E: support@esdas.org.uk

W: www.esdas.org.uk

Description of service:

We offer the following services: Advice and information on rights and options, Counselling, Group Work – Informal Drop-in group, Self Esteem, Freedom Programme and Recovery Toolkit courses, Opportunities for volunteering, Support for Parents and Children, Support for Professionals working with those experiencing Domestic Abuse, Training and Presentations to Professionals working with those experiencing Domestic Abuse. Updated 28/11/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Families First Bedfordshire

Goldington Family Centre, 28-30 Meadway, Bedford, MK41 9HU

Serving: Bedford Borough, Central Bedfordshire or Luton

T: 01234 341 977

E: admin@familiesfirstbedfordshire.org.uk

W: www.familiesfirstbedfordshire.org.uk

Description of service:

The Liberty Programme is a home-grown intervention that Families First Bedfordshire developed, evolved and led. 'Liberty' is a group for women who have child/ren under the age of 18 who have experienced or may still be experiencing domestic abuse. It is a 12-24 week programme, which consists of therapeutic group support and activity based learning. 'The Hope Programme' and 'Families First Bedfordshire' are delighted to announce that due to funding from the Bedfordshire Police & Crime Commissioner we can launch a new Pan Bedfordshire Men as Victims of Domestic Abuse and Sexual Abuse service. One-to-one counselling and group support will be provided by the charities for men who have experienced sexual trauma and/or domestic abuse. This service is for male victims living in Bedford Borough, Central Bedfordshire or Luton. The Hope Programme offers a telephone helpline, emotional support and counselling victims over 10 years old.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

FAMILY MATTERS

13 Wrotham Road, Gravesend, DA11 0PA

Serving: Kent and London Borough of Bexley

T: 01474 536661

E: admin@familymattersuk.org

W: www.familymattersuk.org

Description of service:

Family Matters is a registered Charity that provides free specialist support services for all survivors of rape and sexual abuse in Kent. The sexual violence can be recent or historic; it can be reported to police or not reported. Therapy is available via telephone, video call or face to face for adults and children living in Kent or the London Borough of Bexley. Independent Sexual Violence Advisor (ISVA) support is available to residents of Kent. ISVA's provide support tailored to the needs of the client. Assistance is offered to help through the criminal justice system, as well as signposting to other support services, and emotional and practical support even if the incident has not been reported to police. Updated 20/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

HERTS AREA RAPE CRISIS & SEXUAL ABUSE CENTRE

HARCSAC, PO Box 256, Hatfield, Herts, AL10 0NE

Serving: Hertfordshire

HL: 01707 276512 T: 01707 276539 F: 01707 276539

E: admin@hertsrapecrisis.org.uk

Description of service:

Free & confidential counselling for females who are over 18 and survivors of rape, sexual assault and/or childhood sexual abuse - no matter how old you were when this happened. Our service is available to residents of Hertfordshire. Updated 20/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Herts Domestic Abuse Line

Serving: Hertfordshire

HL: 08 088 088 088 T: 08 088 088 088
E: manager@hertsdomesticabusehelpline.org
W: www.hertsdomesticabusehelpline.org

Description of service:

We are a confidential, free, support and signposting service for anyone affected by Domestic Abuse. Our aim is to improve the lives of those affected by domestic abuse including those seeking help to change their behaviour. When you call us, our well-trained call takers will listen carefully and non-judgmentally to what you say before providing information appropriate to your particular situation. The decision as to what to do next remains with you. Our USP is that we have contact details for around 177 specialist support services in Hertfordshire that could help you with your specific situation. Open 9am-9pm Monday to Friday and 9am-4pm weekends. Updated 20/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Island Women's Refuge

PO Box 5, Sandown, IW, PO33 1BP

Serving: Isle of Wight

HL: 01983 825981 T: 01983 825981

E: info@islandrefuge.org.uk

W:

Description of service:

Working with women and their children experiencing domestic abuse on the Isle of Wight. Services include Refuge accommodation, Outreach support to women living in the community, the Freedom Programme and support to children. Our aim is to help women and children make sense of their experiences in abusive relationships and to assist them in determining the future direction of their lives. Practical and emotional support provided.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

ISLE OF WIGHT YOUTH TRUST

114 Pyle Street, Newport, PO30 1XA

Serving: Isle of Wight

T: 01983 529569

E: info@iowyouthtrust.co.uk

W: <https://www.iowyouthtrust.co.uk/>

Description of service:

The Youth Trust offers a range of support for children, young people and their families. The majority of our work is concerned with providing a professional one-to-one counselling service. We also offer a wellbeing service, group work, training and other early-intervention opportunities. We work with young people aged 4-25 inclusive. Our phone lines are open Mon – Thu 9am – 5:30pm and Fri 9am – 4pm.
Updated 09/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

**JUNO HERTS (Previously WATFORD RAPE CRISIS & SEXUAL ABUSE CENTRE
(WRC))**

P.O. Box 2356, Watford, WD18 1QD

Serving: National (UK) Hertfordshire

HL: 0845 301 1165 T: 01923 249511

E: admin@junocounselling.co.uk

W: www.junocounselling.co.uk

Description of service:

WRC is a confidential service run by women for women and men. We offer support to women and men(14+) who have been raped or abused at any time in their lives. The helpline times are: Mon & Sat 10am-12noon; Wed 7-9.00pm. 24hr answer phone service; messages returned daily. Email updated 21/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

LET YOUR LIGHT SHINE

Shirley Warren Action Church, 107-117 Warren Crescent, Shirley Warren, Southampton, SO16 6AY

Serving: National (UK) & Hampshire

HL: 023 80529634 or 07484 319936 T: 023 80529634

E: letyourlightshine@swac.org.uk

W:

Description of service:

Let Your Light Shine was set up by a Baptist Minister who firmly believes that the church needs to make more of a stand on the issue of child sexual abuse. It is time for the church to rise up and address this issue and embrace the scores of adults who are suffering its effects in our communities. We offer training to help equip people to minister more effectively to survivors. We hold special services for survivors and those who are passionate in supporting and raising awareness of child sexual abuse. The Let Your Light Shine service is held on the Saturday closest to 2nd April (National Incest Awareness Day). Our aim is to raise awareness about issues regarding the sexual abuse of children, as well as providing survivors with a safe place to bring their struggles and successes to God. We also run a fortnightly support group. Call Angie or Jenny for further details.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

LIFE CENTRE

P.O. Box 58, Chichester, PO19 8UD

Serving: West Sussex

T: 07717989022
E: info@lifecentre.uk.com
W: www.lifecentre.uk.com

Description of service:

Face to face and remote counselling (via Zoom or Telephone) in West Sussex, for survivors of rape or sexual abuse and for their supporters. Clients are invited to make a donation towards the cost of their counselling. Updated 20/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

MANKIND

P.O. Box 124, Newhaven, BN9 9TQ

Serving: East Sussex

T: 01273 510447

E: admin@mankindcounselling.org.uk

W: www.mankindcounselling.org.uk

Description of service:

Mankind offers one-to-one counselling, psychoeducational groups and therapeutic groups to men aged 18yrs+, who have been affected by an unwanted sexual experience. Counselling also offered to partners, families and friends of male survivors. Please email or leave an answer phone message. Updated 11/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

MK ACT (Milton Keynes Women's Aid)

Acorn House, Midsummer Boulevard, Milton Keynes, MK9 3HP

Serving: Buckinghamshire

HL: 0344 375 4307 T: 01908 295731

E: info@MK-ACT.org

W: www.mkact.com

Description of service:

Provides holistic domestic abuse service. Crisis intervention service includes IDVAs and LGBTQ+, housing, health and legal specialists, as well as support and information. For both female and male adults (over 16). Not gender-specific. The office and helpline are both open Mon-Fri 9am-5pm. Refuge accommodation for women and children only. Asian women's support. Covers Milton Keynes Unitary Authority. FreshStart Programme is for people who have carried out acts of domestic violence and abuse and are not currently awaiting the outcome of a criminal justice process for violence they have committed. People will only be accepted on the programme who have a genuine desire to change their future behaviour to changing their unacceptable behaviour. For more information contact the website www.mkact.com.

Updated 21/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

OFF THE RECORD

138 Purbrook Way, Leigh Park, Havant, PO9 3SU

Serving: Portsmouth & SE Hampshire

HL: 023 92474724 T: 02392 785999

E: enquiries@otr-south.org.uk

W: www.otr-south.org.uk

Description of service:

A free, confidential support service for young people aged 11-25yrs, offering counselling, information & befriending to young people needing help with any issue (relationships, stress, school/work, homelessness, abuse, depression, etc.). Service provision specifically for Portsmouth and South East Hampshire. Phone for an appointment for one-to-one counselling or for information 02392 474724. Email updated 09/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

SARAC (SEXUAL & DOMESTIC ABUSE & RAPE ADVICE CENTRE)

Address:

Serving: Hampshire

T: 01283 535110

E: staff@sarac.org.uk

W: www.sarac.org.uk

Description of service:

Our specialist support is for everyone over 11 years of age who have been affected at any time in their lives. We work in partnership with our clients to expand their choices, facilitate recovery and encourage personal growth. Email updated 20/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

ONE IN FOUR UK

219 Bromley Road, Bellingham, Lewisham, London, SE6 2PG

Serving: National (UK), London & Surrey

T: 0208 6972112 F: 0208 6978022

E: admin@oneinfour.org.uk

W: www.oneinfour.org.uk

Description of service:

Support and resources for adult survivors (16+). Up to 2 years one-to-one counselling, self-development workshops for survivors, access to legal advocacy and support. Training for professionals. One in Four provides counsellors and training in schools. Telephone and Skype Counselling facility: 0208 697 2112. Two centres - North and South London. Resources include: The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence. The Spirit Within: A One in Four handbook to aid recovery from religious sexual abuse across all faiths. Responding to survivors of child sexual abuse - A pocket guide for professionals, partners, families and friends. Numbing the pain: A pocket guide for professionals supporting survivors of childhood sexual abuse and addiction. Two downloadable reports of Survivors' Voices - one focused on CSA in the family; the second on the link between CSA and Addiction. And an educational film for Addiction services.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

OXFORD SEXUAL ABUSE & RAPE CRISIS CENTRE

P.O. Box 20, Oxford, OX2 6GB

Serving: Oxfordshire

HL: 0800 783 6294 T: 01865 725311

E: admin@osarcc.org.uk

W: www.osarcc.org.uk

Description of service:

Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC) is a specialist trauma-informed organisation dedicated to supporting individuals in Oxfordshire who have experienced sexual violence at any time in their lives.

OSARCC offers free one-to-one counselling, support groups, drop-in groups, psychoeducation sessions, emotional support via phone, email and text, advocacy (ISVA) service and empowerment support for young people aged 14-18. We also provide outreach and awareness raising work in schools, and training for professionals.

The majority of the services are open to self-identifying women and non-binary individuals recorded female at birth. Our ISVA service is open to survivors of any gender.

The helpline is currently open: Monday 18:30-21, Thursday 18:30-20:30, Friday 11-13, Sunday 18:30-20:30. For email support, please email support@osarcc.org.uk. For text support, please text 07537 432 442, open Sunday and Thursday 6:30pm - 8:30pm.

Updated 11/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Portsmouth Abuse and Rape Counselling Service (PARCS)

P.O Box 3, Portsmouth, PO2 8RX

Serving: Hampshire

HL: 0300 222 5735 T: 023 9266 9513

E: parcs@family-action.org.uk

W: www.family-action.org.uk/parcs

Description of service:

PARCS is an organisation based within Portsmouth City that works with women and men that are residents in Portsmouth and South-East Hampshire who have experienced sexual violation or domestic abuse at any time in their life and no matter how long ago. PARCS provides telephone support, emotional support, face-to-face counselling, outreach into schools, training and consultation. The office is open: Mon-Thurs 9am-5pm; Fri 9am-4.30pm. The helplines are open: Mon 11-2pm; Thurs 4pm-7pm. Updated 28/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

RAPE AND SEXUAL ABUSE COUNSELLING - (W.A.C.A.) (Mid-Hampshire)- NOW
'START'

Westbury, 13 City Road, Winchester, Hants, SO23 8SD

Serving: Hampshire

T: 01962 807037

E: See Website

W: <https://start-org.uk/>

Description of service:

START is a new sexual trauma service, operating across Central, West and North Hampshire, bringing together the previous RASAC (Rape and Sexual Abuse Counselling Service) supporting Central, West and North Hampshire and BRASACC (Basingstoke Rape and Sexual Abuse Crisis Centre), also operating in the North of the county. The core service offered by START is a confidential, specialist counselling and support service for anyone who has experienced sexual abuse and/or sexual assault, resulting in sexual trauma. Checked 12/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

RAPE AND SEXUAL ABUSE SUPPORT CENTRE / RAPE CRISIS - SOUTH LONDON
(RASASC)

P.O. Box 383, Croydon, CR9 2AW

Serving: National (UK), London & Surrey

HL: 0808 802 9999 T: 0208 683 3311 F: 0208 683 3366

E: info@rasasc.org.uk

W: www.rasasc.org.uk

Description of service:

Free, confidential helpline offering information & support to female survivors (13+) who have suffered from sexual violence, their family, friends & partners from anywhere in the UK - open 365 days a year: 12noon-2.30pm & 7pm-9.30pm. Women only services (13 years & over) for survivors of sexual violence: Specialist face-to-face counselling available in Kingston, Croydon, Southwark and Bexley; Therapeutic Groups; Advocacy (3 ISVAs) support through the Criminal Justice System; Outreach with women involved in prostitution and homeless women; Talks & training for other professionals; Accredited Sexual Violence Training (OCN) for front line workers and counsellors available. The office is open Mon-Fri 10am-6pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

RAPE CRISIS (Wycombe, Chiltern & South Buckinghamshire)

PO Box 1448, Desborough Road , High Wycombe, Bucks, HP11 9GW

Serving: Buckinghamshire

HL: 01494 462222 T: 01494 513823

E: rapecrisis.office1@gmail.com

W: www.wycomberapecrisis.org.uk

Description of service:

Free, confidential support for women survivors of rape, sexual assault or childhood sexual abuse historical or recent, aged 16+, living/working in Wycombe, Chiltern & South Buckinghamshire. ISVA services, Befriending, face-to-face and telephone counselling and support, self-help group, support in going to the police, court, health appointments, etc. Support for non-abusing family/friends of survivors. Talks, training and support for other professionals and organisations. Black,Asian,Minority and Ethnic (BAME).

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Rape Crisis Surrey & Sussex (RCSAS)

P.O. Box 1265, Crawley, West Sussex, RH10 0JY

Serving: Surrey: Epsom. East & West Sussex: Crawley, Horsham. Mid Sussex. Call for details.

HL: 0808 802 9999 T: 01293 538 477 F: 01293 279 956

E: info@rcsas.org.uk

W: www.rasasc.org.uk

Description of service:

RCSAS is a women-only independent organisation based in Crawley, providing a high standard of professional support to female survivors of sexual violence aged 13 and older. We are a member of Rape Crisis (England and Wales) and adhere to their occupational standards of service delivery and we are a British Association of Counselling and Psychotherapy (BACP) Accredited Counselling Centre. We offer: National Rape Crisis Helpline – Emotional support and information for female survivors of sexual violence and their supporters. Freephone 0808 802 9999, open 365 days a year from 12-2.30pm and 7-9.30pm. Counselling – Fully qualified specialist counsellors. Advocacy – Emotional and practical support and information for survivors of sexual violence who are contemplating reporting to the police or have reported and are going through the Criminal Justice System, up to and including the trial. Outreach. Group therapy. Training (accredited by OCN).

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

RASASC (Rape and Sexual Abuse Support Centre)

P.O. Box 1009, Guildford, GU1 9EE

Serving: Surrey

HL: 01483 546400 T: 01483 452900

E: team@rasasc-guildford.org

W: www.rasasc-guildford.org

Description of service:

Counselling and helplines. Face-to-face counselling for men & women (13+) in Guildford, with limited disabled access: Mon-Fri daytime + Mon, Wed & Fri eves 6-9pm. Self-help groups for survivors. Support to court counselling and family support counselling also available for those supporting the survivor. ISVA service available (Independent Sexual Violence Advisor) 07412222249. The helpline, operated by women for men & women, is open: Sun-Fri 7.30pm-9.30pm. Talks, presentations and training available, contact office for more details.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Reducing The Risk

Serving: National UK and Oxfordshire

T:

E: contact@reducingtherisk.org.uk

W: reducingtherisk.org.uk

Description of service:

We work to reduce the risk of Domestic Abuse by developing and delivering services for those affected. We support many of Oxfordshire's most vulnerable adults and children. We work intensively with people who are at risk of harm in their own homes - keeping them safe and helping them to rebuild their lives. We provide training, and coordinate and enhance the work of over 4,000 front line staff from a wide range of agencies to help prevent abuse and reduce its impact. Our work across the UK: Our multi-agency approach to tackling abuse and exploitation is recognised nationally and we provide training and consultancy to support other areas in the UK in developing a coordinated approach to keeping people safe. Please visit our website for full details. Updated 24/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

RENTON CLINIC SARC

Darent Valley Hospital, Dartford, DA2 8DA

Serving: Kent

T: 01322 428740

E: dgn-tr.communications@nhs.net

Description of service:

A Sexual Assault Referral Centre where specially trained, experienced professionals can give you medical help and advice, counselling and practical & emotional support. You do not have to report the assault to the police to get help, and we can help you decide what to do next. The number given is for self-referrals and is open Mon-Thurs 9am-5pm & Fri 9am-3pm. Email updated 12/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

RESPOND ACADEMY

Ground Floor, Silchester Mews, 17A Silchester Road, St Leonards on Sea, TN38 0JB

Serving: East Sussex

T: 01424 718235

E: respondacademy@googlemail.com

Description of service:

Respond is a talented network of young people in the Hastings & Rother area. Respond is about listening and giving opportunities to young people, to develop their skills and talents, to work creatively on serious life issues, to learn valuable tools for coping, to develop their voices, to receive training and education, and to go back into the community to mentor other young people.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Rise

RISE, PO Box 889, Brighton BN2 1GH

Serving: Brighton, Hove and Sussex.

HL: 0300 323 9985 or 01273 622822 T: 01273 622822
E: helpline@riseuk.org.uk E: communications@riseuk.org.uk
W: www.riseuk.org.uk

Description of service:

Helping those affected by domestic abuse. We work alongside survivors giving practical support to help them rebuild safer lives. RISE works with partners to offer a Domestic Abuse Drop-in 'Surgeries'. RISE provides crisis accommodation in a refuge for women and children escaping domestic abuse. A refuge is a confidential address where you can be safe for one night or up to six months. RISE operates the only local domestic abuse helpline in Brighton & Hove. Our specialist service supports all LGB&T* people affected by domestic abuse. Support for male victims of domestic abuse. RISE offers special services to help children, young people and families affected by domestic abuse. Email updated 21/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Rise

Address:

Serving: Kent

T: 07749616479

E: support@risekent.org

W: www.risekent.org

Description of service:

RISE Kent is a peer support service for women experiencing sexual trauma. RISE was set up by myself, a survivor of child sexual abuse who with all the therapy I was fortunate to receive, I still felt very much alone. We have been running for four years where we have won a MIND MARSH award for Mental Health Peer Support under “doing it ourselves” category in 2017.

We run groups bi-weekly on Thursdays from 7:30-9pm near Westwood Cross. We provide a range of therapeutic activities where our members can develop new coping strategies, learning new hobbies as well as experiencing a sense of achievement. We also provide supportive literature, from general self-help to addressing trauma and of course healthy and not so healthy refreshments! We depend on services sign-posting giving individuals the choice rather than referral methods where the individual may feel they have to attend. We have a support line whilst COVID-19 which will continue until safe to resume peer support group services. Please contact us on 07749616479

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Rising Sun

Prince of Wales, 23a Military Road CT1 1YX

Serving: Canterbury district, Folkestone and Ashford

T: 01227 452852

E: admin@risingsunkent.com

W: www.risingsunkent.com

Description of service:

Our One Stop Shop (Thursdays from 9:30-12:30) is for anyone to visit who is experiencing domestic violence. The atmosphere is non-judgemental, informal, anonymous, and you can visit as frequently as necessary. Our counselling is designed to help women come to terms with and cope with what has, or is happening to them. Family Now Programme - focuses on parenting and domestic violence, how to build a healthy relationships and conflict resolution. Phoenix Programme - gives women insights into abusive relationships and to understand how it may be affecting others. Independent Domestic Violence Advocates & Community Team - covers Canterbury, Folkestone and Ashford providing specialist support at points of crisis, offering advice and being there every step of the way. For those at high risk our dedicated IDVAs will be there until it is deemed safe and then our community team continues with support assisting in recovery. For full details or to refer to our services please see the contacts page on our website from which you can download our up to date referral form. Please call our office line above which is open 9-5 Monday to Friday if you have any other queries. Updated 11/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

SARC- Berkshire

Upton Hospital, Church Street, Slough, SL1 2BJ

Serving: Berkshire

T: 0800 970 9952

E: info@solacesarc.org.uk

W: www.solacesarc.org.uk

Description of service:

Solace Sexual Assault Referral Centre (SARC) is located at two sites, Bicester and Slough. We provide coordinated, forensic, counselling and aftercare services to men, women and children living in Thames Valley who have experienced rape or sexual assault, recent or non-recent. Updated 30/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

SARC- Hampshire and IOW- Treetops

Treetops Centre, Northern Road, Cosham, Portsmouth, PO6 3EP

Serving: Hampshire & Isle of Wight

T: 0300 123 6616

E: snhs.admin.treetops@nhs.uk

W: www.solent.nhs.uk/sarc

Description of service:

Treetops is the Sexual Assault Referral Centre (SARC) located in Cosham, Portsmouth, covering the Hampshire and IOW area. We offer free support and practical help to anyone who has been raped or sexually assaulted, whether this happened in the past or more recently. A Crisis Worker is available 24/7 to speak to confidentially over the phone providing access to help & advice. If a person attends the SARC the Crisis Worker support and advocate for clients throughout the whole process at SARC. Treetops offers forensic medical examinations to recent victims of rape or sexual assault. Emergency contraception, pregnancy testing, HIV risk assessment, Hepatitis B vaccinations and testing for Sexually Transmitted Infections (STI's) can be arranged. For recent and historical cases, onward referrals can be made to Independent Sexual Violence Advisors (ISVA's), Sexual Health services, counselling and/or other supporting agencies. Treetops is located in a discreet and secure location, easily accessible by public transport and with onsite parking. Clients can attend either with police or can attend as a self-referral with no police involvement. Updated 17/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

SARC- Kent

Unit 7 and 8, North Court, South Park Business Village, Armstrong Road, Maidstone, Kent, ME15 6JZ

Serving: Kent and Medway

T: 01622 726461
E: bh.admin@nhs.net
W: www.beechhousesarc.org

Description of service:

Beech House offers free support and practical help to anyone in Kent and Medway who has experienced sexual violence and/or sexual abuse. Updated 21/12/21

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

SARC- Surrey

Cobham Community Hospital, 168 Portsmouth Road, Cobham, Surrey, KT11 1HS

Serving: Surrey

T: 0845 5196168

E: surrey.sarc@nhs.net

W: www.surreysolace.org

Description of service:

The Solace Centre SARC offers free support and practical help to anyone in Surrey who has experienced sexual violence and/or sexual abuse. Updated 21/12/21

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

SARC- Sussex ~ The Saturn Centre

The Saturn Centre SARC, Crawley Hospital, West Green Drive, Crawley, West Sussex, RH11 7DH

Serving: West Sussex

T: 01293 600469

E: sc-tr.saturncentre@nhs.net

W: www.saturncentre.org

Description of service:

The Saturn Centre Sexual Assault Referral Centre (SARC) offers free support and practical help to anyone in Sussex who has experienced sexual violence and/or sexual abuse. Updated 21/12/21

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

SDAS - Southern Domestic Abuse Service

Havant, PO9 1UA

Serving: Hampshire

H: 0330 016 5112 T: 02392 480246

E: advice@stopdomesticabuse.uk

W: <https://stopdomesticabuse.uk>

Description of service:

We run refuges for women and children escaping domestic abuse and offer outreach services to women, children, young people and men who need advice, support, and information. SDAS is currently providing the only specialist service for victims or potential victims of FGM in Hampshire. Email updated 21/12/21

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Services for Young People (formally YCH Services for Young People)

Hertfordshire County Council, County Hall, Hertford, SG13 8DF

Serving: Hertfordshire

HL: 0300 1237538 T: 0300 1237538

E: SfYP@hertfordshire.gov.uk

W: www.servicesforyoungpeople.org

Description of service:

Services for Young People is part of Hertfordshire County Council and provides youth work projects, information, advice, guidance, work related learning and wider support for young people aged 13 to 19 (up to 24 for Young people with learning difficulties). It also provides support for young people leaving care, up to the age of 21, through the SfYP Access Points. Updated 09/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

SEXUAL ASSAULT AND ABUSE SUPPORT SERVICE BUCKINGHAMSHIRE Buc AND MILTON KEYNES (FORMALLY - AYLESBURY VALE RAPE CRISIS)

PO Box 1058

Serving: Buckinghamshire and Milton Keynes

HL: 01296 392468 T: 01296 392468

E: support@saassbmk.org.uk

W: www.saassbmk.org.uk

Description of service:

Sexual Assault and Abuse Support Service Buckinghamshire and Milton Keynes (SAASSBMK) are the only accredited provider of specialist support for survivors of sexual assault and abuse for women, girls, men and boys over the age of 16 in the county. We have been providing specialist services to individuals for our community since 1995. Our services now include Information, Advice and Guidance, one to one Counselling, Stabilisation Intervention Programme, Advocacy, Telephone support, Drop-in sessions for peer support and Group Therapy. We also provide Independent Sexual and Domestic Violence Advocacy (IDVA/ISVA) to help survivors navigate through the criminal justice process. Our services are designed to empower individuals, increasing their confidence and self-worth which leads to improvements in physical, psychological and emotional wellbeing. All of our services are free and available to all individuals, regardless of gender, religion, ethnicity, sexuality, or socioeconomic background, and are provided by specially trained staff and volunteers. Updated 20/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

SOUTHAMPTON RAPE CRISIS & SEXUAL ABUSE COUNSELLING SERVICE

P.O. Box 1401, Southampton, SO18 9AD

Serving: Hampshire

HL: 02380 636313 T: 02380 636312

E: info@yellowdoor.org.uk

W: yellowdoor.org.uk

Description of service:

SRC is a Southampton-based charity within the aim to relieve the distress of individuals (12+) who have suffered rape or sexual abuse & to carry out prevention work through education. Providing information, advice, counselling, advocacy & criminal justice support services to women, men, families and young people as well as relevant third parties (Family, friends, partners or professionals). Services includes: (1) Helpline providing free, confidential advice, support & information - 023 8063 6313 (2) One to one therapy through our Adult or YP's Counselling Service. (3) ISVA (Independent Sexual Violence Advocate) support to individuals & their families in negotiating the criminal justice system. (4) Family Therapy for those who are struggling with the impact of sexual abuse/assault. (5) Therapeutic Groups for adults and YP. (6) STAR - Preventative work in schools, youth groups & colleges. Email and website updated 23/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

START

Westbury, 13 City Road, Winchester, Hants, SO23 8SD

Serving: Hampshire

HL: 01962 868 688 T: 01962 807037

E: See Website

W: <https://start-org.uk/>

Description of service:

START is a new sexual trauma service, operating across Central, West and North Hampshire, bringing together the previous RASAC (Rape and Sexual Abuse Counselling Service) supporting Central, West and North Hampshire and BRASACC (Basingstoke Rape and Sexual Abuse Crisis Centre), also operating in the North of the county. The core service offered by START is a confidential, specialist counselling and support service for anyone who has experienced sexual abuse and/or sexual assault, resulting in sexual trauma. Checked 22/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Stepping Up Domestic Abuse Intervention Service

75-77 Main Road, Hockley, Essex, SS5 4RG

Serving: Kent, Surrey and Sussex

T: 01622 356477

E: SurreyDAinfo@ksscrc.scc.gsi.gov.uk

W: www.ksscrc.co.uk/stepping-up-domestic-abuse-service-

Description of service:

Stepping Up, enables adults who recognise they are using physical or emotional abuse within their relationships to refer themselves to the service to receive a tailored package of support. The Surrey Against Domestic Abuse Partnership (SADA) has commissioned Kent, Surrey and Sussex Community Rehabilitation Company (KSS CRC) to deliver the domestic abuse intervention service, that aims to reduce offending and help make survivors and their children feel safer. At the same time, the perpetrator's current or ex-partner will be offered support from a dedicated link worker who will work alongside specialist Domestic Abuse Outreach Services to help them make informed and safe choices for themselves and their children. Survivors will also be directed to other services to aid their recovery from the impact of domestic abuse.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

SURVIVORS' NETWORK

6A PAVILION BUILDINGS, BRIGHTON, BN1 1EE

Serving: Sussex

HL: 01273 720110 T: 01273 203380

E: admin@survivorsnetwork.org.uk or E: help@survivorsnetwork.org.uk

W: www.survivorsnetwork.org.uk

Description of service:

A service for survivors of sexual violence & abuse. The helpline is open: wed 7pm-9pm and is for self-identifying female survivors aged 14+ and supporters of any gender. It includes telephone, text and email options. Drop-in for self-identifying women Mondays 7-9pm and Thursdays 7-9pm when the building is women only. Counselling for self-identifying women aged 14+ & independent sexual violence advisor (ISVA) service for survivors of any gender aged over 3. Varied group-work, workshops and training at different times throughout the year. Through this programme of training volunteers will be able to get the first, nationally recognised Level 3 qualification as professionals working in the Sexual Violence sector. The national accrediting body is Open College Network West Midlands.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

The Dash Charity

551 Fairlie Road Slough SL1 4PY

Serving: Berkshire East & South Bucks

H: 01753 549865 T: 01753 549865

E: info@thedashcharity.org.uk

W: thedashcharity.org.uk

Description of service:

We provide a range of practical help and emotional support services for women, men and children experiencing any form of domestic abuse and who live within royal Borough of Windsor and Maidenhead or South Buckinghamshire. We are accredited by Women's Aid. We have 3 refuge homes providing crisis accommodation and access to a national network of refuge spaces. Our Advocacy and Outreach services enable high risk and medium risk victims to live safely within their home area with safety measures in place. We help victims access legal help, connect them with statutory and voluntary services who can help and empower them towards a life free from abuse. Our Children's Team provide therapeutic support for children and young people living in Maidenhead helping them overcome the trauma of their experiences. Please see our website for more information: <https://www.thedashcharity.com> Updated 09/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

The Footprints Project

Address:

Serving: Dorset, Somerset and Hampshire

T: 07789 937637

E: info@footprintsproject.co.uk

W: www.footprintsproject.co.uk

Description of service:

The Footprints Project mentors men and women who are leaving prison or serving a community sentence and are returning to Dorset, Somerset and Hampshire. We aim to reduce the risk of reoffending by helping our clients to re-integrate into their local community. We offer a 'through the gate' service, meeting with them prior to and on release from prison. Mentors, who are made up of trained volunteers from the community, support and guide their clients, providing the assistance they need to live a meaningful life without further resorting to crime.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

The Hampton Trust

Chubut Suite, Wessex Institute, Ashurst Lodge, Ashurst, Southampton, SO40 7AA

Serving: Hampshire

T: 023 8000 1061

W: www.hamptontrust.org.uk

Description of service:

Our projects offer support for perpetrators, victims of violence and abuse and young people affected by domestic abuse, educational and social exclusion. Our programmes are preventative, educational and therapeutic. Checked 23/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

The Hope Programme

Address:

Serving: Bedfordshire

HL: 0300 365 1045 T: 0300 365 1045

E: admin@thehopeprogramme.co.uk

W: www.hopeprogramme.com

Description of service:

The Hope Programme Bedfordshire provides a helpline and support services for people aged over 10 years who have suffered sexual violence, including childhood sexual abuse and exploitation. Our free services are also available to non offending family members, partners and carers in safe, comfortable and accessible rooms. Email updated 30/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

The You Trust

South Wing, Admiral House, 43 High Street, Fareham, Hants, PO16 7BQ

Serving: Hampshire

T: 0330 016 5112

E: enquiries@theyoutrust.org.uk E: spoc@theyoutrust.org.uk

W: www.theyoutrust.org.uk/service/domestic-violence-abuse

Description of service:

You First aspires to a world free of Stalking, domestic abuse and sexual violence and we are dedicated to developing and delivering services that reduce harm and increase safety for all victims and survivors of domestic abuse – women, men and children. We do this by offering community and accommodation based services that are easy to access and give expert holistic information, advice and emotional support to ensure safety and build confidence to move on. We believe we work best when we work together with people sharing knowledge and information, learning from their lived experiences and delivering services that are meaningful.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

TILEHOUSE COUNSELLING

The Coach House, Rear of 84 Tilehouse Street, Hitchin, SG5 2DY

Serving: Hertfordshire

T: 01462 440244

E: counselling@tilehouse.org

W: www.tilehouse.org

Description of service:

Affordable counselling for males and females from aged 13 in North Herts. Updated 03/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Trust House Reading

54 London Street, Reading, RG1 4SQ

Serving: Reading and Berkshire

HL: 0118 958 4033 T: 0118 950 2835

E: support@trusthousereading.org E: office@trusthousereading.org

W: www.trusthousereading.org

Description of service:

Trust House Reading is a rape and sexual abuse support centre. We offer a range of services to women, men and children living in the Berkshire and Thames Valley area who have been affected by sexual violence either recently or in the past. Support includes a confidential helpline staffed by trained volunteers, specialist one-to-one counselling for adults and young people, independent sexual violence advisor support (for adults and children), support groups and play therapy for children. All services are free and confidential. Updated 11/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

WAY IN (CHILTERN YOUTH MATTERS)

60 High Street, Chesham, HP5 1EP

Serving: Buckinghamshire

T: 01494 791177

E: wayinchesham@hotmail.com

W:

Description of service:

Way In comes under Time to Talk Bucks (confidential counselling service) for free young people's counselling aged 11 – 19 and up to 25 if you have special educational needs.

By appointment only weekdays only. Way In's Adult Service runs on Saturdays, please contact 07927 003339

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

WINDSOR & MAIDENHEAD YOUTH & COMMUNITY COUNSELLING AGENCY (NO 22)

4 Marlow Road, Maidenhead, SL6 7YR

Serving: Berkshire, Windsor and Maidenhead

HL: 01753 842444 (Youth Line) T: 01628 636661

E: online

W: www.number22counselling.org

Description of service:

Windsor & Maidenhead Youth and Community Counselling Service is a voluntary organisation and a registered charity with two agencies, Number 22 in Maidenhead and Youth Talk in Windsor, working with people from within the borough as well as the towns and villages beyond. Set up in 1976, we offer free and confidential counselling primarily to young people aged 12-25 and those who care for them through an appointment-based service for as long as they need it. We also provide counselling to others within the community who are in need of support as well as running outreach programmes in local schools, colleges and youth clubs. Opening hours: Monday 10.00am - 8.30pm, Tuesday 2.00pm - 9.30pm, Wednesday 9.30am - 9.00pm, Thursday 3.00pm - 9.30pm, Friday 2.00pm - 8.00pm, Saturday 10.00am - 1.00pm. Checked 23/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

WOMEN'S AID IN LUTON

32-42 Duke Street, Luton, LU1 0HH

Serving: Bedfordshire

HL: 01582 391856 T: 01582 876636

E: info@womensaidinluton.org

W: www.womensaidinluton.org

Description of service:

We run 5 safe houses for women, with or without children, escaping domestic abuse, one of which is a specialised Asian refuge. We also have 1 refuge offering 5 single spaces for Complex needs. We provide a helpline Mon-Fri 10am-5pm, and can see women face-to-face for further emotional support at a safe place chosen by the woman. We have a centre in town where women can visit, socialise & relax. On appointment basis.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

WYCOMBE COUNSELLING SERVICE

260 Desborough Road, High Wycombe, HP11 2QR

Serving: Buckinghamshire

T: 01494 463364

E: wcs@bucksmind.org.uk

W: www.bucksmind.org.uk

Description of service:

We offer counselling & play therapy to adults and children aged 4 upwards, who come to us for help with a wide range of problems. Please phone for an initial appointment. The office is open: Mon, Tues & Thurs. We operate a sliding scale of contributions according to income. Disabled access via lift.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

Your Sanctuary

15a Monument Way East, Woking, Surrey, GU21 5LY

Serving: Woking, Surrey Heath and Runnymede

HL: 01483 776822 T: 01483 776868

E: admin@yoursanctuary.org.uk

W: www.yoursanctuary.org.uk

Description of service:

At Your Sanctuary we have four key aims, which underpin all our work: protection for survivors and their children, prevention of domestic abuse, provision of effective services, to undo the harm caused by domestic abuse. The services that we provide are: Helpline and On-Line chat service, Community based services (including Outreach, Children's Services and Refuges). Updated 20/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South East • Section: 09

YOUTH ENQUIRY SERVICE (Y.E.S.)

52 Frogmoor, High Wycombe, HP13 5DG

Serving: Buckinghamshire

HL: 01494 437373 F: 01494 452853

E: yeswycombe@hotmail.co.uk

W: www.yeswycombe.org

Description of service:

YES offers free and confidential information, support and counselling for young people aged 13-25 years in High Wycombe, Buckinghamshire, and the surrounding area. It is open from Monday to Thursday from 11am to 5pm, and from midday to 3pm on Friday and Saturday, for young people to drop in or phone. Updated 09/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

BRISTOL SEXUAL HEALTH CENTRE – Unity Sexual Health

Central Health Clinic, Tower Hill, Bristol, BS2 0JD

Serving: Bristol

HL: 0117 342 6900

W: www.uhbristol.nhs.uk/sexual-health/

Description of service:

Previously known as The Milne Centre which closed in 2008. Bristol Sexual Health Centre provides sexual health screening, advice and treatments; contraception information & treatment; advice for those who are pregnant and unsure of their options. We provide a confidential service which anyone can self-refer to for advice, tests and treatment if needed. Post-sexual assault services in Bristol are now provided by The Bridge. Checked and updated 31/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

CHECK POINT TORBAY (The Childrens Society)

7 Victoria Road, Ellacombe, Torquay, TQ1 1HU

Serving: Devon

T: 01803 290330 / 01803 200100

E: checkpoint@childrenssociety.org.uk

W: <https://www.childrenssociety.org.uk/information/young-people/checkpoint>

Description of service:

CheckPoint Torbay - We provide free and confidential advice and help to young people aged 8–18 across Torquay, Paignton and Brixham. We can speak to you on the phone, online or face to face. Services include Emotional health and wellbeing, Drug and alcohol service, Sexual exploitation, Going missing/returning home, Sexual abuse and advocacy. Updated 30/12/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

FORMALLY DORSET RAPE CRISIS LINE – NOW STARS (SEXUAL TRAUMA AND RECOVERY SERVICE)

P.O. Box 877, Bournemouth, BH8 9YU

Serving: Dorset

T: 01202 547445

E: info@starsdorset.org

W: <https://www.starsdorset.org>

Description of service:

DRCL is a voluntary organisation run by women for women and girls who have been raped or sexually abused. We offer telephone and face-to-face support. Our services are free and confidential. The office is open: Mon 1-3pm; Tues 10am-12noon; Wed, Thurs & Fri 8-10pm; Sat 4-6pm. Name and email updated 31/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

Family Information Service

Address:

Serving: Cornwall

HL: 0800 587 8191 T: 0800 587 8191

E: fis@cornwall.gov.uk

W: www.supportincornwall.org.uk

Description of service:

The Family Information Service is part of the local authority and provides information, advice and guidance to families in Cornwall. We are also the helpline for Kernow Carers Service. Updated 11/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

FIRST LIGHT

Plymouth

Serving: Devon, Cornwall, Isles of Scilly, Swindon and Wiltshire.

T: 03458 12 12 12 F: 01752 220430

E: info@firstlight.org.uk

W: www.firstlight.org.uk

Description of service:

First Light provides specialist support to victims of Domestic Abuse and Sexual Violence to individuals of all ages and genders across the South West. In Cornwall and Isles of Scilly First Light delivers the Domestic Abuse and Sexual Violence Recovery Service and in Devon, Cornwall and Isles of Scilly First Light provides the Independent Sexual Violence Advisory (ISVA) Service. In Swindon and Wiltshire First Light provides the service for the Sexual Assault Referral Centre (SARC) which is the first point of contact for people who have experienced rape and serious sexual assault. Updated 12/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

GLOUCESTERSHIRE DOMESTIC ABUSE SUPPORT SERVICE

Address:

Serving: Gloucestershire

HL: 0845 602 9035 T: 01452 726570

E: support@gdass.org.uk

W: www.gdass.org.uk

Description of service:

GDASS offers support and advice to victims of domestic abuse aged 16+ living in Gloucestershire. We run a helpline from Monday – Friday between 9am and 5pm, and provide a range of support including groupwork. Updated 01/04/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

Gloucestershire Rape and Sexual Abuse Centre (GRASAC)

PO Box 3292, Gloucester, GL1 9HW

Serving: Gloucestershire

T: 01452 305421
E: info@glosrasac.org.uk
W: www.glosrasac.org

Description of service:

Gloucestershire Rape and Sexual Abuse Centre (GRASAC) provides emotional and ISVA (Independent Sexual Violence Advisor) support to survivors of rape, sexual assault and childhood sexual abuse regardless of gender, age, and background. We support people who have been victims of sexual violence at any point in their lives and who live in Gloucestershire. GRASAC's office is open 9am-5pm Monday to Thursday and 08.30am-4.30pm on Friday and you can call us on 01452305421. Updated 03/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

HOPE HOUSE SARC

Gloucestershire Royal Hospital, Great Western Road, Gloucester, GL1 3NN

Serving: Gloucestershire

HI: 0300 421 8400

E: Via Website

W: <https://www.hopehouse.nhs.uk/sarc/>

Description of service:

If you, or someone you know has been the victim of sexual assault we are here to help. We can help you report the incident to the police, but only if you wish to do so. We can offer further help through other agencies such as Gloucestershire Rape Crisis, Victim Support, Domestic Abuse Support & Advocacy, etc. All enquires are treated confidentially and you are supported throughout the whole process.
Checked and updated 31/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

JOURNEY AFTER CHILD ABUSE TEAM (JACAT)

Evergreen House, Victoria Park Road, Exeter, EX2 4NU

Serving: Devon

T: 0330 0245 321

W: <https://childrenandfamilyhealthdevon.nhs.uk/camhs/teams/journey-after-child-abuse-team-jacat/>

Description of service:

A joint agency team funded by Social Services and Health Trust. Offers support and advice to professionals in the field of child care services and facilitates assessment and/or therapeutic help for abused child and their family or carers. Team members do offer treatment themselves, in the form of individual, group and/or family therapy. Open: 9am-5pm. Checked and updated 31/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

KINERGY

Mary Carpenter House, Kingswood Foundation Est., Britannia Road, Kingswood, Bristol, BS15 8DB

Serving: Bristol, Gloucestershire & Somerset

T: 0117 908 7712

E: contact@kinergy.org.uk

W: www.kinergy.org.uk

Description of service:

We are a confidential service for survivors of sexual abuse and rape in the South Gloucestershire and North Somerset. We offer individual counselling for men and women over the age of 16.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

NEW SWINDON SANCTUARY SEXUAL ASSAULT REFERRAL CENTRE

The Gables, Shrivenham Road, South Marston, Swindon, SN3 4BB

Serving: Wiltshire

HL: 0808 168 0024

E: Via Website

W: <https://www.swindonsanctuary.co.uk/>

Description of service:

Swindon Sanctuary is a Sexual Assault Referral Centre for Wiltshire. The services offered are for ALL victims of sexual assault, no matter what the gender, sexual orientation, or age of the victim. To arrange an appointment at The Sanctuary you can call our freephone helpline number if you don't wish police involvement, or you can telephone Wiltshire Police on 0845 408 7000. Checked and updated 31/12/2021

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

NORTH DEVON AGAINST DOMESTIC ABUSE (NDADA)

PO Box 141, Barnstaple Devon EX32 7YN

Serving: Devon

T: 01271 321946

E: admin@ndada.co.uk

W: www.ndada.co.uk

Description of service:

Most of our clients are women and children but we recognise that men can be victims too. Our IDVA's work with and support men in just the same way as women, so if you think we can be of help, please get in touch. Our services : Provide temporary refuge to women and children who have suffered domestic abuse and offer support and after-care to any woman who has left Refuge. Encourage service users to determine their own futures and help them achieve this, whether this involves returning home or starting a new life elsewhere. Recognise and care for the emotional and educational needs of children involved. Offer support, advice and help to any service user who requests it. Educate and inform the public, media, Police, courts, Social Services and other partners and organisations with respect to domestic abuse. Support the family in a more holistic approach to help keep families safe and relationships healthy. Updated 04/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

OFF THE RECORD - BRISTOL

8-10 West Street, Old Market, Bristol, BS2 0BH

Serving: Bristol, South Glos and North Somerset

HL: 0808 808 9120 T: 0808 808 9120

E: hello@otrbristol.org.uk E: otrnorthsomerset.org.uk

W: www.otrbristol.org.uk

Description of service:

OTR is a mental health social movement by and for young people aged 11-25 in Bristol, South Gloucestershire and North Somerset. We offer a variety of projects to promote good mental health and wellbeing, and empower young people to support themselves and their communities. We give young people a choice and a voice.

We're not just a charity providing mental health services, we're a mental health movement mobilised to support, promote and defend the mental health, rights and social position of young people. At OTR we recognise that our individual and collective wellbeing is influenced by the structures and systems around us - and social, political and environmental contexts affect how we feel. In an at-times stressful world, OTR provides spaces for young people to learn and create positive change for their wellbeing.

OTR has a wide range of services for young people to get involved in, which are designed and often delivered by trained young people themselves, as well as in partnership with organisations across the region; including group work, projects exploring arts, sports, nature and activism, support around gender, sexuality and identity, targeted work with young people of colour, and one-to-one therapies. OTR is free and self-referral, meaning young people don't need a diagnosis, professional referral or a parent/carer's permission to access our services. We want to empower young people to work from their strengths and choose support that is best suited to them and take control of their experience.

You can come and see us at our Hubs - drop-in spaces where young people, parents/carers and professionals can meet our staff and volunteers, chat about our projects and other local mental health support, and learn more about mental health and self-care. Updated 26/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

Plymouth Domestic Abuse Services (PDAS)

Prideaux Court, Palace Street, Plymouth, PL1 2AY

Serving: Devon

T: 01752 252 033

E: pdas@sanctuary.co.uk

W: www.sanctuary-supported-living.co.uk/PDAS

Description of service:

The Plymouth Domestic Abuse Services offer a wide range of advice and support, including: One-to-one emotional and practical support for men, women and children, Co-ordination of safe transfers into local or nationally-based refuges, Linking children into education and activities, Safety planning, Connections to legal and benefits advice, Referrals to external agencies for counselling, Purpose built refuge accommodation, Support through the criminal justice system, Floating support, Advice on housing options. Updated 04/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

REVIVAL - WILTSHIRE RASAC

P.O. Box 4157, Trowbridge, BA14 4AW

Serving: Wiltshire and Swindon

T: 01225 751 568

E: admin@revival-wiltshirerasac.org.uk E: appointments@revival-wiltshirerasac.org.uk

W: www.revival-wiltshirerasac.org.uk

Description of service:

A free and confidential specialist 1:1 counselling service for female and male survivors aged 13+ who have suffered rape, sexual abuse or sexual exploitation at any time in their lives. This service is available to anyone living in Swindon and Wiltshire, or is registered with a GP in Wiltshire. Counselling services are delivered in Trowbridge, Chippenham, Salisbury and Swindon. Women only space is available at designated times. These services are free at the point of delivery but donations are always welcome.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

SAFE

P.O. Box 1557, Salisbury, SP1 2TP

Serving: National (UK) & Wiltshire

HL: 01722 410889

Description of service:

SAFE provides a telephone helpline for survivors of ritual abuse and their supporters. Case consultancy and training to statutory and voluntary organisations. The helpline is open: Mon 6.30-8.30pm; Wed & Thurs 7-9pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

SALT SOUTH WEST (Sexual Abuse Listening Therapy)

142 Union Street, Plymouth, PL1 3HL

Serving: Devon & Cornwall

HL: 01752 600599 T: 01752 600599

E: email@saltsouthwest.co.uk

W: www.saltsouthwest.co.uk

Description of service:

We provide safe, non-judgmental, compassionate face-to-face (in Plymouth) listening therapy for all adult survivors (age 16+) of any form of childhood sexual abuse. Assessment, psychoeducational skills sessions, and personal sessions are included in the process. We also provide 3 sessions for 'significant others' who support survivors. Donations are welcome as there is no charge for the service. Additionally, we offer training, workshops, and supervision: please call for more information and see our website www.saltsouthwest.co.uk. Our helpline is manned Monday and Wednesday 9-3 and on answerphone at all other times (01752 600599). Updated 03/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

SARC- Avon and Somerset

The Bridge, 2nd Floor, Central Health Clinic, Tower Hill, Bristol, BS2 0JD

Serving: Somerset

T: 01173 426999

E: ubh-tr.thebridgecanhelp@nhs.net

W: <https://www.thebridgecanhelp.org.uk/about/>

Description of service:

The Bridge is a Sexual Assault Referral Centre (SARC). We offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted. Email updated 02/01/22

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

SARC- Cornwall – Clear

Godolphin House, 7-8 Cathedral Lane, Truro TR1 2QS

Serving: Cornwall

T: 01872 261147

E: admin@clearsupport.net

W: <https://clearsupport.net>

Description of service:

CLEAR provides therapy for children and young people who have experienced or witnessed abuse, traumatic crime and other emotional trauma. We also provide counselling and therapy for adult survivors of rape, sexual violence and sexual abuse – regardless of when this abuse occurred. We support children and adults of all ages. Our service is part of an individuals recovery pathway and our assessment based on readiness to engage with therapeutic support. Updated 16/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

SARC- Devon

The Business Centre, 2 Cattedown Road, Cattedown, Plymouth, Devon, PL4 0EG.

Serving: Devon

HL: 03458121212 T: 01752 220400 F: 01752 220430

E: info@firstlight.org.uk

W: www.firstlight.org.uk

Description of service:

First Light supports victims of sexual violence/assault in the Plymouth area. You can either be referred by a professional or self refer. Our contact number is 03458 121212 or visit our website www.firstlight.org.uk Updated 16/01.2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

SARC- Gloucestershire – Hope House

Great Western Road, Gloucester GL1 3NN

Serving: Gloucestershire

HL: 0300 421 8400 T: 01452 305421

E: hopehousesarc@ghc.nhs.uk E: info@glosrasac.org.uk

W: <https://www.hopehouse.nhs.uk/sarc/>

Description of service:

Hope House Sexual Assault Referral Centre (SARC) offers emotional and practical support; as well as medical care, to anyone who has experienced sexual violence or sexual abuse. Email not working 03/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

SARC- Wiltshire and Swindon – First Light

The Gables, Shrivenham Road, South Marston, Swindon, Wiltshire, SN3 4RB

Serving: Wiltshire and Swindon

HL: 01793 781916

E: sw.sarc@firstlight.org.uk

W: <https://www.firstlight.org.uk/swindonwiltshiresarc/>

Description of service:

The Swindon & Wiltshire Sexual Assault Referral Centre is the first point of contact for people who have experienced rape and serious sexual assault. The SARC is a safe place where we provide confidential practical and emotional support to anyone impacted by rape and serious sexual assault. It is a service provided and facilitated by First Light, delivered by a team of experienced crisis workers with an experienced team of sexual offence examiners. Email updated 09/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

SELF INJURY SUPPORT (Formerly Bristol Crisis Service for Women)

P.O. Box 3240, Bristol, BS2 2EF

Serving: National (UK) & Bristol

HL: 0808 800 8088 T: 0117 927 9600

E: info@selfinjurysupport.org.uk

W: www.selfinjurysupport.org.uk

Description of service:

We support women and girls of any background who are affected by self-injury. We run four helplines (see below) for women and non-binary people who feel the service is right for them, offering support on self-harm and related issues of trauma or abuse. We have a range of publications, information services and online self-help tools and resources on our website. As well as supporting those using self-injury, we also offer resources and information services for family and friends of those who self-harm, and for professionals from a wide range of industries. We also provide training to individuals and professionals working with people who self-injure. We post useful information and updates on our Facebook, Twitter, Instagram and LinkedIn pages. Helpline, text and email services are open Tues, Wed and Thurs 7-9.30pm. Webchat currently suspended. Updated 12/10/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

Sexual Trauma And Recovery Service – Dorset Rape Crisis

P.O. Box 7697, Poole, Dorset, BH15 9GN

Serving: Pan-Dorset

HL: 01202 308855 T: 01202 308840 F: 01202 670756

E: info@starsdorset.org

W: www.starsdorset.org

Description of service:

STARS is a pan-Dorset charity that offers practical and emotional support, free of charge, for anyone of any age or gender, who lives, works or studies in Dorset and has experienced any form of sexual trauma at any time in their lives. They currently have centres in Poole and Dorchester.

To find out more about our services, including our specialist children and young people's service, training packages and volunteer opportunities please visit our website www.starsdorset.org.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

SOMERSET AND AVON RAPE AND SEXUAL ABUSE SUPPORT (SARSAS)

Bristol

Serving: Bristol, Somerset, BANES & South Gloucestershire and N Somerset

HL: Women and Girls – 0808 801 0456 ~ Men and Boys – 0808 801 0464 T: 0117 929 9556

E: info@sarsas.org.uk

W: www.sarsas.org.uk

Description of service:

A specialist support service for survivors in Bristol, Banes, Avon, North Somerset and South Gloucestershire who have experienced any form of rape or sexual violence at any point in their lives. We offer helpline services for women, girls, men and boys. Women and Girls Helpline – 0808 801 0456 - Opening times are Mon & Fri 11 - 2pm, Tues, Wed & Thurs 6pm-8:30pm. Men and Boys Helpline – 0808 801 0464 - Opening times are Mon 11 - 2pm and Tues 6pm-8:30pm. We also offer 1 to 1 specialist support, counselling and confidential email support for survivors across the whole of Avon and Somerset. Our service is confidential and independent.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

Somerset Integrated Domestic Abuse Service

Address:

Serving: Somerset

H: 0800 69 49 999 T: 0800 69 49 999

E: youfirstsidas@theyoutrust.org.uk E: communitysafetyteam@somerset.gov.uk

W: www.somersetsurvivors.org.uk

Description of service:

This is Somerset's main specialist service to provide support to men, women and children who are affected by domestic abuse.

Services include: Outreach Support in the community, Refuge (female) and Safe-house (male and female) accommodation, Programmes of support to men and women, including for those who want to change their abusive behaviour in intimate relationships and victims who wish to break the cycle of abuse. Family Intervention Service, Young People's Violence Advisor service for high risk young victims (13-19), Independent Domestic Violence Advisor service for high risk adult victims. Updated 11/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

SOUTHMEAD PROJECT

Southmead Project, 165 Greystoke Avenue, Southmead, Bristol, BS10 6AS

Serving: Bristol, South Gloucestershire, Bath and North East Somerset (BANES) and North Somerset

T: 0117 950 6022 F: 0117 950 6102

E: admin@southmeadproject.com

W: www.southmeadproject.org.uk

Description of service:

The Southmead Project provides free counselling and support for survivors of abuse and addiction. Our long-term counselling supports survivors who may have experienced recent or historic abuse, including sexual, physical or emotional abuse, domestic violence or neglect. We also offer a unique counselling service for survivors of abuse who currently have an addiction to drugs or alcohol. Our Nexus counselling focuses on becoming more stable, reducing someone's drug or alcohol intake and provides practical strategies to help deal with anxiety, depression, and flashbacks. We provide pre-counselling groups for people on our waiting list for counselling. A Family Support Group takes place every week for people who support someone with an addiction to drugs or alcohol, or who are affected by someone else's addiction. Our Active Recovery Project offers activities to help survivors develop their self-esteem, confidence, and peer support networks. Updated 03/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

FearLess (formally Splitz)

Oak House, Epsom Square, White Horse Business Park, Trowbridge BA14 0XG

Serving: Wiltshire

HL: 01225 775 276 T: 01225 777724

E: spa@fear-less.org.uk

W: www.fear-less.org.uk

Description of service:

FearLess is nationally accredited charity delivering support services to adults and young people experiencing the trauma of domestic abuse and sexual violence. FearLess delivers services across south-west England. Updated 03/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

STOP ABUSE FOR EVERYONE (SAFE)

1 Queens Road, Exeter, Devon, EX2 9ER

Serving: Devon

T: 01392 269 545

E: hello@safe-services.org.uk

W: www.safe-services.org.uk

Description of service:

SAFE delivers a vital service for those affected by the trauma of domestic violence and abuse, with support offered in the community, schools and from the SAFE hub in Exeter. This is provided through individual counselling, therapeutic groups, children and families work, and local training and awareness-raising. Updated 13/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

Stroud Women's Refuge

Stroud Beresford Limited, PO Box 35, Stroud, GL5 1YL

Serving: Gloucestershire

T: 01453 764385

E: office@beresfordgroup.org

W: www.stroudwomensrefuge.org

Description of service:

We provide a range of accommodation and support services for women and children in our two refuges. All of the families living in the refuge have had to leave their home as a result of domestic abuse. We offer a range of services to help build skills, confidence and self-esteem and help families move towards a happier and healthier future. We offer a range of services in the community for people who are affected by domestic abuse or are at risk of domestic abuse. These include: One to one support, Group workshops for vulnerable people, Group workshops for professionals, Our 'Next Steps' programme. We can tailor our services to meet the needs of individual people and/or organisations. We offer a range of services and activities to children and to their parents to help them to overcome their experiences, learn new skills, and build the confidence to build a happy life that is free from abuse. Updated 11/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

Swindon Women's Aid

Swindon Women's Aid, PO Box 3816, Swindon, SN5 1BQ

Serving: Swindon

H: 01793 610 610 T: 01793 864 984 F: 01793 864 988

E: office@swindonwomensaid.org

W: www.swindonwomensaid.org

Description of service:

Swindon Women's Aid is a domestic abuse service for residents living in the Swindon area. Our service operates 24 hours a day and 365 days a year, Our service supports both female and male victims of domestic violence and abuse and it's confidential and free of charge. We provide support to those living in Swindon who need help to exit their abusive relationships safely, and provide emergency refuge to those who need to flee their homes due to the violence and abuse.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

TEENS IN CRISIS (TIC+)

Carlson Suite, 4th Floor, Building 8, Vantage Point Business Village, Mitcheldean, Gloucestershire, GL17 0DD

Serving: Gloucestershire

HL: 01594 546117 T: 01594 546117

E: admin@ticplus.org.uk

W: www.ticplus.org.uk

Description of service:

TIC+ (Teens in Crisis) mission is to improve, preserve and promote good mental health and wellbeing among children young people and their families. Serving Gloucestershire and surrounding areas we provide Counselling, Family Work, Advice and Information and Workshops. Additional help and links via the website. Open: Mon-Fri 9am-5pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

THE BRIDGE

2nd Floor, Central Health Clinic, Tower Hill, Bristol, BS2 0JD

Serving: Bristol

T: 0117 3426999 F: 0117 342 6890

E: turntothebridge@uhbristol.nhs.uk

W: www.turntothebridge.org/

Description of service:

The aim of the service is to empower & support you following a sexual assault, inform you of your options and assist you in making your own decisions about your care. We can provide you with information, support, forensic medical examinations, counselling, post-sexual assault follow-up care, referrals and support through the criminal justice system. Most services are open Mon-Fri 9am-5pm; forensic medical services with police involvement are open 24hrs. Available to those aged 6+

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

The Footprints Project

Address:

Serving: Dorset, Somerset and Hampshire

T: 07789 937637

E: info@footprintsproject.co.uk

W: www.footprintsproject.co.uk

Description of service:

The Footprints Project mentors men and women who are leaving prison or serving a community sentence and are returning to Dorset, Somerset and Hampshire. We aim to reduce the risk of reoffending by helping our clients to re-integrate into their local community. We offer a 'through the gate' service, meeting with them prior to and on release from prison. Mentors, who are made up of trained volunteers from the community, support and guide their clients, providing the assistance they need to live a meaningful life without further resorting to crime.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

THE GREEN HOUSE

The Green House, St Agnes Lodge, St Paul's, Bristol, BS2 9LJ

Serving: Bristol

T: 0117 9351707

E: info@the-green-house.org.uk

W: www.the-green-house.org.uk

Description of service:

The Green House (TGH) is a specialist therapy and support service for children, young people and families who have experienced sexual abuse. We work with those based in Bristol, Bath, North East Somerset and South Gloucestershire. Updated 09/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

The SUsie Project

Carnon Building, Wilson Way, Pool, Cornwall TR15 3RS

Serving: Cornwall

T: 01209 699241

E: susie.project@aol.com E: saferfutures@firstlight.org.uk

W: <https://saferfutures.org.uk/our-programmes/recovery-pathway/>

Description of service:

The support groups we run are in a number of locations covering Cornwall, they provide a safe meeting place for women who have experienced domestic abuse. Women can gain much needed support from other individuals who understand what they are going through. The support groups help women to move on & can prepare them for joining a Recovery Toolkit programme. Email updated 15/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

THE WILLOWS COUNSELLING SERVICE

THE WILLOWS CENTRE, 11 PROSPECT PLACE, OLD TOWN, SWINDON, SN1 3LQ

Serving: Swindon and surrounding areas of Wiltshire, Gloucestershire and Oxfordshire

T: 01793 426650

E: willows@willowscounselling.org.uk

W: <https://www.willowscounselling.org.uk/>

Description of service:

We provide individual counselling for adults (17+) on a range of issues, including those who are survivors of child sexual abuse, physical, emotional abuse, neglect and domestic violence. We have a particular interest in supporting people who suffer from the ongoing impact of trauma, who have attachment needs or who experience dissociation. We initially contract with clients for 6 to 12 sessions, but we aim to work with people as long as is therapeutically appropriate. We provide training in counselling from a Level 2 Introductory course through to a two year part-time Level 4 Diploma and numerous day workshops throughout the year. Our courses are Independently Accredited through the OCN and the CPCAB. We are active on Facebook and Twitter as Willows Swindon. Email updated 19/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

THE WOMEN'S CENTRE CORNWALL

P.O. Box 39, Bodmin, PL31 1XF

Serving: Cornwall

HL: 01208 77099 T: 01208 76466

E: kasey.kistle@wrsac.org.uk E: admin@womenscentrecornwall.org.uk

W: www.womenscentrecornwall.org.uk

Description of service:

We are an independent organisation run by women who have had training and understand the issues surrounding sexual violence/domestic abuse. We offer free, friendly, confidential support for women and girls (11+) who have experienced any form of sexual violence/domestic abuse at any time. This can be by telephone, face-to-face or email support. The helpline is open: Mon-Fri 10am-1pm & Mon 7.30-10pm, email support is support@wrsac.org.uk Training accrediting body – Open College Network London www.ocnlondon.org.uk OCN London is a national not-for-profit organisation that creates and awards qualifications. We work in partnership with educators, training providers, charities and employers to help transform people's lives through learning.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

THE ZONE @ YOUTH ENQUIRY SERVICE, PLYMOUTH LTD.

14-16 Union Street, Derry's Cross, Plymouth, PL1 2SR

Serving: Plymouth,
Devon, Cornwall

T: 01752 206626 F: 01752 206629
E: enquiries@thezoneplymouth.co.uk
W: www.thezoneplymouth.co.uk

Description of service:

Free and confidential service offering information and support to all young people aged 13-25yrs. Specialisations include sexual health, mental health and housing support. We are open: Monday to Friday 10am – 5pm and Saturday 10.30am – 4pm however some of our services opening times vary so please contact us or visit our website to find out more.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

Unseen

Serving: England South West

HL: 08000 121 700

E: media@unseenuk.org

W: www.unseenuk.org

Description of service:

At Unseen we are working towards a world without slavery. Unseen runs a safe house in the South West for women of 18 years and over who are classified as survivors of modern slavery and human trafficking. We take referrals from all over the country. Resettlement, Integration and Outreach Project (RIO) offers a range of services for survivors, whether they are transitioning from our 24-hour safe accommodation and need support to resettle and integrate into local communities, or whether they need outreach support rather than emergency accommodation whilst awaiting a decision from the authorities surrounding their trafficking experience. The service offers on-going support, practical and emotional assistance to victims of slavery and trafficking. Anti-Slavery Partnership (ASP) - Unseen was instrumental in setting up the ASP with Avon and Somerset Police and Bristol City Council. We will provide highly specialist accommodation and care services to give trafficked children the intense support they need as they move from harm to safety. Email updated 20/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

Waves (Working Against Violence Empowering Survivors)

WAVES Domestic Abuse Counselling Project, Helford House, May Court, Truro Business Park, Threemilestone, Truro, Cornwall TR4 9LD

Serving: Cornwall

T: 07815 136743

E: wavescounsellingproject@live.co.uk

W: wavescounsellingproject.com

Description of service:

Waves is a confidential counselling and outreach service provided by specialist trained counsellors. If you have experienced any form of domestic violence /abuse or family violence, this service may be for you. By providing therapy and individual support for people, this project aims to enable people to make positive changes in their lives. WAVES Domestic Abuse Counselling Project also aims to make its services available to anyone who does not usually have access to therapy; people on low incomes, young people, disabled people, women, men, lesbian, gay, bisexual, and transgender (LGBTQ+). In addition, we work in partnership with the Cornwall Refuge Trust (CRT). Updated 02/02/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

WOMANKIND - BRISTOL WOMEN'S THERAPY CENTRE

3rd Floor Brunswick Court, Brunswick Square, Bristol, BS2 8PE

Serving: Bristol & South Gloucestershire

HL: 0345 458 2914 or 01179 166461, Webchat www.womankindbristol.org.uk/helpline

E: info@womankindbristol.org.uk

W: www.womankindbristol.org.uk

Description of service:

Service areas are Bristol and South Gloucestershire. We provide free or subsidised 1:1 counselling and group therapy services, including specialist counselling for women who have experienced sexual violence, trauma counselling for refugee & asylum seeking women (with interpreters) and counselling for Deaf/hard of hearing women. Group therapy for women with enduring mental health issues. Our befriending service provides regular support for women who've experienced sexual violence and women with mental health problems. The Helpline offers listening support via our phone lines and live chat channels women experiencing emotional distress. Opening times: Mondays: 10am-12noon, 1 - 3pm & 8-10pm; Tuesdays: 10am-12noon & 1-3pm & 8-10pm; Wednesdays: 10am-12noon and 1-3pm; Thursday & Fridays: 10am-12noon. Facebook @womankindtherapy, Twitter@womankindbs2, Instagram@womankindtherapy. Updated 09/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

WOMEN'S AID (WEST CORNWALL)

P.O. Box 94, Penzance, TR18 2XP

Serving: Cornwall

HL: 01736 367539 T: 01736 332711 F: 01736 350245

E: manager@wcwaid.co.uk

W:

Description of service:

Advice helpline for domestic violence. Refuge. One-to-one counselling around physical, sexual or emotional abuse. Group work and outreach. Open: Mon-Fri 10am-3pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: England South West • Section: 10

Young Devon Counselling Service

Y.E.S. Young Devon, LBD House, George Street, Exeter, EX1 1DA

Serving: Devon

T: 08082 810155

E: info@youngdevon.org

W: <https://www.youngdevon.org/>

Description of service:

A free and confidential counselling service for young people, aged 12-25yrs. Help with all issues, large or small, including abuse. Information and advice on practical issues. Support for parents and carers. Phone, write or call in to make an appointment; you don't have to give your name. Email updated 20/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Northern Ireland • Section: 11

ALLIANCE VICTIM SUPPORT GROUP

30 Castle Gardens, Richhill, Co Armagh, BT61 9QL

Serving: Northern Ireland & County Armagh

T: 02838 871708 F: 02838 871676

E: tomhay6@outlook.com

W: www.alliancesupport.org

Description of service:

A voluntary organisation which provides support to people who were abused in Ireland's State-run residential institutions. Offers advice, practical support, free counselling, help with claiming compensation and a family tracing service.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Northern Ireland • Section: 11

CHILDLINE N.I.

Lanyon Building, 10 North Derby Street, Belfast, BT15 3HL

Serving: Northern Ireland

HL: 0800 1111 T: 0844 892 0245

E: Via Website

W: www.childline.org.uk

Clients:

- Young People FM • Young People M •
- Children FM • Children M •

Services:

- Helpline •
- Physical & Emotional Abuse •

Description of service:

Childline is a 24hr helpline service for children and young people up to and including 18yrs. We provide telephone and online advice and support for children and young people. Children and young people can contact us for any reason, even just to chat, through our website or by phone on 0800 1111. Updated 20/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Northern Ireland • Section: 11

Domestic and Sexual Abuse Helpline

Address:

Serving: Northern Ireland

HL: 0808 802 1414

E: help@dsahelpline.org

W: www.dsahelpline.org

Description of service:

Confidential free helpline offering support, advice and referral for any victim or domestic and sexual abuse / violence in Northern Ireland. The Helpline will also offer support and advice to those concerned about victims, those with concerns as to whether abuse is occurring and to professionals. Able to provide a translation service for callers to the helpline. Further support on website includes list of organisations providing further help along with a questions page on domestic and sexual abuse. Calls to 0808 80 number are free from landlines and mobiles in the UK and do not appear on itemised bills.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Northern Ireland • Section: 11

NATIONAL SELF-HARM NETWORK / Self Injury Support

P.O Box 7264, Nottingham, NG1 6WJ

Serving: National (UK), Northern Ireland, Scotland & Wales

W: www.nshn.co.uk

Description of service:

NSHN aims: To empower & enable individuals who self harm to seek further support & alternatives, to reduce their emotional distress & improve their quality of life; Support & provide information to their family & carers; Educate service providers, raise awareness dispel myths & challenge misconceptions through information & training; Influence policies at local & national levels. NSHN offers an online support forum. Checked 29/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Northern Ireland • Section: 11

NEXUS INSTITUTE

59 Malone Road, Belfast, BT9 6SA

Serving: Northern Ireland

T: 028 9032 6803

E: info@nexusni.org

W: <https://www.nexusni.org/>

Description of service:

One-to-one & group counselling for adult (17+) survivors of sexual abuse. Workshops for families & relatives of survivors. We have 6 outreach sites: 3 in Newry, 1 each in Armagh, Dungannon & Banbridge. We offer counselling 5 days (one evening in Newry) in these outreach sites. Training for professionals working on sexual abuse within N. Ireland. Aim to increase public awareness through information & research work. Open: Mon, Tues & Thurs 9am-5pm; Wed 2-9pm. Updated 29/01/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Northern Ireland • Section: 11

NEXUS INSTITUTE NORTHERN IRELAND

38 Clarendon Street, Derry, BT47 4DU

Serving: County Derry

T: 0287 126 0566 F: 0287 130 8399

E: derry@nexusinstitute.org

W: www.nexusinstitute.org

Description of service:

Providing specialised one-to-one & group counselling for adult survivors (16+) of sexual abuse & violence. Workshops for families & relatives of survivors. Open Mon-Fri 9am-5pm. Evening counselling also available. Counselling also available at our outreach sites - please contact office for further details. Training for professionals working on sexual abuse in N. Ireland. Aim to increase public awareness of sexual abuse through information & research work.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Northern Ireland • Section: 11

NEXUS NI

119 University Street, Belfast, BT7 1HP

Serving: Northern Ireland

T: 02890326803

E: info@nexusni.org

W: www.nexusni.org

Description of service:

Group work, one-to-one counselling, outreach and telephone support for men and women 16 & older who have been sexually abused at any time in their lives. Promotes community awareness within voluntary organisations and schools. Provides a support group for families, parents and partners of survivors. Open: Mon & Thurs 9am-5pm; Tues & Wed 9am-9pm; Fri 9am-4pm. Updated 16/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Northern Ireland • Section: 11

THE ROWAN Sexual Assault Referral Centre

The Rowan, Antrim Area Hospital site, 45 Bush Road, Antrim, BT41 2RL

Serving: Northern Ireland

HL: 0800 389 4424 T: (028) 9442 4340

E: therowan@northerntrust.hscni.net

W: <http://therowan.net>

Description of service:

The Rowan is the regional Sexual Assault Referral Centre (SARC) for Northern Ireland. Our team of specially trained doctors and nurses deliver a range of support and services 24 hours a day, 365 days a year to children, young people, women and men who have been sexually abused, assaulted or raped, whether this happened in the past or more recently. The Rowan offers the following services to victims - forensic medical examination; emergency contraception; preventative treatment to reduce the likelihood of contracting HIV; assessment and treatment for sexually transmitted infections; support in cases where police are not involved; support in making a report to the Police; emotional support; signposting onto other support services, such as: counselling services; Victim Support NI; and other follow-up support.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Northern Ireland • Section: 11

WOMEN'S AID Northern Ireland

The Annex, 30 Adelaide Park, Belfast, BT9 6FY

Serving: Northern Ireland

T: 02890 249041

E: info@womensaidni.org

W: www.womensaidni.org

Description of service:

The Women's Aid movement in Northern Ireland began in 1975 and is made up of eight local Women's Aid groups and Women's Aid Federation. Each Women's Aid group offers a range of specialist services to women, children and young people who have experienced domestic abuse. Women's Aid exists to challenge attitudes, structures and systems which perpetuate domestic abuse. We seek through our work to enable women, children, and young people to live free from violence and abuse. We work collectively across Northern Ireland to: engage with women, children, and young people, to give them a voice and ensure they inform all aspects of service development and delivery; provide trauma informed support services to women, children and young people who have experienced domestic abuse; deliver preventative education programmes in schools and community settings to promote healthy non-abusive relationships and share key safeguarding messages; educate and inform the public, private, voluntary, statutory and community sectors of the context and impact of domestic abuse; provide quality assured education and training to a wide audience, to increase capacity to respond to domestic abuse; monitor, influence and respond to government policy and legislation as a Subject Matter Expert, giving a voice to survivors of domestic abuse; work in partnership, sharing our expertise with all relevant agencies to ensure a joined-up response to domestic abuse. Please see our website for more details www.womensaidni.org Updated 17/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland National • Section: 12

Cari Shining a Light for Children

National Office, 110 Lower Drumcondra Road, Dublin 9

Serving: Ireland & Dublin

HL: 1890 924 567 T: 01 8308529

E: info@cari.ie

W: www.cari.ie

Description of service:

CARI provides a national lo-call helpline, open: Mon-Fri 9.30am-5.30pm. Also provides child therapy and counselling for carers and family members. Training for professionals working with children. Preventive education in schools, youth clubs and summer camps. Consultancy service. Updated 02/02/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland National • Section: 12

CONNECT - Professional Telephone Counselling & Support

Serving: National (UK) & Ireland

HL: 1800 477 477 (Ireland) & 00800 477 477 477 (UK)

E: admin@connectcounselling.ie

W: www.connectcounselling.ie

Description of service:

Professional Telephone Counselling Service provides a free telephone support & counselling service for adults (18+) who have experienced abuse, neglect or trauma in childhood. This service is also available to partners or relatives of people with these experiences. It is an out-of-hours service available Wed - Sun 6pm - 10pm. Former residents of Industrial Schools & Childcare Institutions now residing in the UK & NI can use this service. Updated 23/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland National • Section: 12

Dr Karen Shannon Associates (DKSA)

Horton House, Floor Five, Exchange Flags, Liverpool, L2 3P

Serving: National (UK) & Ireland

T: 0151 244 5426

E: pa@drkarenshannon.com

W: www.drkarenshannon.com

Description of service:

Dr Karen Shannon Associates (DKSA) is a Clinical Psychology service committed to providing individuals, professionals, and organisations with a range of high quality evidence-based services in: expert witness, forensic risk assessment, training, supervision, and psychotherapy including cognitive analytic therapy (CAT) for staff and clients in the North West, North Wales and Merseyside. DKSA is based in Liverpool and specialises in providing services for adults and older adults (18 years+) with complex needs and / or offending behaviour across the UK and Ireland. The Clinical Psychology associates are registered with the Health & Care Professions Council (HCPC) and are chartered members of the British Psychological Society (BPS) and adhere to their codes of ethics. DKSA aims to provide services that are timely, efficient, reliable, personal, high quality, professional, evidence-based and compassionate.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland National • Section: 12

DUBLIN RAPE CRISIS CENTRE

McGonnell House, 70 Lower Leeson Street, Dublin 2, D02 VW13

Serving: Helpline: Accessible nationwide in Ireland. Counselling: Dublin and surrounding counties.

HL: 1800 778 888 T: 01 661 4911 F: 01 661 0873

E: rcc@indigo.ie

W: www.drcc.ie

Description of service:

National 24-Hour Helpline for all survivors of sexual violence and also for people supporting them. Short or long-term therapy and counselling for adult survivors of sexual violence and childhood sexual abuse. Service for children aged 16 – 17 years with parental/guardian consent. Training and educational programmes for professionals. Wheelchair access in outreach centres in Coolock and Tallaght. The office is open: Mon-Fri 8am-7pm & Sat 9am-4pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland National • Section: 12

ISPCC

29 Lower Baggot Street, Dublin 2

Serving: Ireland & County Dublin

HL: 1800 66 66 66 T: 01 676 7960 F: 01 678 9012

E: ispcc@ispcc.ie

W: www.ispcc.ie

Description of service:

The ISPCC exists to ensure that all children are given the chance to feel love and happiness; to stop discrimination and exclusion of children and to end cruelty and injustice to children. The ISPCC's vision is to see an Ireland where all children are heard and valued. They operate 4 key services: Childline - a 24hr direct-access listening service, offering phone, text and web-based support; Teenfocus (13-18) & Childfocus (under 12)- services which aim to build a young person's psychological resilience, to ensure that young people have a level of self belief that enables them to cope and empowers them to make informed decisions around areas that affect their lives; and Leanbh- a 24hr direct-access service for children who are begging or at risk of begging on the streets.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland National • Section: 12

KASA LTD

1 Golf View Terrace, Granges Road Lower, Kilkenny City, R95 X259

Serving: County Kilkenny and South East, Other Counties and National

HL: 1800 478 478 T: 056 7751555 F: 056 7751538

E: info@kasa.ie

W: www.kasa.ie or www.facebook.com/profile.php?id=100009842504547&sk=about§ion=work

Description of service:

We offer a free, professional counselling service to survivors of rape and sexual abuse. We also provide support counselling for family and friends affected by abuse. Psychosexual therapy available. This service is offered to both female and male survivors. Updated 15/02/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland National • Section: 12

RAPE CRISIS NETWORK IRELAND

Carmichael Centre, North Brunswick Street, Dublin 7, Ireland

Serving: Ireland

HL: 1800 778888 T: 01 8656954
E: info@rcni.ie or E: admin@rcni.ie
W: www.rcni.ie & www.rapecrisishelp.ie

Description of service:

Rape Crisis Network Ireland (RCNI) is an independent and specialist information and resource institute and advocacy body on rape and all forms of sexual violence. The RCNI role includes the development and coordination of national projects such as expert data collection, strategic services development, supporting Rape Crisis Centres (RCCs) to reach best practice standards, specialist court and Garda accompaniment training and support for the sexual violence services sector, using our expertise to influence progressive and appropriate national policy and social change, and supporting and facilitating multi-agency partnerships. We are also the representative, umbrella body for our member Rape Crisis Centres who provide free advice, counselling and support for survivors of sexual violence in Ireland. Please visit www.rapecrisishelp.ie to see the list of Rape Crisis Centres in Ireland and the services and support they can provide. 17/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland National • Section: 12

The Salvation Army - Domestic Abuse

Territorial Headquarters, 101 Newington Causeway, London, SE1 6BN

Serving: UK and The Republic of Ireland

T: 0207 367 4500

E: info@salvationarmy.org.uk E: pr@salvationarmy.org.uk

W: www.salvationarmy.org.uk/domestic-abuse

Description of service:

At our confidentially-located community setting, we offer safety and ongoing support to women and their children as well as single females who have experienced domestic abuse. Each resident is respected and valued as an individual and the support they are offered is holistic and tailored to meet individual needs. Each family or individual is homed in furnished, temporary accommodation – everyone has their own front door, giving them a sense of ownership in their situation – as they take part in a resettlement programme. We work closely with other agencies and housing associations to empower them to reintegrate into a community of their choice. Support programmes include elements of self-help, life skills and social education, with practical advice and assistance in budgeting, social skills and access to education. The service provided encourages independence, with the goal being for all residents to be resettled in appropriate accommodation in the community.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland North West • Section: 13

DONEGAL SEXUAL ABUSE & RAPE CRISIS CENTRE

2A Grand Central Canal Road, Letterkenny

Serving: County Donegal

HL: 1800 44 88 44 T: 074 912 8211 F: 074 912 0642

E: info@donegalrapecrisis.ie

W:

Description of service:

We provide a counselling service to anyone affected by sexual violence. We deal with age 14yrs and up. Our main office is located in Letterkenny. We offer outreach service in Buncrana, Lifford, Donegal Town and Bunbeg. We provide accompaniment to the Sexual Assault Treatment unit as well as court accompaniment. We provide a phone line, counselling and support and training for volunteers .

We provide a counselling service to anyone affected by sexual violence. We deal with age 14yrs and up. Our main office is located in Letterkenny. We offer outreach service in Buncrana, Lifford, Donegal Town and Bunbeg. We provide accompaniment to the Sexual Assault Treatment unit as well as court accompaniment. We provide a phone line, counselling and support and training for volunteers .

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland North West • Section: 13

RAPE CRISIS & SEXUAL ABUSE COUNSELLING CENTRE SLIGO, LEITRIM & WEST CAVAN

Kempton House, Kempton Parade, Sligo, F91 DP74

Serving: County Sligo, County Leitrim & West Cavan

HL: 1800 750 780 T: 07191 71188 F: 07191 71268

E: Elaine.srcc@gmail.com

W: www.sligorapecrisiscentre.ie

Description of service:

Rape Crisis & Sexual Abuse Counselling Centre Sligo, Leitrim & West Cavan provides free, confidential counselling, support & advocacy to women & men survivors of sexual violence (over 14yrs), for example, rape, sexual assault, child sexual abuse. We also provide counselling & support to survivors' family & friends. We offer education & awareness-raising on issues of sexual violence. Our services are provided by specially trained Rape Crisis Counsellors.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland West • Section: 14

GALWAY RAPE CRISIS CENTRE

The Lodge, Forster Court, Galway City, County Galway

Serving: County Galway

HL: 1800 355 355 T: 091 564800

E: administrator@galwayrcc.org

W: www.galwayrcc.org

Description of service:

We provide face-to-face and telephone counselling, advocacy and accompaniment service, 24 hour emergency callout and free legal advice. Our services are open to survivors (14+) of sexual abuse and violence and their supporters, including family members and professionals. We see clients from 14years up. We are open: Mon-Fri 10am-1pm & 3pm-5.30pm, except public holidays.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland West • Section: 14

MAYO RAPE CRISIS CENTRE Ltd.

Newtown, Castlebar

Serving: County Mayo and surrounding counties

HL: 1800 234 900 T: 094 902 5657

E: info@mrcc.ie E: director@mrcc.ie

W: mrcc.ie

Description of service:

One-to-one counselling, groupwork & phone support for survivors (16+) who've been raped, sexually abused or sexually assaulted recently or in the past. Also provide information, outreach, befriending and accompaniment through forensic examinations & legal process. Support for family & friends. Support, information & counselling for Asylum Seekers. Also experienced in working with people with learning disabilities. Open: Mon-Thurs 9am-5pm; Fri 9am-1pm. Facebook: Mayo Rape Crisis Centre. Updated 23/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland Midlands • Section: 15

ATHLONE (MIDLAND) RAPE CRISIS CENTRE

15A Inishcarraig Business Centre Golden Island Athlone Co. Westmeath.

Serving: County Westmeath

HL: 1800 306 600 T: 090 647 3862

E: info@amrcc.ie

W: www.amrcc.ie

Description of service:

We provide a free personal counselling service for both males and females who have experienced rape, sexual abuse, or any other form of sexual violence. We support family members of survivors & provide information & support with legal & medical processes involved with the aftermath of rape & sexual abuse. We promote awareness on the nature & extent of abuse in our community. Email updated 30/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland National • Section: 15

The Salvation Army - Modern Slavery

Territorial Headquarters, 101 Newington Causeway, London, SE1 6BN

Serving: UK and The Republic of Ireland

HL: 0800 8083733 T: 0207 367 4500

E: atms@salvationarmy.org.uk

W: www.salvationarmy.org.uk/human-trafficking

Description of service:

The specialist support programme is designed to preserve the dignity of victims, protect, and care for them in safe accommodation, and provide access to confidential client-based support services to give victims the space to reflect, recover and rebuild their lives. Those who don't need accommodation but still need support have the same entitlements as someone living in a safehouse. The Salvation Army will therefore provide victims of modern slavery with access to confidential client-based support services, including: Material assistance, Access to psychological support, Access to legal advice and assistance, Counselling, Emergency medical treatment, Translation and interpretation services when appropriate, Education for children. Updated 23/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland Midlands • Section: 15

TULLAMORE SEXUAL ABUSE & RAPE CRISIS COUNSELLING SERVICE

4 Harbour View, Store Street, Tullamore

Serving: County Offaly

HL: 1800 32 32 32 T: 057 932 2501
E: rapecrisiscentretullamore@gmail.com
W: www.tullamorercc.ie

Description of service:

One-to-one counselling and telephone support for men and women survivors of rape and sexual abuse. Also provide support and aftercare, eg. alternative therapies. Outreach counselling services are based in Portlaoise, Edenderry & Birr. Open: Mon-Fri 9.30am-5pm. Email updated 02/02/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland Dublin • Section: 16

Cari Shining a Light for Children

National Office, 110 Lower Drumcondra Road, Dublin 9

Serving: Ireland & Dublin

HL: 1890 924 567 T: 01 861 1240 F: 01 882 8120

E: info@cari.ie

W: www.cari.ie

Description of service:

CARI provides a national lo-call helpline, open: Mon-Fri 9.30am-5.30pm. Also provides child therapy and counselling for carers and family members. Training for professionals working with children. Preventive education in schools, youth clubs and summer camps. Consultancy service.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland Dublin • Section: 16

DUBLIN RAPE CRISIS CENTRE

70 Lower Leeson Street, Dublin, D02 VW13

Serving: Helpline: Accessible nationwide in Ireland. Counselling: Dublin and surrounding counties.

HL: 1800 778 888 T: 01 661 4911 F: 01 661 0873

E: rcc@indigo.ie

W: www.drcc.ie

Description of service:

National 24-Hour Helpline for all survivors of sexual violence and also for people supporting them. Short or long-term therapy and counselling for adult survivors of sexual violence and childhood sexual abuse. Service for children aged 16 – 17 years with parental/guardian consent. Training and educational programmes for professionals. Wheelchair access in outreach centres in Coolock and Tallaght. The office is open: Mon-Fri 8am-7pm & Sat 9am-4pm.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland Dublin • Section: 16

ISPCC

29 Lower Baggot Street, Dublin 2

Serving: Ireland & County Dublin

HL: 1800 66 66 66 T: 01 676 7960 F: 01 678 9012

E: ispcc@ispcc.ie

W: www.ispcc.ie

Description of service:

The ISPCC exists to ensure that all children are given the chance to feel love and happiness; to stop discrimination and exclusion of children and to end cruelty and injustice to children. The ISPCC's vision is to see an Ireland where all children are heard and valued. They operate 4 key services: Childline - a 24hr direct-access listening service, offering phone, text and web-based support; Teenfocus (13-18) & Child focus (under 12)- services which aim to build a young person's psychological resilience, to ensure that young people have a level of self-belief that enables them to cope and empowers them to make informed decisions around areas that affect their lives; and Leanbh- a 24hr direct-access service for children who are begging or at risk of begging on the streets.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland Dublin • Section: 16

ONE IN FOUR IRELAND

35-36 Arran Quay, Smithfield, Dublin D07 E221

Serving: National

T:

E: info@oneinfour.ie

W: oneinfour.ie

Description of service:

One in Four provides psychotherapy and advocacy services to men and women who have experienced child sexual abuse, to their families, and to people who have caused sexual harm. Psychotherapy services include individual, group, family, and prevention treatment therapy. Advocacy services provide vital support to survivors of child sexual abuse during the criminal justice journey from initial reporting through to trial, as well as engagement with other statutory bodies. Indirectly, One in Four works to make Ireland free of sexual harm through policy work, awareness raising, research, and training programmes. Updated 30/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland Shannon • Section: 17

CARI (Children At Risk in Ireland) HOUSE

Ennis Road, Limerick

Serving: County Limerick

HL: 1890 924 567 T: 061 582224 F: 061 455218

E: hello@cari.ie

W: www.cari.ie

Description of service:

CARI (Children At Risk in Ireland) provides child-centred therapy for children and adolescents and support for their parents, carers and families who have been affected by the issues of Child Sexual Abuse. CARI also provides therapy to children, up to (and including) 12 yr olds who present with sexualised behaviours. CARI provides the following services: CARI Helpline; Advice appointments; child and Adolescent Therapy; Parental Support; Court Accompaniment and Support Service; Training and Prevention. CARI's local and confidential National Helpline (1890924567) is available Mon-Fri 9.30am - 5.30pm. www.cari.ie. Email updated 02/02/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland Shannon • Section: 17

RAPE CRISIS MID WEST

Phoenix House, Punch's Close, Rosbrien Rd, Limerick

Serving: Counties Limerick, Clare and North Tipperary

HL: 1800 311 511 T: 061 311 511 F: 061 312 682

E: info@rapecrisis.ie

Description of service:

Support, Advocacy, Information and counselling to survivors of all forms of Rape, Sexual Assault and all other forms of sexual Violence including Child Sexual Abuse. The helpline is open: Mon-Sat 9.00am-5pm. Wheelchair accessible. We also provide training to Schools Colleges Other Professionals and relevant Agencies.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland Shannon • Section: 17

TIPPERARY RAPE CRISIS & COUNSELLING CENTRE

20 Mary Street Clonmel Tipperary E91 DE68

Serving: County Tipperary

HL: 1800 340340 T: 052 6127677

E: info@trcc.ie

W: <https://trcc.ie/>

Description of service:

We provide free confidential counselling to survivors of Rape and Sexual Abuse, their families, friends or anyone affected by sexual violence. For men women and under 18s. Our helpline is available during opening hours. Our main Centre in Clonmel is open Monday Wednesday Thursday, Friday 9-6pm Tuesday 9am-9pm. Our Outreach centres are open in Tipperary: Three Drives FRC on Wednesday 9-5pm, Cashel : Spafield Resource Centre Monday 9am -2pm, Thurles: On request. We provide awareness raising and community education through school talks, networking with other services and training. Updated 31/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland South East • Section: 18

CARLOW & SOUTH LEINSTER RCC

72 Tullow Street, Carlow

Serving: County Carlow and South Leinster

HL: 1800 727 737 T: 059 91 33344 F: 059 91 33344

E: info@carlowrapecrisis.ie

W: www.carlowrapecrisis.ie

Description of service:

We provide a free, professional counselling service, and a telephone helpline service, to survivors of child sexual abuse, rape, sexual harassment or assault. Services also include lobbying, awareness raising, & delivery of an education programme to senior students in 2nd level and volunteer training (accredited by Rape Crisis Network Ireland (RCNI) – www.rcni.ie). We also support family members of those affected by sexual assault. We can see under 18 year olds with parental consent.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland South East • Section: 18

Kilkenny Rape & Sexual Abuse Counselling Centre

1 Golf View Terrace, Granges Road Lower, Kilkenny City, R95 X259

Serving: County Kilkenny and South East, Other Counties and National

HL: 1800 478 478 T: 056 7751555 F: 056 7751538

E: margaret@kilkennyrcc.com

W: www.kilkennyrcc.com or www.facebook.com/profile.php?id=100009842504547&sk=about§ion=work

Description of service:

We offer a free, professional counselling service to survivors of rape and sexual abuse. We also provide support counselling for family and friends affected by abuse. Psychosexual therapy available. This service is offered to both female and male survivors.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland South East • Section: 18

WATERFORD RAPE & SEXUAL ABUSE CENTRE

2a Waterside, Waterford

Serving: County Waterford

HL: 1800 296 296 T: 051 873362 F: 051 850717

E: wrcc@indigo.ie

W: www.waterfordrsac.ie

Description of service:

One-to-one counselling and telephone support for men and women (14+) who have experienced rape, sexual assault or child sexual abuse, either recently or in the past. Also provide information and an outreach service. The office is open: Mon-Fri 9.30am-5.30pm. Text / Minicom: 0872233730

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland South East • Section: 18

WEXFORD RAPE & SEXUAL ABUSE SUPPORT SERVICE

Wexford Rape Crisis, The Rocks, Maudlintown, Wexford Y35 NF8A

Serving: County Wexford

HL: 1800 33 00 33

E: support@wexfordrapecrisis.com

W: www.wexfordrapecrisis.com

Description of service:

Counselling for adult male and female survivors (16+) who have been sexually abused, harassed or raped. Plus telephone support and information. Also work with non-abusing parents, and offer support to carers, partners, allies, etc. The helpline is open: Mon-Fri 9.30am-5pm. Education programme on consent and healthy relationships called The Consent & Sexual Violence Prevention Programme is now being offered to students aged 15-17 in schools, youth projects etc. Training also provided to teachers, youth leaders to facilitate the programme. We now provide a specific Adolescent Counselling Service to anyone aged 12 upwards by specialist adolescent counsellors which also includes the provision of Parental Support. Updated 22/02/22

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland South West • Section: 19

KERRY RAPE & SEXUAL ABUSE CENTRE

5 Greenview Terrace, Tralee

Serving: County Kerry

HL: 1800 633 333 T: 066 712 3122

E: kerryrapecrisis@krsac.com

W: www.krsac.com

Description of service:

Confidential counselling, one-to-one work and information, for male & female survivors (14yrs+) of any form of sexual violence. Training for professionals. Educational and outreach program for schools. Open: Mon-Fri 9am-5pm. Updated 30/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland South West • Section: 19

Mná Feasa

Address: Gate Lodge, St Mary's Primary Healthcare Campus, Gurrabraher, Cork T23 YV52

Serving: Cork

HL: 021 4212955
E: mnafeasa@gmail.com
W: mnafeasa.com/index.php

Description of service:

Non-judgemental confidential helpline for women in abusive relationships. The Helpline Team can provide information and discuss options. Women can also use the helpline to make individual appointments to meet in the Centre. Further support includes one to one sessions, court accompaniment and support group. Updated 30/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Ireland South West • Section: 19

SEXUAL VIOLENCE CENTRE CORK

5 Camden Place, Cork

Serving: County Cork

HL: 1800 496 496

E: info@sexualviolence.ie

W: www.sexualviolence.ie

Description of service:

Information, support, and counselling for all survivors of rape, assault and childhood sexual abuse, over 13yrs. Also provide groupwork and outreach. Suitable venues arranged for people with disabilities. Open: Mon-Fri 9am-5pm. Email updated 30/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

Amina - The Muslim Women's Resource Centre

Citywall House, 32 Eastwood Avenue, Glasgow G41 3NS

Serving: Scotland

HL: 0808 801 0301 T: 0141 212 8420

E: info@mwrc.org.uk

W: <https://mwrc.org.uk/>

Description of service:

Amina offers information, advice, advocacy, befriending and listening support to Muslim and BME women through our national helpline. Help with a range of concerns including family matters, marriage, domestic abuse, racial harassment, Islamic advice through a scholar, education, employment, finance, housing, health, social isolation and mental wellbeing. Referrals and signposting to specialist services when required. Updated 26/02/22

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

AMIS - Abused Men in Scotland

Mayfield Farmhouse, 5 Eskview Road, Mayfield, Dalkieth, EH22 5EA

Serving: Scotland

HL: 03300 949 395

E: support@amis.org.uk

W: www.amis.org.uk

Description of service:

Helpline and support services available to any man experiencing domestic abuse within Scotland. Also welcome calls from friends/family who may be concerned about a loved one. Can support any man (including trans-gender and non-binary people), whether in a mixed-sex or same-sex relationship. The team are all trained and will meet your call with a non-judgmental and sensitive approach. Updated 06/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

CHILDREN 1st - CHILDREN & FAMILIES SERVICE

Sussex House, 61 Sussex Street, Glasgow, G41 1DY

Serving: City of Glasgow, East Dunbartonshire, South Lanarkshire, Argyll & Bute, Inverclyde & Renfrewshire

T: 08000 28 22 33

E: cfs@children1st.org.uk

W: www.children1st.org.uk

Description of service:

The Children & Families Service Glasgow offers therapeutic support to children, young people & families affected by any form of abuse, trauma or neglect throughout the West of Scotland. We aim to provide them with access to support at a time that is right for them. We support children 5-18yrs as well as their non-abusing parents & carers. Training & consultancy for professionals; court preparation work for children & young people. Open: Mon-Fri 9am-5pm. Updated 24/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

CHILDREN 1st

83 Whitehouse Loan, Edinburgh, EH9 1AT

Serving: Scotland

HL: 0800 028 2233 T: 0131 446 2300

E: cfs@children1st.org.uk

W: www.children1st.org.uk

Description of service:

Children 1st's ambition is for every child in Scotland to be safe, loved and well, together with their family. The charity offers emotional, practical and financial support to help families to put children first and campaigns to uphold the rights of every child. Children 1st support the whole family when they need it, for as long as they need it. We offer help to prevent families reaching crisis point, to keep children safe and to support children and families to recover from trauma and harm. Updated 10/005/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

EIGHTEEN AND UNDER

1 Victoria Road, Dundee, DD1 1EL

Serving: Scotland

HL: 0800 731 40 80 T: 01382 206222

E: hello@18u.org.uk

W: www.18u.org.uk

Description of service:

Confidential support for young survivors of abuse. You can make contact by phone, email, or via the website. Also run the Violence is Preventable project amongst young people and vulnerable adults, aimed at preventing abuse and violence in the world. Open: Mon-Fri 9am-5pm. Updated 30/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

NATIONAL SELF-HARM NETWORK / Self Injury Support

P.O Box 7264, Nottingham, NG1 6WJ

Serving: National (UK), Northern Ireland, Scotland & Wales

HL: 0808 800 8088

W: www.nshn.co.uk

Description of service:

NSHN aims: To empower & enable individuals who self harm to seek further support & alternatives, to reduce their emotional distress & improve their quality of life; Support & provide information to their family & carers; Educate service providers, raise awareness dispel myths & challenge misconceptions through information & training; Influence policies at local & national levels. NSHN offers an online support forum & now also offers a national freephone helpline. Checked 16/02/22

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

PARENTLINE SCOTLAND, CHILDREN ST

83 Whitehouse Loan, Edinburgh, EH9 1AT

Serving: Scotland

HL: 0800 028 2233 T: 0131 446 2333 F: 0131 446 2339

E: parentlinescotland@children1st.org.uk

W: www.children1st.org.uk

Description of service:

A free confidential helpline for parents and carers, for information, a listening ear, or to be pointed in the right direction. Provides an opportunity to talk through big or small worries, such as bullying, the effects of marital difficulties, problems with unmanageable behaviour, or the effects of physical or sexual abuse. Lines are staffed by carefully selected and trained volunteers and are open Mon-Fri 9am-9pm; Sat and Sun 9am - noon. Updated 22/02/22

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

RAPE CRISIS SCOTLAND

Glasgow

Serving: Scotland

HL: 0808 801 03 02 T: 0141 331 4180

E: info@rapecrisisscotland.org.uk

W: www.rapecrisisscotland.org.uk

Description of service:

A 365 day helpline for survivors (13+) of sexual violence across Scotland. Offer support, information and signposting to follow-on services. Also offer support & information to friends, relatives and workers. The helpline is a freephone number, with a minicom service, plus access to language-line interpretation for people whose first language isn't English. The helpline is open 6pm-midnight every day of the year.

Updated 25/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

ROSHNI

Suite 338-339 Baltic Chambers, 50 Wellington Street, Glasgow, G2 6HJ

Serving: Scotland

HL: 0808 8022222 T: 0141 218 4010

E: info@roshni.org.uk E: enquiries@inspiringscotland.org.uk

W: www.inspiringscotland.org.uk/charities/roshni/

Description of service:

The Ethnic Survivors Forum offers culturally sensitive support services for minority ethnic adult survivors of childhood sexual abuse residents in Scotland (16+). Including: The Ethnic Survivors Forum telephone helpline: 0808 8022222. The helpline is confidential and free to anyone who calls within the UK. The helpline offers survivors multi-lingual support and a listening ear as well as details of local support services. The website offers information and resources. We offer a culturally sensitive befriending service and face to face confidential and free counselling and support. CSA:2 e-learning is accredited at SCQF Level 9 by Napier University www.napier.ac.uk Updated 25/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

SAY WOMEN

Office Base: Floor 3, 30 Bell Street, Glasgow, G1 1LG

Serving: Scotland

T: 0141 552 5803 F: 0141 552 9751

E: enquiries@say-women.co.uk

W: www.say-women.co.uk

Description of service:

We provide a range of services to young women (16-25yrs) who are survivors of childhood sexual abuse and/or rape or sexual assault. Our Accommodation Service provides housing for 18mths, practical & emotional support, which our Follow On Service continues once they move on. Our Resource Service provides short to medium term support to young women & men. Training for workers. Self-referrals allowed. We serve mainly Glasgow & surrounding areas, but have limited space for Scotland & UK referrals. Checked 25/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland • Section: 20

Scot Pep

The Matrix, 62 Newhaven Road, Edinburgh, Scotland, EH6 5QB

Serving: Scotland

T: +44 (0)131 622 7550
E: voice@scot-pep.org.uk
W: www.scot-pep.org.uk

Description of service:

SCOT-PEP has been involved in the campaign for sex workers' rights for over 20 years, from our roots in a research project on HIV and sex work, through two decades of service provision to sex workers in Edinburgh, to our current role as a campaigning organisation. Our outreach work, both on the street and to the indoor establishment, had been funded to provide sexual health supplies and advice, mainly from a blood borne virus prevention angle - condoms, femidoms and needle exchange services. In reality we provided a far more 'holistic' service, including advice and information on a wide range of subjects, from further education to domestic violence, including partnerships with a wide range of organisations in Edinburgh, many of whom volunteered their time on our mobile unit to be 'on hand' to offer support.
Checked 25/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

Wellbeing Scotland

14 Bank Street, Alloa, FK10 1HP

Serving: Scotland wide

HL: 0800 121 6027 T: 01324 630100

E: info@wellbeingscotland.org

W: www.wellbeingscotland.org

Description of service:

Wellbeing Scotland provides a holistic confidential support service for people whose adverse life circumstances have affected their wellbeing with specialist services for those who have experienced abuse/ trauma and mental health issues. This includes individual support and counselling, group support, advocacy, support in accessing records from time spent in care, training and consultancy to other agencies, workshops, raising awareness, campaigning. Resource bank and library. All of our services are available Scotland wide with Wellbeing Worker services in schools in the central belt. Checked 25/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland National • Section: 20

WOMEN'S SUPPORT PROJECT

12 Commercial Road, Glasgow, G5 0PQ

Serving: Scotland

T: 0141 418 0748

E: enquiries@womenssupportproject.org.uk

W: www.womenssupportproject.org.uk

Description of service:

The Women's Support Project is a feminist voluntary organisation, recognised as a Scottish Charity. The Project works to raise awareness of the extent, causes and effect of male violence against women, and for improved services for those affected. Updated 25/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

ANGUS WOMEN'S AID: RESPECT & EQUALITY

7 Lindsay Street, Arbroath, DD11 1RP

Serving: Angus

HL: 0800 027 1234 T: 01241 439437

E: info@anguswomensaid.co.uk

W: www.anguswomensaid.co.uk

Description of service:

Provides holistic domestic violence service. Crisis intervention service includes floating support, IDVAs and housing, health and legal specialists, as well as support and information. For adults (over 16). Not gender-specific. The office and helpline are both open Mon-Fri 9am-5pm.

Refuge accommodation for women and children only. Asian women's support. Covers Milton Keynes Unitary Authority. Updated 25/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

CHILDREN 1st MORAY FAMILY WELLBEING SERVICE

Highfield House Annexe, Northfield Terrace, Elgin, IV30 1NE

Serving: Moray

HL: 08000 28 22 33 T: 01343 564170

E: moray@children1st.org.uk

W: www.children1st.org.uk

Description of service:

Children 1st offer trauma informed family support in all areas of Moray. This can be practical support dealing with day-to-day matters, such as money worries or, emotional support to help you find your own answers. We can come to you, or you can drop in at our base in Elgin. The Children 1st (Elgin) Maternal and Infant Wellbeing service offers support to pregnant women or, new mums and their families who may be experiencing low mood or, struggling to cope with the changes of being a parent. The Children 1st (Elgin) Young Peoples Advocacy service helps young people's voice be listened to at different types of planning meetings or with organisations they might be involved with. Updated 31/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

CHILDREN 1st Supporting Children & Families

Migvie House , 23 North Silver Street, Aberdeen, AB10 1RJ

Serving: City of Aberdeen

T: 01224 251150

E: aberdeencity@children1st.org.uk

W: www.children1st.org.uk

Description of service:

The Corrieneuchin Abuse Recovery Service provides a therapeutic service for any child or young person who has been affected by trauma, including physical, emotional or sexual abuse, up to the age of 18yrs. The aim of our work is to help children build on their strengths and develop trusting relationships. Our staff help families protect their children from further abuse. Open: Mon-Fri 9am-5pm. Checked 30/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

EIGHTEEN AND UNDER

1 Victoria Road, Dundee, DD1 1EL

Serving: Perthshire and Fife

HL: 0800 731 40 80 T: 01382 206222

E: hello@18u.org.uk

W: www.18u.org.uk

Description of service:

Confidential support for young survivors of abuse. You can make contact by phone, email, or via the website. Also run the Violence is Preventable project amongst young people and vulnerable adults, aimed at preventing abuse and violence in the world. Open: Mon-Fri 9am-5pm. Updated 30/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

FIFE RAPE & SEXUAL ASSAULT CENTRE

38/40 High Street, Kirkcaldy, KY1 1LU

Serving: Fife

T: 01592 642336

E: info@frasac.org.uk

W: www.frasac.org.uk

Description of service:

FRASAC are a Fife wide charity providing free, confidential information and support to anyone of any gender over the age of 12 affected by rape or sexual assault at any time in their lives. We offer emotional support, counselling, support with the criminal justice system and prevention work as well as training and support to professionals and other charities. Updated 31/01/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

FIFE WOMEN'S AID

Suite 1, First Floor, Saltire House, Pentland Park, Glenrothes, KY6 2 AL

Serving: Fife

HL: 0808 802 5555 T: 01383 732289

E: info@fifewomensaid.org.uk

W: www.fifewomensaid.org.uk

Description of service:

We provide information, support and refuge accommodation to women and their children/young people (if any) who have experience of domestic abuse. Now offer a special contact number for children and young people. Dunfermline, Kirkcaldy and East Fife (Cupar) merged on 1st October 2010). They have bases in Dunfermline and Cupar. Checked 30/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

GRAMPIAN WOMEN'S AID

The Gatehouse, Quarry Road, Northfield, Aberdeen, AB16 5UU

Serving: Aberdeenshire & City of Aberdeen

HL: 01224 593381 T: 01224 593381

E: info@grampian-womens-aid.com

W: www.grampian-womens-aid.com

Description of service:

Grampian Women's Aid has been supporting women, children and young people who are experiencing Domestic Abuse for over 35 years. The development of our service has been influenced by the experiences of the women, children and young people that we have supported. As an organisation we provide information, support and temporary refuge accommodation. Updated 06/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

KINGDOM ABUSE SURVIVORS PROJECT (KASP)

38-40 High Street, Kirkcaldy, KY1 1LU

Serving: Fife

T: 01592 644217 F: 01592 644217

E: info@kasp.org.uk

W: www.kasp.org.uk/home/

Description of service:

A range of free support services for adult survivors (aged 16+) of childhood sexual abuse throughout Fife: One-to-one counselling and support; electronic counselling; groupwork; library; newsletter; training and consultancy. Specialist service for survivors with a mild to moderate learning disability. Specialist service for adult survivors of CSA who also experience domestic violence and abuse. Specialist anxiety reduction service. Support also offered to those who have a supporting relationship with the person who has been abused. Evening support available according to demand. Updated 30/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

Rape Crisis Grampian

112 Crown Street, Aberdeen, AB11 6HJ

Serving: City of Aberdeen

HL: 08088 010302 T: 01224 590932

E: referrals@rcgrampian.co.uk

W: www.rcgrampian.co.uk

Description of service:

Our support is offered to any gender, age 13+ at the Aberdeen office. Please leave a voicemail for a call back to access longer term emotional or advocacy support or call the Rape Crisis Scotland Helpline number each evening between 5pm - midnight for short term support. Updated 06/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

SAFE SPACE

The Gatehouse, Dunfermline Business Centre, Izatt, Avenue, Dunfermline. KY11 3BZ.

Serving: Fife

T: 01383 739084

E: contact@safe-space.co.uk

W: www.safe-space.co.uk

Description of service:

Provides a range of services for survivors of childhood sexual abuse (16+). We are open: Office hours are Mon-Thur 10am-4pm, however we can offer evening appointments. Updated 06/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

SAFE STRONG AND FREE PROJECT (ssf)

Room 11 & 12, Second Floor, Highland Rail House, 26 Station Square, Inverness, IV1 1LE

Serving: Highland

T: 01463 712669

E: info@safestrongandfree.org.uk

W: www.safestrongandfree.org.uk

Description of service:

ssf aims to reduce the vulnerability of young children to abuse & assault by running workshops on how to react to bullying, an approach by a stranger and an inappropriate or unwanted approach by an adult the child knows. Awareness raising information is shared with families prior to the children's workshops, via an information leaflets & our website. Also providing free resources to empower children to stay safe. Available free to nurseries & playgroups in Highland. Updated 22/02/22

SEXUAL ABUSE SURVIVORS SUPPORT GROUP

Shetland

Serving: Shetland Islands

T: 07747097160

E: s_a_survivors@hotmail.com E: enquiries@inspiringscotland.org.uk

W: <https://www.inspiringscotland.org.uk/charities/shetland-sexual-abuse-survivors-support-group/>

Description of service:

A friendly support network for survivors of sexual abuse, regardless of when the abuse happened. They run support groups for male and female survivors, a self-help group for partners of survivors, and a group for parents of children who have been sexually abused by other people. Also run a website and regular workshops. Updated 30/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

SHETLAND WOMEN'S AID

121a St. Olaf Street, Lerwick, ZE1 0ES

Serving: Shetland Islands

T: 01595 692070

E: office@shetlandwa.org

W: <http://www.shetlandwa.org/>

Description of service:

Advice, support and counselling for women and children who have been abused in the distant or near past. Emergency numbers are available (on answer phone message) when the office is closed. Updated 22/02/22

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

WELLBEING SCOTLAND

14 Bank Street, Alloa, FK10 1HP

Serving: Scotland, Stirlingshire, Clackmannanshire, Falkirk & West Lothian

T: 01324 630100

E: info@wellbeingscotland.org

W: <https://www.wellbeingscotland.org/>

Description of service:

Wellbeing Scotland provides a holistic confidential support service for survivors of childhood abuse, working with all ages and all genders, and to non-abusing parents. This includes individual support and counselling, group support, advocacy, support in accessing records from time spent in care, training and consultancy to other agencies, workshops, raising awareness, campaigning. Resource bank and library. All of our services are available across Scotland. Updated 08/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

WESTERN ISLES RAPE CRISIS CENTRE

74 Kenneth Street, Stornoway, Isle of Lewis, HS1 2DS

Serving: Western Isles

HL: 01851 709965 T: 01851 709965

E: info@wircc.org.uk

W: www.wircc.co.uk

Description of service:

Information and support to women and girls affected by rape or childhood sexual abuse. Free, confidential service. Face-to-face and telephone support available: Mon-Fri 10am-4pm. The helpline is open: Mon, Tues & Wed 10am-9pm; Thurs & Fri 10am-4pm & 6pm-9pm.
Updated 30/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland North • Section: 21

WESTERN ISLES WOMENS AID

53a Bayhead, Stornoway, Isle of Lewis, HS1 2DU

Serving: Western Isles

HL: 01851 704750 T: 01851 704750

E: OFFICE@WIWASTY.ORG

W: www.wiwasty.co.uk

Description of service:

Western Isles Women's Aid provides safe temporary refuge to women and their families who experience abuse in their lives. A drop-in service is available Mon-Fri 10am-5pm for general support and counselling. Updated 30/11/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

ADOLESCENT SELF-HARM SERVICE

Southbank CDC 2nd Floor 207 Old Rutherglen Road, Glasgow, G5 0RE

Serving: City of Glasgow

T: 0141 300 6390

E:

W: <https://www.nhsggc.org.uk/your-health/health-services/specialist-childrens-services/our-services/adolescent-self-harm/>

Description of service:

A nurse-led service aimed at young people, up to 17 years old, who have been admitted to district general hospitals, or presented at A&E departments, following an incident of self-harm. The nurses have specialist training and are experienced in listening to and enabling young people to address their difficulties. The service is tailored to suit each individual and is offered in a number of ways and setting, eg. home, clinic, school, etc. Referrals are accepted from A&E Departments, District General Hospitals and Community Mental Health Teams.

Checked 02/03/22

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

CARA Service, The (Centre for Action on Rape and Abuse)

Room 6, Rosebery Place, Clydebank, G81 1TG

Serving: West Dunbartonshire

T: 0141 562 8800

E: karen.laing@west-dunbarton.gov.uk

W: www.west-dunbarton.gov.uk/emergencies-safety-crime/domestic-abuse/help-for-women/

Description of service:

CARA is a free and confidential service for women, children and young people who are or have experienced domestic abuse, childhood sexual abuse or any other form of violence against women and children. We offer counselling, support, information,, help with safety planning and access to relevant services. Service also provides working with the psychological trauma and post-traumatic stress. Working hours: Mon-Fri 9am-5pm. Updated 06/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

EDINBURGH WOMEN'S AID

REGION: Scotland Central • Section: 22

CHILDREN 1st - BFRIENDS

Deleted 20/02/2023 at request of service as BFRIENDS is no longer running - Randall House, Macmerry Business Park, Macmerry, East Lothian, EH33 1RW

Serving: East Lothian

Description of service:

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

CHILDREN 1st - EAST LoTHIAN FAMILY GROUP CONFERENCING SERVICE

Randall House, Macmerry Business Park, Macmerry, East Lothian, EH33 1RW

Serving: East Lothian

T: 01875 824 000

E: cfs@children1st.org.uk

W: <https://www.children1st.org.uk/help-for-families/ways-we-work/family-group-decision-making/>

Description of service:

Family Group Meetings are a way of helping families find their own solutions to difficulties, with the family being placed at the heart of the decision making process. Our priorities are to work with families where a child is looked after and accommodated; at risk of accommodation; where permanency planning is taking place; and where children have additional support needs. Email updated 06/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

CHILDREN 1st - EDINBURGH FAMILY SUPPORT TEAM

83 Whitehouse Loan, Edinburgh, EH9 1AT, Edinburgh, EH17 8RD

Serving: City of Edinburgh

T: 0131 446 2300

E: fst@children1st.org.uk

W: <https://www.children1st.org.uk/who-we-are/speaking-up-for-scotlands-children/family-support/>

Description of service:

Works with vulnerable children in the 0-12 age range, and their families. The team works with 4-12 year olds who are in danger of exclusion from their schools, homes or communities. This may involve individual, family or group work, focusing particularly on social skills. The team also works with parents of very young children, aged 0-3, both through intensive family work or groupwork support. Open: Mon-Fri 9am-5pm. Serves south-east Edinburgh. Updated 07/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

CLYDEBANK WOMEN'S AID

Serving: West Dunbartonshire

HL: 0800 027 1234 T: 0141 952 8118
E: collective@Clydebankwomensaid.co.uk
W: www.clydebankwomensaid.co.uk

Description of service:

We are a group of women who work together as a collective to provide support and information to women, children and young people experiencing domestic abuse. We can also provide refuge if this is appropriate or seek other accommodation for women who want this. If you are a woman who feels that she would like to speak to someone about her rights, get some information, whether you are thinking about staying in a refuge for a short period for some time to think, or if you are considering your options and require some support or information to do this, you can contact us by phone, email or you can drop in to our office or another outreach base for an informal chat with one of the women who work here. For emergency accommodation out of hours in West Dunbartonshire phone: 0800 197 1004. Email updated 03/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

DASAT (Domestic and Sexual Assault Team)

West Lothian Civic Centre, Howden South Road, Livingston, EH54 6FF

Serving: West Lothian

T: 01506 281055

E: dasat@westlothian.gov.uk

W: <https://www.westspace.org.uk/service/domestic-and-sexual-assault-team-dasat/>

Description of service:

The DASAT (Domestic and Sexual Assault Team) provides tailored support to adult survivors of domestic abuse, gender-based violence and or sexual violence by providing a Court Advocacy service to support people involved in the court process, the Duty service; providing emotional and practical support for people who have or are experiencing domestic abuse and or gender-based violence. We also offer support to individuals who are survivors of rape and or sexual assault/violence. LISA (Living In Safe Accommodation) provide specialist support to people experiencing domestic abuse in need of housing support. The children's service supports children aged 5-16 and offers an opportunity for children to explore, process and recover from their experiences of domestic abuse. The CEDAR project offers a groupwork programme designed to encourage both mothers and children to work together towards recovery from their experiences. DASAT also has a service for young females aged 13-25 who have experienced child sexual abuse and survivors of rape and or sexual assault/violence. Mobile/text 07786 681238 Monday – Thursday 9 – 5 and Friday 9am – 4. Updated 20/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

DUMBARTON DISTRICT WOMEN'S AID

3 Peters Ave, Balloch, Alexandria G83 8DE

Serving: West Dunbartonshire

T: 01389 751036

E: group@ddwa.org.uk

W: <http://www.ddwa.org.uk/>

Description of service:

We offer information, support, and refuge, where appropriate to women and their children who have experienced or are experiencing Domestic Abuse. We also offer follow on and Outreach support where refuge is not appropriate. Support is offered on an individual and group work basis. Children and Young People's service offers follow on support on leaving refuge and Outreach support to children and young people whose carer is not accessing the services. Office opening hours: Mon-Thurs 9.30am-5.30pm & Fri 9.30am-4.30pm. Updated 20/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

EAST LOTHIAN SEXUAL ABUSE SERVICE

c/o 1 Leopold Place, Edinburgh, EH7 5JW

Serving: East Lothian

T: 0131 556 9437

E: elsas@ercc.scot

W: <https://www.ercc.scot/east-lothian-sexual-abuse-service-elsas/>

Description of service:

ELSAS is a service for women and girls aged 12 and over in East Lothian who are currently experiencing, or have experienced, sexual abuse. We offer email, face-to-face and long-term support and are based around East Lothian. We can also arrange to visit you at home or help financially if you have difficulties with mobility, travel or transport costs. ELSAS is part of Edinburgh Women's Rape And Sexual Abuse Service. Updated 12/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

Edinburgh Rape Crisis Centre

17 Claremont Crescent, Edinburgh, EH7 4HX

Serving: City of Edinburgh, East Lothian, Midlothian

HL: 08088 010302 T: 0131 556 9437

E: support@ercc.scot

W: www.ercc.scot

Description of service:

We offer free and confidential emotional and practical support, information and advocacy to women, all members of the trans community, non-binary people and young people aged 12-18 in Edinburgh, East and Midlothian, who have experienced sexual violence at any time in their lives. This includes, rape, sexual assault, sexual abuse, childhood sexual abuse and commercial sexual exploitation.

We work to change attitudes about gender based violence and improve services for survivors. Our prevention project offers free sexual violence prevention education to 11–25 year olds in schools and other youth settings in the city of Edinburgh, East Lothian, Midlothian and West Lothian. ** Please note that some of our services are currently closed to new referrals – please see our website for details **

Updated 07/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

EDINBURGH WOMEN'S AID

4 Cheyne Street, Edinburgh, EH4 1JB

Serving: City of Edinburgh

HL: 0131 315 8110 T: 0131 315 8111

E: info@edinwomensaid.co.uk

W: www.edinwomensaid.co.uk

Description of service:

Telephone and one-to-one advocacy, counselling, information and support and refuge accommodation for women and their children (0-18 if any) who have experienced and/or are at risk of abuse from a partner or ex-partner. Updated 20/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

Glasgow & Clyde Rape Crisis

Rape Crisis Centre, 5th Floor, 30 Bell Street, Glasgow, G1 1LG

Serving: Glasgow & Clyde

HL: 0808 800 0014 T: 0141 552 3201
E: info@rapecrisiscentre-glasgow.co.uk
W: www.glasgowclyderapecrisis.org.uk

Description of service:

The Glasgow & Clyde Rape Crisis Centre is a support service for women and girls aged 13 and over who have been raped, sexually assaulted or sexually abused at some point in their lifetime. Helpline provides support, information and advocacy services to women and girls from aged 13 years who are survivors of rape, sexual assault or sexual abuse at any time in their lives. This service is free and confidential. The Rape Crisis Centre also provides support to non-abusing partners and family members. Checked 12/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

GLASGOW EAST WOMEN'S AID

753 Westerhouse Road, Easterhouse, Glasgow, G34 9PB

Serving: City of Glasgow

HL: 0141 773 3533 T: 0141 781 0230 F: 0141 771 4711

E: info@gewa.org.uk

W: www.gewa.org.uk

Description of service:

We offer a crisis drop-in service, where women and children can attend for support and advice. This is open: Mon – Fri- 9.30am-3.30pm; Other appointments are available by appointment. Office opening hours for telephone calls are 9.30am-3.30pm weekdays. We offer refuge accommodation, individual support and group support to women and children who have experienced domestic abuse. Updated 08/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

GLASGOW RAPE CRISIS CENTRE

5th Floor, 30 Bell Street, Glasgow, G1 1LG

Serving: City of Glasgow

HL: 0141 552 3200 T: 0141 552 3201 F: 0141 552 3204

E: info@rapecrisiscentre-glasgow.co.uk

W: www.rapecrisiscentre-glasgow.co.uk

Description of service:

The Rape Crisis Centre offers free and confidential support and information to women and girls (13+) who have been raped, sexually assaulted and/or sexually abused, no matter when or how. Services include helpline, letter & email support, face-to-face counselling and groupwork. Check the answer phone for opening hours. Service provided to a wide area in the Strathclyde region. Checked 12/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

GLASGOW WOMEN'S AID

4th Floor, 30 Bell Street, Glasgow, G1 1LG

Serving: City of Glasgow

T: 0141 553 2022 F: 0141 553 0592
E: getsupport@glasgowwomensaid.org.uk
W: <http://www.glasgowwomensaid.org.uk>

Description of service:

Telephone and face-to-face counselling for women and children suffering from any form of domestic abuse, whether emotional, physical or sexual. Information and advice with legal and housing problems, and a women's refuge is available. 24hrs. Email updated 03/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

HEMAT GRYFFE WOMEN'S AID

Flat 0/1, 24 Willowbank Street, Glasgow, G3 6LZ

Serving: City of Glasgow

T: 0141 353 0859

E: womensaid@hematgryffe.org.uk

W: www.hematgryffe.org.uk

Description of service:

Hemat Gryffe Women's Aid provides refuge accommodation, follow on and outreach services to women, children and young people primarily from the Asian, Black and Minority Ethnic community experiencing domestic abuse, forced marriage and honour-based abuse. The drop-in centre at 24 Willowbank Street is the first point of contact for referrals. Please telephone 0141 353 0859 for information and support. Updated 07/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

INVERCLYDE WOMEN'S AID

9 George Square, Greenock, PA15 1QP

Serving: Inverclyde

HL: 01475 888505 T: 01475 781689 F: 01475 787381

E: invwa@yahoo.co.uk

W: <https://www.inverclydewomensaid.co.uk/>

Description of service:

A registered charity offering information, support and refuge to abused women and their children. Office hours: Mon-Fri 9.30am-4.30pm.
Updated 12/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

LANARKSHIRE RAPE CRISIS CENTRE

50 Orchard Street Hamilton ML3 6PB

Serving: South & North Lanarkshire

T: 01698 527003

E: info@lanrcc.org.uk (Business only) or E: support@lanrcc.org.uk (Email support)

W: www.lanrcc.org.uk

We are LRCC and we are the Rape Crisis Centre for Lanarkshire. Our specialist service delivers emotional, practical and justice advocacy support to women and girls (12ys+) who have been subjected to any form of sexual violence no matter how long ago it happened. We can also offer individual crisis support and advocacy services to all survivors (12yrs+). We deliver Sexual Violence Prevention & Education Programmes in Lanarkshire Secondary Schools, work with partner organisations to train staff and we raise awareness of sexual violence across the local community. Contact line is available Mon – Thurs, 9am – 4:30pm, Friday: 9am – 4pm. Updated 08/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

S.A.Y. WOMEN ACCOMMODATION PROJECT

Office Base: Floor 3, 30 Bell Street, Glasgow, G1 1LG

Serving: City of Glasgow

T: 0141 552 5803 F: 0141 552 9751

E: enquiries@say-women.co.uk

W: www.say-women.co.uk

Description of service:

We provide a range of services to young women (16-25yrs) who are survivors of childhood sexual abuse and/or rape or sexual assault. Our Accommodation Service provides housing for 18mths, practical & emotional support, which our Follow On Service continues once they move on. Our Resource Service provides short to medium term support to young women & men. Training for workers. Self-referrals allowed. We serve mainly Glasgow & surrounding areas but have limited space for Scotland & UK referrals. Checked 12/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

SANDYFORD COUNSELLING AND SUPPORT SERVICES (SCASS)

2-6 Sandyford Place, Sauchiehall Street, Glasgow, G3 7NB

Serving: City of Glasgow

T: 0141 211 6700

E: sandyford@ggc.scot.nhs.uk

W: www.sandyford.org

Description of service:

The service offers one to one counselling to men and women who have been sexually abused, raped, sexually assaulted or who have had a previous experience of trauma or abuse which is affecting their current sexual/emotional functioning. Supports people who have sexual health concerns/ issues which are affecting their emotional/psychological health. Support for those looking at sexuality, lesbian, gay, bisexual and transgender issues. Support for young people aged up to 18 years who would benefit from counselling support related to these issues. Updated 20/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

WELLBEING SCOTLAND – OPEN SECRET

Overland Building, 263 Main Street, Larbert, FK5 4PX

Serving: Scotland, Stirlingshire, Clackmannanshire, Falkirk & West Lothian

T: 01324 630100

E: info@opensecret.org

W: www.opensecret.org

Description of service:

Open Secret provides a holistic confidential support service for survivors of childhood abuse, working with all ages and all genders, and to non-abusing parents. This includes individual support and counselling, group support, advocacy, support in accessing records from time spent in care, training and consultancy to other agencies, workshops, raising awareness, campaigning. Resource bank and library. All of our services are available in the forth valley area but some of our services cover wider parts of Scotland. Updated 12/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

WEST LOTHIAN WOMEN'S AID

92 Ivanhoe Rise, Dedridge, EH54 6HZ

Serving: West Lothian

HL: 01506 413721 T: 01506 461938

E: info@wlwa.org.uk

W: www.wlwa.org.uk

Description of service:

WLWA provide support to women and children experiencing domestic abuse through offer of Safe Accommodation, Outreach Support, Children & Young People Support, IDAA via telephone or face to face appointments, Counselling and Group Support via the Freedom Programme. If you would like any further information, please contact us via telephone, email or Facebook <https://www.facebook.com/westlothianwomensaid2015>. Updated 20/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

WOMEN'S RAPE & SEXUAL ABUSE CENTRE

Sangobeg House, 4 Francis Street, Dundee DD3 8HH

Serving: City of Dundee & Angus

HL: 01382 201291

E: support@wrasac.org.uk

W: www.wrasac.org.uk

Description of service:

Support & information for women (18+) and children and young people of all genders (8 to 18 years old) who have been raped or sexually abused at any time in their lives. We offer face-to-face support, support by letter or by email, telephone supports and support groups for survivors. We also offer support to families, friends and workers supporting survivors. The helpline is open: Mon – Fri 10am til 3pm. If you are looking for support you can also email us at support@wrasac.org.uk . We also offer support digitally over the phone or via video call (zoom/teams). Updated 20/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland Central • Section: 22

Working to Recovery Ltd

28 Habost, Port of Ness, Isle of Lewis, Western Isles, Scotland, HS2 0TG

Serving: Training in UK and world wide.
Counselling in the Edinburgh area.

T: 01851 810789

E: karen@workingtorecovery.co.uk

W: www.workingtorecovery.co.uk

Description of service:

We provide face-to-face training both within organisations and an online course within our Recovery College. Our courses are for workers, persons effected by sexual abuse and family members/friends. Both the face-to-face training and online courses has been accredited by CPD Standards. (www.cpdstandards.com). We also provide an excellent workbook for male survivors called 'Reclaiming our Lives: A Workbook for Male Survivors of Sexual Abuse', which is available on our website. Updated 14/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland South • Section: 23

BREAK THE SILENCE

11 Portland Road, Kilmarnock KA1 2BT

Serving: East & North Ayrshire

T: 01563 559558

E: appointments@breakthesilence.org.uk E: info@breakthesilence.org.uk

W: www.breakthesilence.org.uk

Description of service:

Break The Silence make a profound and positive difference in the lives of those affected by sexual trauma. We support all genders, age13+, resident in East and North Ayrshire. We facilitate positive change through healing to challenge the effects of sexual trauma and assist post-traumatic growth. We are a centre of excellence with qualified practitioners, offering a range of therapeutic choices. Updated 07/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland South • Section: 23

CHILDREN 1st - ETTRICK FAMILY RESOURCE CENTRE

Ettrick Resource Centre, Ettrick Road, Selkirk, TD7 5AJ

Serving: Scottish Borders

T: 01750 22892 F: 01750 22894

E: ettrick@children1st.org.uk

W: www.children1st.org.uk

Description of service:

We help children, aged 3-18 years old, across the Scottish Borders, recover from abuse and trauma. Through art, play, talking and other activities, children can better understand feelings and move on from difficult experiences. We also support children and adults to overcome the impact of domestic abuse. Open: Mon-Fri 9am-5pm. Unable to check 14/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland South • Section: 23

EAST AYRSHIRE WOMEN'S AID

10 Croft Street, Kilmarnock, KA1 1JB

Serving: East Ayrshire

HL: 0800 027 1234 T: 01563 536001 F: 01563 574917

E: info@eastayrshirewomensaid.org.uk

W: www.eastayrshirewomensaid.org.uk

Description of service:

We provide information and support, refuge accommodation and Follow-on support to women, children and young people living with, or who have lived with, domestic abuse. We also provide Children & Young People's Services, awareness raising and training. Office opening times: Mon-Thurs 10am-4pm; Fri 10am-1pm. Checked 14/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland South • Section: 23

EAST AYRSHIRE WOMEN'S AID

30A Ayr Road, Cumnock, KA18 1DW

Serving: East Ayrshire

HL: 0800 027 1234 T: 01290 423434 F: 01290 423434

E: info@eastayrshirewomensaid.org.uk

Description of service:

We provide information and support, refuge accommodation and Follow-on support to women, children and young people living with, or who have lived with, domestic abuse. We also provide Children & Young People's Services, awareness raising and training. Office opening times: Mon-Thurs 10am-4pm; Fri 10am-1pm. Checked 14/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland South • Section: 23

LANARKSHIRE RAPE CRISIS CENTRE

50 Orchard Street Hamilton ML3 6PB

Serving: South & North Lanarkshire

T: 01698 527003

E: info@lanrcc.org.uk (Business only) or E: support@lanrcc.org.uk (Email support)

W: www.lanrcc.org.uk

We are LRCC and we are the Rape Crisis Centre for Lanarkshire. Our specialist service delivers emotional, practical and justice advocacy support to women and girls (12ys+) who have been subjected to any form of sexual violence no matter how long ago it happened. We can also offer individual crisis support and advocacy services to all survivors (12yrs+). We deliver Sexual Violence Prevention & Education Programmes in Lanarkshire Secondary Schools, work with partner organisations to train staff and we raise awareness of sexual violence across the local community. Contact line is available Mon – Thurs, 9am – 4:30pm, Friday: 9am – 4pm. Updated 08/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland South • Section: 23

SOUTH WEST RAPE CRISIS & SEXUAL ABUSE CENTRE

9 George Street Meuse, Dumfries, DG1 1HH

Serving: Dumfries & Galloway

T: 01387 253113

E: info@rape-crisis.org.uk

W: www.rape-crisis.com

Description of service:

Free, confidential counselling service to survivors of sexual violence. Support also given to partners, friends and relatives of survivors. An Outreach service works with survivors in their own homes. Also have a Cosy House - a refuge for women who have experienced sexual violence at any time in their lives. Email Updated 25/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Scotland South • Section: 23

The STAR Centre

40A Portland Road Kilmarnock KA1 2DL

Serving: Ayrshire

T: 01563 544686

E: admin@starcentreyrshire.org

W: <https://starcentreyrshire.org/>

Description of service:

We offer free and confidential support across Ayrshire to anyone aged 13+ who has experienced any form of sexual violence at any time in their lives. We also offer support to partners and family members. Based in Kilmarnock Mon – Fri 9.30am – 5pm. Updated 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales National • Section: 24

B.A.W.S.O. (Black Association of Women Step Out Ltd.)

The One Stop Shop, 2nd Floor, 35-36 Singleton St, Swansea, SA1 3QN

Serving: Swansea & Wales

HL: 0800 731 8147 T: 01792 642003 F: 01792 645207

E: info@bawso.org.uk

W: www.bawso.org.uk

Description of service:

BAWSO is an accredited support provider delivering extensive specialist services to BME women who are confronted by all forms of violence including domestic abuse, forced marriage, female genital mutilation and trafficking. Affiliated to Welsh Women's Aid - provides refuge, floating support, outreach and resettlement, interpretation and training services. Our helpline is open 365 days, 24 hours. Offices in Cardiff, Newport, Swansea & Wrexham. Updated 14/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales National • Section: 24

C.A.L.L. MENTAL HEALTH HELPLINE (Community Advice & Listening Line)

10 Grove Rd, Wrexham LL11 1DY

Serving: Wales

HL: 0800 132737 T: 01978 366 206

E: lorraine.jones3@wales.nhs.uk

W: www.callhelpline.org.uk

Description of service:

A confidential listening service open 24hours a day, 365 days a year. This service covers all of Wales and is for people with any mental health issue. They also provide a text service: Text "Help" + your question 81066. You can also download useful leaflets or search their online database of services via their website. Contact can also be made via Twitter @call_247 and Facebook CALL24/7 – mental health wales. Updated 14/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales National • Section: 24

Chester Sexual Abuse Support Service

Address:

Serving: National (UK), Wales & Cheshire

HL: 0808 2840484 T: 01244 307499

E: info@csass.org.uk

W: www.csass.org.uk

Description of service:

CSASS is a friendly team of people, working with survivors of sexual abuse over the age of 18 to help them feel supported and safe. We offer a range of services, including counselling and group therapy, depending on the survivor's needs. Updated 01/05/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales National • Section: 24

Cymru Ddiogelach - Safer Wales

1st Floor, Castle House, Castle Street, Cardiff CF10 1BS

Serving: Wales

HL: 0808 801 0321 T: +44 (0)29 2022 0033

E: Dyn@saferwales.com

W: www.saferwales.com

Description of service:

Free confidential helpline for men experiencing domestic abuse. The Team can provide a listening ear, information on services available in the local area, help in developing a personalised safety plan and support in accessing other services and organisations. A 24 hour answerphone service is available when the helpline is closed. The Dyn Project also provides 1:2:1 advocacy support for men who live in the Cardiff area. Email updated 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales National • Section: 24

LLAMAU LTD. - MERTHYR WOMEN'S SERVICES

Head Office: 23 Cathedral Road, Cardiff, CF11 9HA

Serving: Wales & Merthyr Tydfil

HL: 01443 693737 T: 02920 239585

E: enquiries@llamau.org.uk

W: www.llamau.org.uk

Description of service:

Support, advice, information and a refuge for women and children experiencing domestic violence, or physical, sexual or emotional abuse. Llamau Women's Services also provide a range of supported housing facilities in South-East Wales for women with complex needs and/or abusive histories. Updated 06/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales National • Section: 24

Mind Cymru

Mind Cymru, 3rd Floor, Castlebridge 4, Castlebridge, 15-19 Cowbridge Road East, Cardiff, CF11 9AB

Serving: Wales

HL: 0300 1233393 T: 02920 395123

E: contact@mind.org.uk

W: <https://www.mind.org.uk/about-us/mind-cymru/>

Description of service:

Mind Cymru is Mind's presence in Wales. We are committed to an 'All Wales' presence and have staff working from eight locations across North, Mid and South Wales, including at some of our partner local Mind associations. Mind Cymru works with and challenges policy workers and influencers in Wales to improve mental health, community care and related policy and service delivery to meet the needs of people with experience of mental distress. Training is provided through MHFA and Positive Choices Project. Please refer to the local Mind Association in your area for more information about services provided locally. Mind infoline: 0300 123 33 93. Updated 25/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales National • Section: 24

NATIONAL SELF-HARM NETWORK / Self Injury Support

P.O Box 7264, Nottingham, NG1 6WJ

Serving: National (UK), Northern Ireland, Scotland & Wales

HL: 0808 800 8088

E: Website

W: www.nshn.co.uk

Description of service:

NSHN aims: To empower & enable individuals who self harm to seek further support & alternatives, to reduce their emotional distress & improve their quality of life; Support & provide information to their family & carers; Educate service providers, raise awareness dispel myths & challenge misconceptions through information & training; Influence policies at local & national levels. NSHN offers an online support forum & now also offers a national freephone helpline. Checked 08/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales National • Section: 24

NEW PATHWAYS

Address:

Serving: Wales & Merthyr Tydfil

HL: 01685 379310 F: 01685 384640

E: enquiries@newpathways.org.uk

W: www.new-pathways.co.uk

Description of service:

We provide support, advocacy and counselling services to men, women, children (0-13) & young people (13-18) affected by rape, sexual abuse or trauma. We provide support throughout Wales and offer counselling in Merthyr Tydfil, Cardiff, Risca, Swansea, Newport & Carmarthen. We also run a helpline for those who prefer telephone support. We have 4 Sexual Assault Referral Centres (SARC) providing immediate support for victims of serious sexual assault. Updated 21/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales National • Section: 24

Safer Wales Inclusive Service (SWIS)

1st Floor, Castle House, Castle Street, Cardiff CF10 1BS

Serving: Wales

T: +44 (0)29 2022 0033 +44 (0)29 2022 5644

E: karen.maxwell@saferwales.com

W: www.saferwales.com

Description of service:

Safer Wales Inclusive Service (SWIS) is a project for young females aged between 12 and 16 years old. SWIS provides one-to-one and group work focused on encouraging positive lifestyle choices. The activities are structured within the term timetable and include; healthy eating, minimising stress, healthy relationships, child sexual exploitation and sexual health. These sessions are facilitated by Safer Wales staff and volunteer mentors. Checked 20/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales National • Section: 24

SARC- Wales- Merthyr Tydfil

Willow House, 11 Church Street, Merthyr Tydfil CF47 0BW

Serving: Wales

T: 01685 379310

E: enquiries@newpathways.org.uk

W: <http://www.newpathways.org.uk/sexual-assault-referral-centre/>

Description of service:

A Sexual Assault Referral Centre (SARC) is a special facility where recent victims of rape or sexual assault can receive immediate help and support. This includes access to a forensic medical examination, which is carried out by an experienced and qualified doctor, and the opportunity to speak to the Police about what has happened to them if the client wishes to do so. SARC clients also receive help and advice from one of our Crisis Workers who can offer to support them and stay with them throughout the process. Updated 16/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales North • Section: 25

B.A.W.S.O. (Black Association of Women Step Out Ltd.)

33 Grosvenor Road, Wrexham, LL11 1BT

Serving: Wrexham

HL: 0800 731 8147 T: 01978 355818 F: 01978 355707

E: info@bawso.org.uk

W: www.bawso.org.uk

Description of service:

BAWSO is an accredited support provider delivering extensive specialist services to BME women who are confronted by all forms of violence including domestic abuse, forced marriage, female genital mutilation and trafficking. Affiliated to Welsh Women's Aid - provides refuge, floating support, outreach and resettlement, interpretation and training services. Our helpline is open 365 days, 24 hours. Checked 20/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales North • Section: 25

Domestic Abuse Safety Unit North Wales Ltd

Wrenmore House, 104 Chester Road East, Shotton, Deeside, Flintshire, CH5 1QD

Serving: Flintshire, Wrexham, Denbighshire and Conwy

T: 01244 830436

E: info@dasunorthwales.co.uk E: denbigh@dasunorthwales.co.uk

W: <https://www.dasunorthwales.co.uk>

Description of service:

We are a specialist domestic abuse service for survivors of all forms of gender based violence and domestic abuse in Flintshire, Wrexham, Denbighshire and Conwy. We provide confidential information, crisis accommodation, advocacy and support. We facilitate recovery and support groups such as the Freedom Programme, The Recovery Toolkit, Adverse Childhood Experiences Toolkit and Domestic Abuse Recovering Together. Office opening hours: Monday - Friday 9.30am – 4.30pm. Check out our website for more up to date information.
Updated 20/12/20

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales North • Section: 25

RAPE & SEXUAL ABUSE SUPPORT CENTRE (NORTH WALES)

11 Ash Court, Ffordd y Llyn, Parc Menai, Bangor, LL57 4DF

Serving: Gwynedd, Fflintshire, Conwy, Anglesey, Wreccsam & Denbighshire

HL: 0808 8010 800 T: 01248 670628 F: 01248 719 544

E: info@rasawales.org.uk

W: www.rasawales.org.uk & www.rasacymru.org.uk

Description of service:

RASASC North Wales provides specialist support and therapy to ANYONE in North Wales who has experienced any form of child sexual abuse, sexual abuse/violence and/or rape from the age of 3 and above. We offer individual and group support and therapy bespoke to meet the individual needs of our service users. RASASC NW is a trauma informed service and our staff and counsellors have a wide range of diversity, skills and qualifications meet the needs of survivors in North Wales. Our services are delivered across various locations in North Wales or remotely via digital means. For more information please visit our website: www.rasawales.org.uk or call the office on 01248 670 628. Updated 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales North • Section: 25

SARC- Wales- Conwy - Amethyst

Serving: Conwy

T: 0808 1563658

E: info@rasacymru.org.uk

W: <https://www.rasawales.org.uk/sarc.html>

Description of service:

Amethyst is the Sexual Assault Referral Centre (SARC) for the North Wales area. Amethyst offers a [confidential](#) service for men, women and children who have been sexually assaulted, either recently or in the past. Updated 08/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales North • Section: 25

STEPPING STONES

59 King Street, WREXHAM, LL11 1HR

Serving: Wrexham, Denbighshire, Flintshire & Conwy

HL: 0808 8010800 T: 01978 352717 F: 01978 352717

E: info@steppingstonesnorthwales.co.uk

W: www.steppingstonesnorthwales.co.uk

Description of service:

Individual counselling and group work for adult survivors of childhood sexual abuse (over 18yrs) in various locations across North Wales.
The office is open: 9am-4.30pm Mon-Thurs. Fri - 9am-1pm. 24hr phonenumber. Open referral. Updated 16/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales North • Section: 25

Young Wrexham (formerly STANDING GROUND)

Wrexham

Serving: Wrexham

T: 01978 366206

E: infoshop@wrexham.gov.uk

W: www.youngwrexham.co.uk

Description of service:

Young Wrexham is an interactive website for all young people aged 11 – 25 who live, work or study in the Wrexham area. This website has been designed to give you better information about activities, services and opportunities that are available for you in Wrexham, and also to give you information and advice on issues that young people face on a daily basis. The site also has news stories, videos and blogs made by young people in the area and is designed to encourage young people to get directly involved with the website. Checked 12/20/12

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Mid Wales • Section: 26

CARMARTHEN DOMESTIC ABUSE SERVICES

5-6 Queen Street, Carmarthen, SA31 1JR

Serving: Carmarthenshire

HL: 01267 234725 T: 01267 238410

E: all@carmdas.org

W: www.carmdas.org

Description of service:

Support, information, outreach, floating support and counselling for men, women & children who have experienced domestic abuse and refuge accommodation and support services for women and their children who have experienced domestic abuse. Support and information available on many issues, including housing benefit, debt and legal concerns. Drop-in open: Mon-Fri 10am-12 noon (appointments available outside these times). 24hr helpline. The training we offer is the Freedom Programme and the Domestic Abuse Recovery Toolkit.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Mid Wales • Section: 26

ELM TREE HOUSE

Address:

Serving: Carmarthenshire

T: 01267 235 464

E: enquiries@newpathways.org.uk

W: www.newpathways.org.uk

Description of service:

One of 4 SARCs (Sexual Assault Referral Centres) run by New Pathways. Face-to-face counselling to men, women, young people and children who have been affected by rape or sexual abuse, regardless of how long ago it happened. We are a disability & wheelchair access friendly organisation. Open office hours. Updated 16/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Mid Wales • Section: 26

MONTGOMERYSHIRE FAMILY CRISIS CENTRE

Montgomery Family Crisis Centre, Newtown Integrated Family Centre, Park Street, Newtown, SY16 1EG

Serving: Powys

HL: 01686 629114 F: 01686 629114

E: admin@familycrisis.co.uk

W: www.familycrisis.co.uk

Description of service:

Confidential support group for women, men and their children who are victims of domestic abuse. We provide a female safe house and a male safe house. We offer Community Support and a Drop-in Centre. The helpline is staffed 24hrs for all victims of domestic abuse.

Updated 22/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Mid Wales • Section: 26

SEREN COUNSELLING PROJECT

P.O Box 183, Stephens Way, Carmarthen, SA31 9ER

Serving: Ceredigion

HL: 01267 225569 T: 01267 225569 F: 01239 711210

E: serencounsellingproject@hafancymru.co.uk

W: www.seren-wales.org.uk

Description of service:

SEREN is a voluntary organisation that has been operating since 1996. SEREN provides free one-to-one counselling in West Wales for male and female adults (17+) who were sexually abused as children and therapeutic workshops from time to time for those who have already undergone counselling. It also provides training to generic workers about issues faced by survivors of childhood sexual abuse.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Mid Wales • Section: 26

WEST WALES DOMESTIC ABUSE SERVICE

P.O. Box 38, Aberystwyth, Ceredigion, SY23 3GX

Serving: Ceredigion

HL: 01970 625585

E: info@westwalesdas.org.uk

W: www.westwalesdas.org.uk

Description of service:

WWDAS is run by women for women & children who are or have experienced domestic abuse. We offer support around legal issues, housing, benefits, etc. We also offer emotional support around physical, mental, emotional, sexual, or financial abuse. Phone any time for an appointment. Outreach & ongoing support. Refuge. 24hr helpline. No charge for services. Updated 25/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

B.A.W.S.O. (Black Association of Women Step Out Ltd.)

1st & 2nd Floors, 113 Lower Dock Street, Newport, NP20 2AF

Serving: Newport

HL: 0800 731 8147 T: 01633 213213 F: 01633 213219

E: info@bawso.org.uk

W: www.bawso.org.uk

Description of service:

BAWSO is an accredited support provider delivering extensive specialist services to BME women who are confronted by all forms of violence including domestic abuse, forced marriage, female genital mutilation and trafficking. Affiliated to Welsh Women's Aid - provides refuge, floating support, outreach and resettlement, interpretation and training services. Our helpline is open 365 days, 24 hours.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

BASEMENT PROJECT, The

Menzies Road, St Leonards, Hastings, TN38 9BB

Serving: National (UK) & Monmouthshire

T: 01873 856524

E: Email via website

W: www.basementproject.co.uk

Description of service:

Information, training and supervision for workers on issues around abuse, self-harm, etc. Publish excellent booklets on self-harm and abuse, for survivors, their families, friends and for workers. Checked and updated 16/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

BAWSO

Clarence House, Clarence Road, Cardiff, CF10 5FB

Serving: Cardiff

HL: 0800 731 8147 T: 029 2064 4633 F: 029 2064 4588

E: info@bawso.org.uk

W: www.bawso.org.uk

Description of service:

BAWSO is an accredited support provider delivering extensive specialist services to BME women who are confronted by all forms of violence including domestic abuse, forced marriage, female genital mutilation and trafficking. Affiliated to Welsh Women's Aid - provides refuge, floating support, outreach and resettlement, interpretation and training services. Our helpline is open 365 days, 24 hours.

DABS Pathfinder Directory
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REGION: Wales South • Section: 27

CYFANNOL Women's Aid

Torfaen - 3 Town Bridge Buildings, Park Road, Pontypool, NP4 6JE. Monmouthshire - The MAC, 26B Monk Street, Abergavenny, NP7 5NP. Newport - 56 Stow Hill, Newport, NP20 1JG. Blaenau Gwent - c/o Ebbw Vale Institute, Church Street, Ebbw Vale, NP23 6BE

Serving: Gwent

HL: 03300 564456

E: info@cyfannol.org.uk

W: www.cyfannol.org.uk

Description of service:

Cyfannol Women's Aid provides specialist violence against women, domestic abuse and sexual violence support services across Gwent. Support ranges from practical help with accommodation, safety planning and accessing services, to emotional support via one-to-one appointments, outreach and groupwork. We also offer children and young people's services. Specialist support for survivors of sexual violence is available through our Horizon project. All offices can be contacted via our telephone number: 03300 564456. This number is available for immediate support at any time, 24/7. For more information about our services, please visit our web-site at: www.cyfannol.org.uk . Updated 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

LABURNUM HOUSE

Address:

Serving: Newport

T: 01495 233 971

E: enquiries@newpathways.org.uk

W: www.newpathways.org.uk

Description of service:

One of 4 SARCs (Sexual Assault Referral Centres) run by New Pathways. Face-to-face counselling to men, women, young people and children who have been affected by rape or sexual abuse, regardless of how long ago it happened. We are a disability & wheelchair access friendly organisation. Open office hours.

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

LLAMAU LTD. - MERTHYR WOMEN'S SERVICES

Head Office: 23 Cathedral Road, Cardiff, CF11 9HA

Serving: Wales & Merthyr Tydfil

HL: 01443 693737 T: 02920 239585

E: enquiries@llamau.org.uk

W: www.llamau.org.uk

Description of service:

Support, advice, information and a refuge for women and children experiencing domestic violence, or physical, sexual or emotional abuse. Llamau Women's Services also provide a range of supported housing facilities in South-East Wales for women with complex needs and/or abusive histories. Updated 06/03/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

NEW PATHWAYS

Address:

Serving: Swansea

T: 01792 206885

E: swanseasarc@btconnect.com

W: www.newpathways.co.uk

Description of service:

One of 4 SARCS (Sexual Assault Referral Centres) run by New Pathways providing ongoing support and counselling to anyone who has experienced rape or sexual abuse regardless of how long ago it happened whether by police or self-referral. We are a disability and wheelchair access friendly organisation. Updated 16/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

NEW PATHWAYS

Address:

Serving: Wales & Merthyr Tydfil

HL: 01685 379310

E: enquiries@newpathways.org.uk

W: www.new-pathways.co.uk

Description of service:

We provide support, advocacy and counselling services to men, women, children (0-13) & young people (13-18) affected by rape, sexual abuse or trauma. We provide support throughout Wales and offer counselling in Merthyr Tydfil, Cardiff, Risca, Swansea, Newport & Carmarthen. We also run a helpline for those who prefer telephone support. We have 4 Sexual Assault Referral Centres (SARC) providing immediate support for victims of serious sexual assault. Updated 21/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

RCT domestic abuse services (formally WOMEN'S AID IN RHONDDA CYNAN TAFF)

P.O. Box 1, Ferndale, CF43 3YD

Serving: Rhondda, Cynon, Taff

T: 01443 400791

E: info@wa-rct.org.uk

W: www.wa-rct.org.uk

Description of service:

Provides a range of support services for people affected by domestic abuse.

Services include: 24hr crisis accommodation (women only); Health based services (all); Tenancy support services (all); Education recovery group programmes (all); Support for children and young people (all); Remote court evidence suites (all). Updated 27/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

SARC- Wales- Cardiff

Cardiff Royal Infirmary, Glossop Road, Cardiff, CF24 0SZ

Serving: Cardiff

T: 02920 335795

E: Via Website

W: <https://111.wales.nhs.uk/LocalServices/ViewLocalService.aspx?id=7748>

Description of service:

Ynys Saff or Safe Island is a sexual assault referral centre where a range of specially trained, experienced professionals give help, support and advice to men, women, children and young people, following sexual assault in Cardiff and the Vale. Updated 17/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

SARC- Wales- Risca

Address:

Serving: Caerphilly

T: 01685 379310

E: Via Website

W: <http://www.newpathways.org.uk/>

Description of service:

Rape and sexual assault is an incredibly sensitive issue and we fully understand how difficult it is to try and overcome such trauma. This is why we offer a diverse range of services to identify what help you, or someone you know, needs. Email enquiries@newpathways.org.uk unavailable 25/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

SARC- Wales- Swansea

Address:

Serving:

T: 01685 379310

E: Via Website

W: <http://www.newpathways.org.uk/>

Description of service:

Rape and sexual assault is an incredibly sensitive issue and we fully understand how difficult it is to try and overcome such trauma. This is why we offer a diverse range of services to identify what help you, or someone you know, needs. Email enquiries@newpathways.org.uk
unavailable 25/03/2022

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

SEXUAL ASSAULT REFERRAL CENTRE

Willow House, 11 Church Street, Merthyr Tydfil, CF47 0BS

Serving: Merthyr Tydfil

HL: 01685 350099 F: 01685 384640

E: enquiries@newpathways.org.uk

W: <http://www.newpathways.org.uk/>

Description of service:

Wales first Sexual Assault Referral Centre (SARC). Face-to-face counselling to men, women, young people and children (3+) who have been affected by rape or sexual abuse, regardless of how long ago it happened. We are a disability & wheelchair access friendly organisation. We offer training to voluntary & statutory organisations. Open office hours. Updated 21/02/2023

DABS Pathfinder Directory
T: 07586 775331 or E: dabspf@outlook.com

REGION: Wales South • Section: 27

SWANSEA WOMEN'S AID

Address:

Serving: Swansea

HL: 01792 644683

E: admin@swanseawa.org.uk

W: www.swanseawomensaid.com

Description of service:

Provision of temporary accommodation to women and children experiencing domestic abuse (DA). Support and information via helpline, and outreach services to women & children experiencing/have experienced DA. For women over 16 only, and children. All services are free, but rent due for refuge and safe house accommodation. Updated 22/02/2023