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DABS NATIONAL HELPLINES

03 April 2016





NATIONAL HELPLINES

ACTION FOR CHILDREN (NCH)

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

HL: 0300 123 2112

T: 01923 361500

W: www.actionforchildren.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0143 ▶

Clients:

- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

ACTION FOR PRISONERS FAMILIES

Can Mezzanine, 49-51 East Road, London N1 6AH

HL: 0808 808 2003

T: 020 7553 3080

E: Via Website

W: www.prisonersfamilies.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 026 ▶

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 ●
- Training ●

Description of service: Action for Prisoners' and Offenders' Families works for the benefit of prisoners' and offenders' families by representing the views of families and those who work with them and by promoting effective work with families. We fulfill a unique role by focusing on both the needs of prisoners' families and those of professionals and organisations working with them.



NATIONAL HELPLINES

BACP (British Association for Counselling & Psychotherapy)

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

HL: 01455 883300

T: 01455 883300 F: 01455 550243

E: bacp@bacp.co.uk

W: www.bacp.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0139 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Perpetrators FM ●● Perpetrators M ●

Services:

- Helpline ●
- Training ●
- Physical & Emotional Abuse ●

Description of service: BACP is the largest counselling & psychotherapy membership organisation in the UK. It has developed standards for counsellors via accreditation schemes for individuals, services & trainings. It produces an on-line directory of counsellors via the website & local lists can also be sent on request. BACP promotes counselling & psychotherapy and publishes relevant journals. A text facility is now available, charged at your standard network rate.



NATIONAL HELPLINES

BEACON FOUNDATION

3 Grosvenor Avenue, Rhyl, LL18 4HA

HL: 01745 343600

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0564 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●

Services:

- Helpline ●
- Physical & Emotional Abuse ●

Description of service: National telephone helpline for survivors of ritual abuse and those supporting them. Also act as a referral point in the North Wales area for survivors of sexual abuse.



NATIONAL HELPLINES

Beat (Beating Eating Disorders - formerly EDA)

103 Prince of Wales Road, Norwich, NR1 1DW

HL: 0345 634 1414

T: 0300 123 3355 F: 01603 664915

E: info@b-eat.co.uk

W: www.b-eat.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0149 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●● Newsletter ●
- Training ●

Description of service: Beat is the working name of the Eating Disorders Association, the UK's leading charity supporting anyone affected by an eating disorder. Beat provides information and support through youth and adult helplines which people can call or email; online support including information, message boards and online support groups; and HelpFinder, an online directory of support services. Helpline 0345 634 1414 and Youthline 0345 6347650. Visit our website for opening hours.



NATIONAL HELPLINES

BPD WORLD

28 Wood Street, Huddersfield, HD1 1DU

HL: 0844 357 4567

E: mail@bpdworld.org

W: www.bpdworld.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0120 ▶

Clients:

- Adults FM ●● Adults M ●

Services:

- Helpline ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

BROKEN RAINBOW UK

PO Box 68947,
London,
E1W 9JJ

HL: 0300 999 5428

T: 0845 2 60 55 60

E: mail@brokenrainbow.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0156 ▶

Clients:

- Adults FM ●● Adults M ●
- Young People FM ●● Young People M ●

Services:

- Helpline ●
- Training ●
- Domestic Violence ●

Description of service: Broken Rainbow is the only UK organisation dedicated to confronting and eliminating domestic violence within and against the LGBT communities. Our objective is to relieve the distress caused to lesbians, gay men, bisexual and transgender people by domestic violence, in particular by doing the following: 1. Raising awareness in the LGBT communities and elsewhere of the impact of homophobic, transphobic, biphobic and same sex domestic violence on the lives of LGBT people; 2. Offering advice, support and referral services to LGBT people experiencing homophobic, transphobic, biphobic and same sex domestic violence; 3. Offering information, advice and training to people who are responsible for domestic violence policy and practice in mainstream and specialist organisations, or who are otherwise involved with the survivors and perpetrators of those suffering from domestic violence or abuse, with a view to increasing the safety and well-being of LGBT people who experience such violence or abuse.



NATIONAL HELPLINES

CARE LEAVERS ASSOCIATION (CLA)

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

HL: 0845 308 2755

T: 0161 236 1980

E: info@careleavers.com

W: www.careleavers.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0215 ▶

Clients:

- Adults FM ●● Adults M ●

Services:

- Helpline ●
- Training ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

Chester Sexual Abuse Support Service

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

HL: 0808 2840484

T: 01244 307499

E: info@csass.org.uk

W: www.csass.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0574 ▶

Clients:

- Adults FM •

Services:

- Helpline •• Newsletter •
- Training •
- Physical & Emotional Abuse •
- Domestic Violence •
- Court & Legal Support for Victims & Witnesses •

Description of service: A telephone and face-to-face counselling service, run by women for women aged 18 and over, who have suffered any form of sexual abuse or violence at any time in their lives. Our service also covers North Wales. Access is by self-referral or referrals from elsewhere. For face-to-face counselling appointments are required. Contact available normally within a week. The helpline is open: Mon 6-8pm; Wed 6-8pm; Sat 10am-1pm.



NATIONAL HELPLINES

CHILDLINE

Freepost NATN1111, London, E1 6BR

HL: 0800 1111

T: 0870 336 2945 F: 0870 336 2946

W: www.childline.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0508 ▶

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.



NATIONAL HELPLINES

CIS'ters: Surviving Rape and Sexual Abuse during childhood

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

HL: 02380 338080

T: 02380 338080

E: admin@cisters.org.uk

W: www.cisters.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0044 ▶

Clients:

- Adults FM ●
- Partners FM ●● Partners M ●

Services:

- Helpline ●● Newsletter ●
- Training ●

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.



NATIONAL HELPLINES

CONNECT - Professional Telephone Counselling & Support

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

E: admin@connectcounselling.ie

W: www.connectcounselling.ie

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0206 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

Services:

- Helpline ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

CORAM CHILDREN'S LEGAL CENTRE

University of Essex, Wivenhoe Park, Colchester, CO4 3SQ

HL: 0808 802 0008

T: 01206 714 650 F: 01206 877963

E: info@coramclc.org.uk

W: www.childrenslegalcentre.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0422 ▶

Clients:

- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●● Newsletter ●
- Training ●● Training Independently Accredited ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

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 line, freephone: 0808 8020008.



NATIONAL HELPLINES

CRISIS POINT

Uplands House, 5 Lichfield Road, Walsall, WS4 2HT

HL: 01922 722777

T: 01922 722777 F: 01922 721110

E: info@crisispoint.org.uk

W: www.crisispoint.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0361 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●
- Perpetrators FM ●● Perpetrators M ●

Services:

- Helpline ●
- Training ●
- Physical Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: A specialist psychotherapy, counselling & support service for 5 years and older. Offering: Clinically proven methods in rape & sexual abuse trauma counselling; Chaperone work; Independent Sexual Violence Advisor (ISVA) during office hours; Group therapeutic counselling Mon 6-8pm; Visual Evidence for Victims (VEV) service. Work with men, women & children, aged 5 & upwards. Office hours: Mon-Fri 9am-4.30pm. Clinical Practice hours: 10am-3pm. Training to volunteers (ex-service users and general), agencies, professionals & students (counsellors).



NATIONAL HELPLINES

DABS (Directory And Book Services)

23 Wakefield Close, Colchester, Essex, CO1 2SD

HL: 07854 653118

T: 07854 653118

E: dabs@btinternet.com

W: www.dabs.uk.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0524 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●
- Perpetrators FM ●● Perpetrators M ●

Services:

- Helpline ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

Description of service: Produces this National Resource Directory for all those concerned with abuse and sexual violence. It contains general information for victims and those supporting them together with details of over 500 specialist organisations and groups in the UK and Ireland.



NATIONAL HELPLINES

DABS (Directory And Book Services)

23 Wakefield Close, Colchester, Essex, CO1 2SD

HL: 07854 653118

T: 07854 653118

E: dabs@btinternet.com

W: www.dabs.uk.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0524 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●
- Perpetrators FM ●● Perpetrators M ●

Services:

- Helpline ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

Description of service: Produces this National Resource Directory for all those concerned with abuse and sexual violence. It contains general information for victims and those supporting them together with details of over 500 specialist organisations and groups in the UK and Ireland.



NATIONAL HELPLINES

DABS PATHFINDER SERVICE

23 Wakefield Close, Colchester, Essex, CO1 2SD

HL: 07854 653118

T: 07854 653118

E: dabs@btinternet.com

W: www.dabs.uk.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0334 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●

Services:

- Helpline ●

Description of service: Qualified counsellors available to help you find the help you need. This is not a telephone counselling service, but a chance to talk over what sort of help or counselling would suit you best. We also provide free information on specialist help available in your area, and on how to choose the right counsellor for you. The telephone is seldom answered but an answer-phone is on at all times. You will receive a call or text reply when an appointment can be arranged for a consultation.



NATIONAL HELPLINES

Family Lives

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

HL: 0808 800 2222

T: 020 7284 5500

E: Via website

W: www.familylives.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0231 ▶

Clients:

- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●

Services:

- Helpline ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

I ET AL (Community Interest Company)

Essex

HL: 01376 330767

T: 01376 330767

E: support@ietal.org

W: www.ietal.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0482 ▶

Clients:

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

Services:

- Helpline •• Newsletter •
- Training •
- Physical & Emotional Abuse •
- Domestic Violence •

Description of service: The first & only Integrate Led therapeutic practice in the World. We deliver counselling, groups and workshops for Multiples and dissociative people by qualified counsellors who have recovered from Dissociative Identity Disorder (Integrates).



NATIONAL HELPLINES

i-HOP

W: www.i-hop.org.uk

HL: 0808 802 2013

T: 0808 802 2013.

E: Via Website

W: www.i-hop.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0086 ▶

Clients:

- Perpetrators FM ●● Perpetrators M ●

Services:

- Helpline ●● Newsletter ●

Description of service: i-HOP is a one-stop information and advice service to support all professionals in working with children and families of offenders, bringing together useful information in one place. i-HOP is funded by the Department for Education and delivered by Barnardo's in partnership with POPS. The service is less likely to be relevant directly for families themselves.



NATIONAL HELPLINES

IZZY'S PROMISE

1 Victoria Road, Dundee, DD1 1EL

HL: 01382 206222

T: 01382 224737

E: josephlumbasi@aol.com

W: www.izzyspromise.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0459 ▶

Clients:

- Adults FM ●● Adults M ●
- Young People FM ●● Young People M ●

Services:

- Helpline ●
- Training ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

IZZY'S PROMISE

1 Victoria Road, Dundee, DD1 1EL

HL: 01382 206222

T: 01382 224737

E: josephlumbasi@aol.com

W: www.izzyspromise.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0459 ▶

Clients:

- Adults FM ●● Adults M ●

Services:

- Helpline ●
- Training ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

KIDSCAPE

2 Grosvenor Gardens, London, SW1W 0DH

HL: 08451 205 204

T: 020 7730 3300 F: 020 7730 7081

E: info@kidscape.org.uk

W: www.kidscape.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0141 ▶

Clients:

- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●
- Training ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

LET YOUR LIGHT SHINE

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

HL: 023 80529634 or 07484 319936

T: 023 80529634

E: letyourlightshine@swac.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0243 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

Services:

- Helpline ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

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.



NATIONAL HELPLINES

MACSAS (Minister & Clergy Sexual Abuse Survivors)

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

HL: 0808 801 03 40

E: macsas1@hotmail.com

W: www.macsas.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0403 ▶

Clients:

- Adults FM ●● Adults M ●

Services:

- Helpline ●

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.



NATIONAL HELPLINES

MALE HELPLINE

Marcom House, Ledsam Street, Ladywood, Birmingham, B16 8DN

HL: 0800 328 3623

T: 0121 455 8211 F: 0121 455 8210

E: vicsuppbham@btinternet.com

W: www.victimsupportwestmidlands.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0312 ▶

Clients:

- Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●

Services:

- Helpline ●
- Physical & Emotional Abuse ●

Description of service: A specialist helpline provided by Victim Support West Midlands, for men affected by domestic abuse, rape or sexual assault. Friends, partners and family members can also call. All information is confidential. The service operates between 9am-5pm. The service is for victims only and is available to callers nationwide.



NATIONAL HELPLINES

MEN'S ADVICE LINE

London

HL: 0808 801 0327

E: info@mensadviceline.org.uk

W: www.mensadviceline.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0176 ▶

Clients:

- Adults M •

Services:

- Helpline •
- Physical & Emotional Abuse •
- Domestic Violence •

Description of service: The Men's Advice Line is a helpline for men experiencing domestic violence. We provide emotional support and practical advice. We sign-post to specialist agencies including emergency accommodation, legal and housing advice centres. Calls are free from landlines and most mobiles. Open: Mon-Fri 9am-5pm.



NATIONAL HELPLINES

MEN'S ADVICE LINE

London

HL: 0808 801 0327

E: info@mensadviceline.org.uk

W: www.mensadviceline.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0176 ▶

Clients:

- Adults M •

Services:

- Helpline •
- Physical & Emotional Abuse •
- Domestic Violence •

Description of service: The Men's Advice Line is a helpline for men experiencing domestic violence. We provide emotional support and practical advice. We sign-post to specialist agencies including emergency accommodation, legal and housing advice centres. Calls are free from landlines and most mobiles. Open: Mon-Fri 9am-5pm.



NATIONAL HELPLINES

MindInfoLine

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

HL: 0300 123 3393

E: info@mind.org.uk

W: www.mind.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0429 ▶

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 ●
- Physical Disabilities ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

MOSAC - Supporting Non-Abusing Parents/Carers of Sexually Abused Children

London Borough of Greenwich

HL: 0800 980 1958

F: 020 8293 8582

E: info@mosac.org.uk

W: www.mosac.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0186 ▶

Clients:

- Adults FM ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●
- Children FM ●● Children M ●

Services:

- Helpline ●● Newsletter ●
- Training ●● Training Independently Accredited ●
- Physical & Emotional Abuse ●
- Accommodation ●
- Court & Legal Support for Victims & Witnesses ●

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.



NATIONAL HELPLINES

MUSLIM COMMUNITY HELPLINE

Harrow

HL: 0208 904 8193 or 0208 908 6715

W: www.muslimcommunityhelpline.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0398 ▶

Clients:

- Adults FM ●● Adults M ●
- Parents M ●
- Young People FM ●

Services:

- Helpline ●

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 endeavour to have a 5 day service but it depends on the availability of volunteers. Core hours 10 am to 1 pm.



NATIONAL HELPLINES

NAPAC (National Association for People Abused in Childhood)

Unit 3.42, Canterbury Court, 1-3 Brixton Road, London SW9 6DE

HL: 0808 801 0331

T: 0203 176 0560

E: info@napac.org.uk

W: www.napac.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0363 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

Services:

- Helpline ●● Newsletter ●
- Training ●● Training Independently Accredited ●
- Physical & Emotional Abuse ●
- Court & Legal Support for Victims & Witnesses ●

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 accredited by the Royal Society for Public Health.



NATIONAL HELPLINES

National Centre for Domestic Violence

PO Box 999, Guildford, Surrey, GU1 9BH

HL: 0800 970 2070

T: 0844 8044 999 Option 2 F: 020 7160 9383

W: www.ncdv.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0151 ▶

Clients:

Services:

- Helpline ●
- Domestic Violence ●● Accommodation ●

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.



NATIONAL HELPLINES

NATIONAL DOMESTIC VIOLENCE HELPLINE

National telephone service

HL: 0808 2000 247

W: www.nationaldomesticviolencehelpline.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0506 ▶

Clients:

- Adults FM ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●

Services:

- Helpline ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

NATIONAL SELF-HARM NETWORK

P.O Box 7264, Nottingham, NG1 6WJ

HL: 0800 622 6000

E: info@nshn.co.uk

W: www.nshn.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0001 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

Services:

- Helpline ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

NHS DIRECT & NHS Choices

www.nhsdirect.nhs.uk

HL: (NHS Direct) 0845 46 47 or (NHS Choices) 111

W: www.nhsdirect.nhs.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0098 ▶

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 Direct / NHS Choices provides health advice and information on the telephone and using web services for people in England, 24hrs a day, 7 days a week. Calls cost a maximum of 5p per minute from a BT landline. Mobiles and other networks may vary. You may be charged a minimum cost per call.



NATIONAL HELPLINES

NSPCC CHILD PROTECTION HELPLINE

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

HL: 0808 800 5000

T: 020 7825 2500 F: 020 7825 2790/1

E: help@nspcc.org.uk

W: www.nspcc.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0142 ▶

Clients:

- Adults FM ●● Adults M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●
- Perpetrators FM ●● Perpetrators M ●

Services:

- Helpline ●
- Physical Disabilities ●

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.



NATIONAL HELPLINES

PARENTS PROTECT!

Bordesley Hall, Birmingham, B48 7QA

HL: 0808 1000 900

T: 01527 591922 F: 01527 591924

E: office@stopitnow.org.uk

W: www.parentsprotect.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0558 ▶

Clients:

- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●
- Training ●

Description of service: Parents Protect! Is a child protection campaign that delivers training to parents, carers and professionals and also operates an educative website designed to raise awareness to child sexual abuse, answer any questions you may have and give the information 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.



NATIONAL HELPLINES

POSITIVE OUTCOMES for DISSOCIATIVE SURVIVORS (PODS) & Survivors Trauma & Abuse Recovery Trust (START)

3 Archers Court, Huntingdon, Cambridgeshire, PE29 6XG

HL: 0800 181 4420 & 01480 413582

T: 01480 878409

E: info@pods-online.org.uk

W: www.pods-online.org.uk & www.start-online.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0511 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●

Services:

- Helpline ●● Newsletter ●
- Training ●
- Physical & Emotional Abuse ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: PODS is a project run by a registered charity called START (Survivors Trauma & Abuse Recovery Trust). PODS tagline is "to make recovery from dissociative disorders a reality through training, informing and supporting." PODS provides the UK's only national telephone helpline for dissociative disorders, which runs on Tuesday evenings between 6pm & 8pm or at other times by appointment. We also provide support, information and signposting via email, and are developing a database of counsellors throughout the UK who are willing to work with people with dissociative disorders. We run regular training days about trauma and dissociation throughout the UK, which are open both to professionals such as counsellors and NHS staff, as well as to survivors and their partners / supporters. We also produce a range of resources including our free Emergency DID Information cards, a magazine called Multiple Parts and a Dissociation Resource Guide and Child Sexual Abuse Resource Guide.



NATIONAL HELPLINES

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

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

HL: 0808 802 9999

T: 0208 683 3311 F: 0208 683 3366

E: info@rasasc.org.uk

W: www.rasasc.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0337 ▶

Clients:

- Adults FM ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●
- Children FM ●

Services:

- Helpline ●
- Training ●● Training Independently Accredited ●
- Court & Legal Support for Victims & Witnesses ●

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.



NATIONAL HELPLINES

Rape Crisis England & Wales

BCM Box 4444, London, WC1N 3XX

HL: 0808 802 9999

E: rcewinfo@rapecrisis.org.uk

W: www.rapecrisis.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0373 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: Rape Crisis England & Wales is the national umbrella organisation for a network of Rape Crisis Centres. Centres provide a range of specialist services for women & girls who have experienced any form of sexual violence either as adults or as children. A number of centres also support male survivors. The RCEW 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 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.



NATIONAL HELPLINES

REFUGE

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

HL: 0808 2000 247

E: info@refuge.org.uk

W: www.refuge.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0093 ▶

Clients:

- Adults FM ●
- Parents FM ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●
- Training ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

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.



NATIONAL HELPLINES

REFUGE

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

HL: 0808 2000 247

E: info@refuge.org.uk

W: www.refuge.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0093 ▶

Clients:

- Adults FM ●
- Parents FM ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●
- Training ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

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 3,000 women and children.



NATIONAL HELPLINES

RESPECT PHONELINE

London

HL: 0207 549 0578

T: 0207 549 0578

E: info@respectphoneline.org.uk

W: www.respectphoneline.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0376 ▶

Clients:

- Adults FM ●● Adults M ●
- Perpetrators FM ●● Perpetrators M ●

Services:

- Helpline ●
- Physical Disabilities ●
- Physical & Emotional Abuse ●

Description of service: The Respect Phoneline is an information & advice line for people who are abusive towards their partners. We work with men & women, gay or straight, their (ex)partners, friends & family, and frontline workers who come into contact with domestic violence perpetrators. We are open: Mon-Fri 10am-1pm & 2-5pm. We use Language Line and can arrange to speak to a caller through an interpreter. We are accessible by Textphone.



NATIONAL HELPLINES

RESPOND

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

HL: 0808 808 0700

T: 020 7383 0700 F: 020 7387 1222

E: admin@respond.org.uk

W: www.respond.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0183 ▶

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 ●● Newsletter ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Physical & Emotional Abuse ●

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. RESPOND NOW HAS AN ONLINE SHOP! HAVE A LOOK AT www.respond.org.uk/shop



NATIONAL HELPLINES

RIGHTS OF WOMEN

52-54 Featherstone Street, London, EC1Y 8RT

HL: 020 7251 6577/8887

T: 020 7251 6575 F: 020 7490 5377

E: info@row.org.uk

W: www.rightsofwomen.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0168 ▶

Clients:

- Adults FM ●
- Partners FM ●
- Parents FM ●
- Perpetrators FM ●

Services:

- Helpline ●● Newsletter ●
- Training ●
- Physical Disabilities ●
- Physical & Emotional Abuse ●

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 11am - 1pm, Tue & Wed 2pm - 4pm. National call: 0207 251 6577 or Text phone 0207 490 2562, Tue, Wed & Thur 7pm - 9pm & Fri 2pm - 4pm. CRIMINAL LAW: Including sexual offences, domestic violence and reporting offences to the Police & the Criminal Justice System. London call: 0207 608 1137 or Text phone 0207 490 2562 on Thur 2pm - 4pm. National call: 0207 251 8887 or Text phone 0207 490 2562 on Tue 11am - 1pm. IMMIGRATION & ASYLUM LAW: London or National call: 0207 490 7689 or Text phone 0207 490 2562 on Mon 2pm - 4pm & Wed 11am - 1pm.



NATIONAL HELPLINES

RIGHTS OF WOMEN

52-54 Featherstone Street, London, EC1Y 8RT

HL: 020 7251 6577/8887

T: 020 7251 6575 F: 020 7490 5377

E: info@row.org.uk

W: www.rightsofwomen.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0168 ▶

Clients:

- Adults FM ●
- Partners FM ●
- Parents FM ●
- Perpetrators FM ●

Services:

- Helpline ●
- Training ●
- Physical Disabilities ●
- Physical & Emotional Abuse ●

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 11am - 1pm, Tue & Wed 2pm - 4pm. National call: 0207 251 6577 or Text phone 0207 490 2562, Mon, Tue, Wed & Thur 7pm - 9pm & Fri 2pm - 4pm. CRIMINAL LAW: Including sexual offences, domestic violence and reporting offences to the Police & the Criminal Justice System. London call: 0207 608 1137 or Text phone 0207 490 2562 on Thur 2pm - 4pm. National call: 0207 251 8887 or Text phone 0207 490 2562 on Tue 11am - 1pm. IMMIGRATION & ASYLUM LAW: London or National call: 0207 490 7689 or Text phone 0207 490 2562 on Mon 2pm - 4pm & Thur 11am - 1pm.



NATIONAL HELPLINES

SAFE

P.O. Box 1557, Salisbury, SP1 2TP

HL: 01722 410889

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0148 ▶

Clients:

- Adults FM ●● Adults M ●

Services:

- Helpline ●
- Training ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

SAFELINE

6a New Street, Warwick, CV34 4RX

HL: 0808 800 5008 / Male HL: 0808 800 5005
/ Young People's HL: 0808 800 5007

T: 01926 402498

E: office@safeline.org.uk

W: www.safeline.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0002 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●● Newsletter ●
- Training ●● Training Independently Accredited ●
- Learning Disabilities ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: Services for survivors and their families of rape, sexual abuse and/or related issues. In Warwickshire we offer free counselling, ISVAs, support groups, and prevention projects for young people. 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. We have national helplines open Monday 10-4pm, Tuesday & Thursdays 8-8pm, Fridays 10-4pm and Saturdays 10-12pm. We also offer support through text (07860027573), IM chat or email via www.safeline.org.uk. We offer free online and telephone counselling to men nationwide.



NATIONAL HELPLINES

SAMARITANS, The

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

HL: 08457 90 90 90

T: 020 8394 8300 F: 020 8394 8301

E: jo@samaritans.org

W: www.samaritans.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0144 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

Services:

- Helpline ●
- Physical Disabilities ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

SANE

1st Floor, Cityside House, 40 Adler Street, London, E1 1EE

HL: 0845 767 8000

T: 020 7375 1002 F: 020 7375 2162

E: info@sane.org.uk

W: www.sane.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0224 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●
- Perpetrators FM ●● Perpetrators M ●

Services:

- Helpline ●● Newsletter ●
- Training ●

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 email service, SANEmail. It also aims to initiate and fund research into the causes of serious mental illness through its research centre.



NATIONAL HELPLINES

SELF INJURY SUPPORT (Formerly Bristol Crisis Service for Women)

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

HL: 0808 800 8088

T: 0117 927 9600

E: info@selfinjurysupport.org.uk

W: www.selfinjurysupport.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0146 ▶

Clients:

- Adults FM ●
- Partners FM ●
- Parents FM ●
- Young People FM ●
- Children FM ●
- Perpetrators FM ●

Services:

- Helpline ●● Newsletter ●
- Training ●
- Learning Disabilities ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

Description of service: We have a self-injury focus and provide both: CASS (Confidential Anonymous Self Injury Support) a helpline for women of any age affected by self injury 0808 800 8088 open Tuesday & Wednesday 7-10pm and Thursday 3-6pm and TESS (Text and e-mail support) for young women affected by self-injury. Text: 07800472908. E-mail: www.selfinjurysupport.org.uk and follow link to TESS. TESS is open Sunday – Friday 7pm-9pm. We have a range of publications/information and online self help tools and offer training to professionals working with people who self-injure.



NATIONAL HELPLINES

STOP IT NOW! UK & IRELAND

Bordesley Hall, Birmingham, B48 7QA

HL: 0808 1000 900

T: 01527 591922 F: 01527 591924

E: office@stopitnow.org.uk

W: www.stopitnow.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0316 ▶

Clients:

- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●
- Perpetrators FM ●● Perpetrators M ●

Services:

- Helpline ●● Newsletter ●
- Training ●

Description of service: Stop It Now! UK and Ireland is a child sexual abuse prevention campaign that helps 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 a free phone confidential helpline: 0808 1000 900.



NATIONAL HELPLINES

SUPPORTING SURVIVORS OF ABUSE

The Basement Suite, 60 Hamilton Square, Birkenhead, CH41 5AT

HL: 0808 108 1715

E: info@ssoa.co.uk

W: www.supportingsurvivorsofabuse.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0518 ▶

Clients:

- Adults FM ●● Adults M ●
- Young People FM ●● Young People M ●

Services:

- Helpline ●

Description of service: National helpline and email support for people over 16 years who have been affected by rape or sexual abuse. Face-to-face counselling and support locally.



NATIONAL HELPLINES

SUPPORTLINE

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

HL: 01708 765200

T: 01708 765222

E: info@supportline.org.uk

W: www.supportline.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0641 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

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 opening hours given on answermachine.



NATIONAL HELPLINES

SURVIVORS UK

11 Sovereign Court, London, E1W 31W

HL: Webchat (www.survivorsuk.org) & Textchat (020 3322 1860)

T: 0203 598 3898

E: info@survivorsuk.org

W: www.survivorsuk.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0178 ▶

Clients:

- Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●

Services:

- Helpline ●
- Training ●
- Court & Legal Support for Victims & Witnesses ●

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.



NATIONAL HELPLINES

THE CHILDREN'S SOCIETY

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

HL: 0300 303 7000

T: 020 7841 4400

E: supportercare@childrenssociety.org.uk

W: www.childrenssociety.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0004 ▶

Clients:

- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●
- Physical & Emotional Abuse ●

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.



NATIONAL HELPLINES

THE COUNSELLING DIRECTORY

Coliseum, Riverside Way, Camberley, Surrey, GU15 3YL

HL: 0844 8030 240

T: 0844 8030 240

E: info@counselling-directory.org.uk

W: www.counselling-directory.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0519 ▶

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: 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 has either sent a copy of their qualifications and insurance cover to us, or is registered with a professional body with recognised codes of ethics and practice.



NATIONAL HELPLINES

THE LUCY FAITHFULL FOUNDATION

Bordesley Hall, Birmingham, B48 7QA

HL: 0808 1000 900

T: 01527 591922 F: 01527 591924

E: bordesley@lucyfaithfull.org

W: www.lucyfaithfull.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0023 ▶

Clients:

- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●
- Perpetrators FM ●● Perpetrators M ●

Services:

- Helpline ●● Newsletter ●
- Training ●

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.



NATIONAL HELPLINES

WATFORD RAPE CRISIS & SEXUAL ABUSE CENTRE (WRC)

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

HL: 0845 301 1165

T: 01923 249511

E: info@wrc-info.org

W: www.wrc-info.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0610 ▶

Clients:

- Adults FM ●● Adults M ●
- Partners FM ●● Partners M ●
- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●

Services:

- Helpline ●
- Physical & Emotional Abuse ●
- Court & Legal Support for Victims & Witnesses ●

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.



NATIONAL HELPLINES

WOMEN'S AID ENGLAND

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

HL: 0808 2000 247

T: 0117 944 4411 F: 0117 924 1703

E: helpline@womensaid.org.uk

W: www.womensaid.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0209 ▶

Clients:

- Adults FM ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●
- Training ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

Description of service: Women's Aid is the national charity working to end domestic violence against women and children. We support a network of over 300 dedicated specialist domestic violence services across the UK. We run (in partnership with Refuge) the Freephone 24hr National Domestic Violence Helpline, which provides emotional and practical support & information to women & children experiencing domestic violence, and helps them access a place of safety in a women's refuge, as well as outreach and other services. The Helpline can provide access to an interpreter for non-English speaking callers, and to the BT Type Talk service for deaf callers.



NATIONAL HELPLINES

Young Minds

48-50 St John Street, London, EC1M 4DG

HL: 0808 802 5544

T: 020 7336 8445 F: 020 7336 8446

E: yomenquiries@youngminds.org.uk

W: www.youngminds.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR 0650 ▶

Clients:

- Parents FM ●● Parents M ●
- Young People FM ●● Young People M ●
- Children FM ●● Children M ●

Services:

- Helpline ●● Newsletter ●
- Training ●

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. Calls from landlines & mobiles are free.