



DABS

Directory And Book Services

Support for those concerned with abuse & sexual violence

ISSN 2055-1452

DABS
National Resource Sub-Directory
ADULT WOMEN

16 February 2020



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DISCLAIMER

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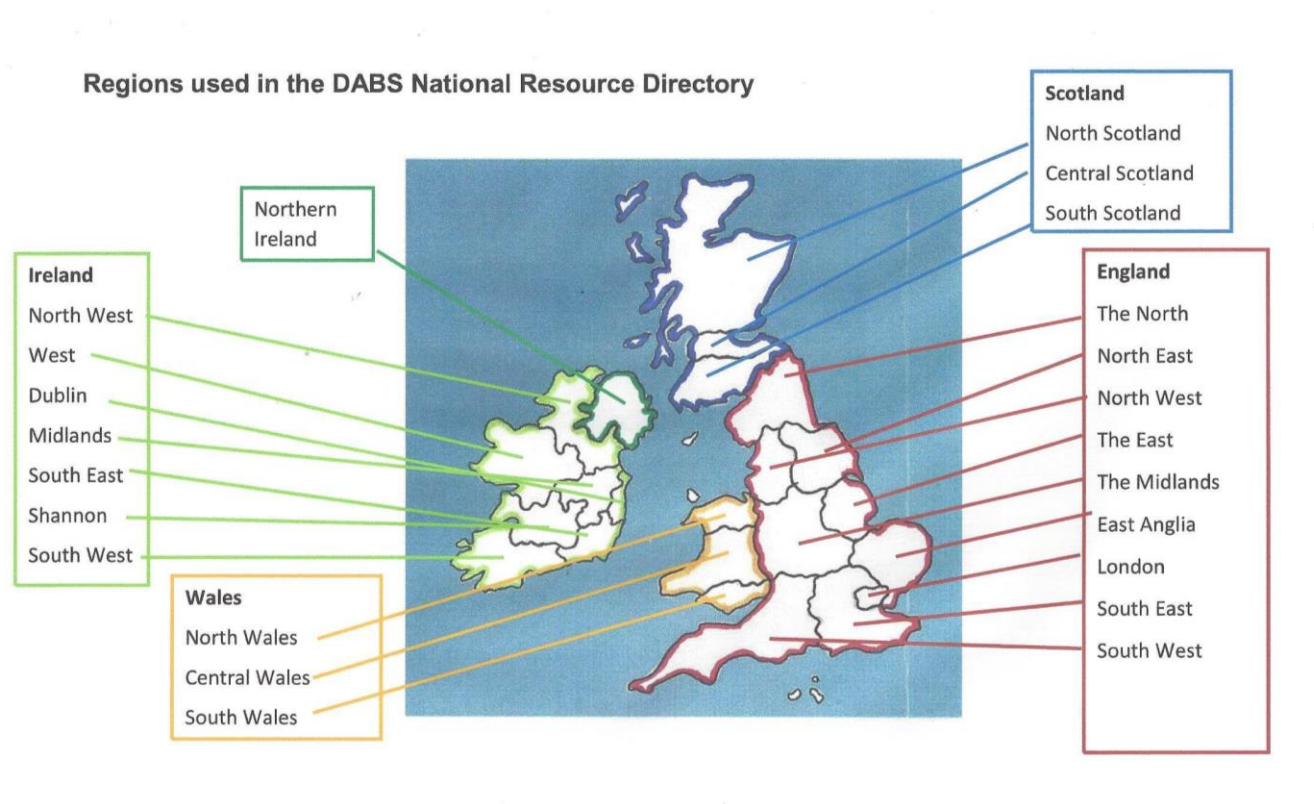
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● ● GENERAL GUIDELINES ● ●



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.

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 endeavor 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 well-springs 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 defense 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.

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 & On Line - 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.

Directory And Book Services (DABS) ~ Call or Text Helpline: 07854 653118

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.

If a counsellor claims to use methods that work quickly it is reasonable to expect them to offer it on a basis where you may delay payment until satisfied or secure a money back guarantee; after all, if you are expected to trust the counsellor it is only fair that the counsellor trusts you.

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.

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.

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.

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 is a fundamental principle throughout the world. Another way to state it is that, "given an existing problem, it may be better not to do something, or even 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/>

Useful Questions to Ask a Prospective Counsellor or Group Facilitator

(It may be easier to hand this list to the counsellor)

- 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 or with a man. You may prefer to choose a counsellor of your race, economic background, sexual preference, religion, or someone who has experiences similar to 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 may be worth considering the value of working with a helper that challenges some of your preferences...

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.

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 in partnership, 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

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 'IN-HOUSE' COUNSELLING

It has become apparent that some callers to the DABS Pathfinder Helpline are unable to access the counselling they need and as a response to this DABS offers its own 'In-House' counselling as an alternative.

1. A condensed course of therapy will be offered by the DABS Counsellor~ subject to their assessment with you.
2. This format is most suitable for victims and survivors of abuse and sexual violence.
3. Depending on the circumstances and assessment, it is usual to start with a short number of consecutive days to address the main issues~ then to follow up later with additional days and so on until the work is complete.
4. All DABS counsellors will be members of BACP or UKCP and will have met our terms and conditions.

DABS CONTRACT CONDITIONS

1. If at any point you consider that our counselling is not working or is unsuitable for you, the amounts you have paid will be refunded and you will be released from obligations to pay further sums.
2. The counsellor also has the right to cease their work with you at any point if they consider that therapy is not working successfully. Any fees paid up to that point will be refunded. The DABS counsellor will then support you as much as possible to find the further help you need.
3. You will receive a copy of the counsellors' personal contract details.
4. There is a minimum charge of £50 per hour

All fees can be spread over time by paying a minimum of £20 per month by Bank Standing Order or other agreed method.

In cases of very low disposable income lesser amounts can be negotiated.

Please contact DABS for further details on:
T: 07854 653118 ~ E: dabs@btinternet.com

Directory And Book Services (DABS) ~ Call or Text Helpline: 07854 653118

DABS Disclaimer:

Be aware that while the clear majority of 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 the appropriate licensing board.

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 RESOURCE DIRECTORY LAYOUT & DESIGN

REGION: Here E.g. NATIONAL~ Section Number here: 01

E.g. National UK

Specific areas serving here. E.g. Serving: National UK and Ireland

Clients: Under this heading are the client groups served by the organisation	Services: Under this heading are the specific services offered by the organisation
Description of service: As a paragraph here...	

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. They are there to help you find help that is most suitable for you. See Pages 11 to 19.

► 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 & 22.

► 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.

► As mentioned, DABS offers its own counselling which you may wish to consider. Ultimately it is an opportunity for those affected by abuse and sexual violence to do therapy with a guarantee that if it isn't helpful the fees will be refunded. Please see Page 23 and contact us for full details if you are interested.



ABUSELAW

Serving: National (UK)

W: www.abuselaw.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 4 ▶

Clients:

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

Services:

- Physical & Emotional Abuse •
- Court & Legal Support for Victims & Witnesses •

Description of service: A website which aims to provide easy access to information for child and adult survivors of physical, sexual and psychological abuse on all aspects of this complex area of law. The site also aims to provide guidance on, and understanding of, the legal system of England and Wales, for professionals working for/with survivors of abuse.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 5 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Newsletter ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●
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Description of service: Referral service for legal services for victims of child abuse. Training for professionals working with adults abused in childhood. Helpline open: Tues & Thurs 10am-4pm.



ADULTS WOMEN • REGION: UK National • Section: 01

ACDEO - Afghanistan Capacity Development and Educational Organization

Serving: Worldwide

HL: 6464

E: wida.yalaqi@acdeo.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 732 ▶

Clients:

- Adults FM •• Adults M •

Services:

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

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.



Action for Elder Abuse

Action on Elder Abuse, PO Box 60001, Streatham SW16 9BY

Serving: National

HL: 0808 808 8141 T: 020 8835 9280

E: enquiries@elderabuse.org.uk

W: www.elderabuse.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 757 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •
- Training •
- Physical & Emotional Abuse •

Description of service: Action on Elder Abuse (AEA) 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. Action on Elder Abuse, 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.



ADULTS WOMEN • REGION: UK National • Section: 01

AFFECTIVE and EMOTIONAL DISORDER SERVICE

Bethlem Royal Hospital, Monk's Orchard Road, Beckenham, BR3 3BX

Serving: National (UK), London & Kent

T: 0203 228 4414 F: 0203 228 4407

E: crisisrecoveryunit@slam.nhs.uk

W: www.national.slam.nhs.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 11 ▶

Clients:

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

Services:

- Training •
- Physical & Emotional Abuse •

Description of service: A specialist unit for females (18+) who harm themselves. The service offers in-patient treatment at the Bethlem Royal Hospital, and out-patient at The Maudsley Hospital, S. London. The in-patient service offers a 6mth care package, with an initial in-patient period of 3wks to assess the patient's needs, agree appropriate treatment, and devise an individual treatment package. Treatment includes individual & group therapy, and may include medication.



Association for the Treatment of Sexual Addiction and Compulsivity

Serving: National UK

T: 07414 787341

E: info@atsac.co.uk

W: www.atsac.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 23 ▶

Clients:

- Adults FM •• Adults M •
- Perpetrators FM •• Perpetrators M •

Services:

- Training •• Training Independently Accredited •

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



ADULTS WOMEN • 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 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: 34 ▶

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.



ADULTS WOMEN • REGION: UK National • Section: 01

BEACON FOUNDATION

3 Grosvenor Avenue, Rhyl, LL18 4HA

Serving: National (UK), Wales & Denbighshire

HL: 01745 343600

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 48 ▶

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 51 ▶

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 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 12pm – 8pm during the week, and 4pm – 8pm on weekends and bank holidays.



BEVERLEY LEWIS HOUSE

East Thames

Serving: National (UK)

T: 020 7473 2813 F: 020 7473 6168

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 52 ▶

Clients:

- Adults FM •

Services:

- Physical Disabilities •• Learning Disabilities •
- Physical & Emotional Abuse •
- Domestic Violence •

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.



Boarding Concern

3 Keswick House, 76 Raymond Road, London, SW19 4AJ

Serving: National

E: info@boardingconcern.org.uk

W: www.boardingconcern.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 708 ▶

Clients:

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

Services:

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

Description of service: Boarding Concern supports people who were harmed or abused whilst at boarding or residential schools. We provide information and signposting, publish newsletters and hold conferences.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 56 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Training •
- Physical & Emotional Abuse •

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.



ADULTS WOMEN • 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

www.boltburdonkemp.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 57 ▶

Clients:

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

Services:

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

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 58 ▶

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.



ADULTS WOMEN • REGION: UK National • Section: 01

BREAKING FREE SUPPORT

159 Victoria Road, Old Town, Swindon, SN1 3BU

Serving: National (UK)

T: 01793 514339

E: info@breakingfreesupport.co.uk

W: www.breakingfreesupport.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 62 ▶

Clients:

- Adults FM •

Services:

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

Description of service: A charity supporting 18+ non-offending female survivors of sexual abuse and rape, whether as children or in adulthood. One-to-one counselling and workshops. Trained, qualified counsellors. Compensation claim support . Open: Mon, Weds, Thurs 10am-6pm.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 64 ▶

Clients:

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

Services:

- Training ●
- Physical & Emotional Abuse ●

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 72 ▶

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.



Centrepoint

Serving: National

HL: 0808 800 0661 T: 0800 587 5158

E: supportercare@centrepoint.org

W: www.centrepoint.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 738 ▶

Clients:

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

Services:

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

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 87 ▶

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.



ADULTS WOMEN • 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
W: www.circlesoutheast.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 109 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Training ●● Learning Disabilities ●
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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



Circles Uk

Abbey House, Abbey Square, Reading, RG1 3BE

Serving: National Uk

T: 0118 950 0068

W: www.circles-uk.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 726 ▶

Clients:

- Adults FM •• Adults M •
- Perpetrators FM •• Perpetrators M •

Services:

- Physical & Emotional Abuse •
- Domestic Violence •

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.



ADULTS WOMEN • 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: 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: 111 ▶

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, or you may prefer to email us at admin@cisters.org.uk



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 114 ▶

Clients:

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

Services:

- Helpline ●● Newsletter ●
- 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.



CRISIS POINT

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

Serving: National (UK) & West Midlands

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: 124 ▶

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

Description of service: A specialist psychotherapy, counselling & support service for Women & Girls, Men & Boys 3 years and older. Offering: Clinically proven methods in rape & sexual abuse trauma counselling & psychotherapy; Chaperone work; Crisis & Advocacy Support, Independent Sexual Violence Advisor (ISVA); Crisis and Advocacy Support, Face to face & Group therapeutic counselling Mon & Wed 6.00-8.00pm; Visual Evidence for Victims (VEV) service. Work with men, women & children, aged 3 & upwards. Office hours: Mon-Fri 9am-4.30pm. Post-related training to volunteers (ex-service users and general). Specialist training to agencies, professionals & students (counsellors).



ADULTS WOMEN • REGION: UK National • Section: 01

CSSA NATIONAL (National Association of Christian Survivors of Sexual Abuse)

P.O. Box 951, Northampton, NN7 9AS

Serving: National (UK)

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 126 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●	Services: <ul style="list-style-type: none">• Newsletter ●
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Description of service: CSSA National is an Association run by survivors for survivors. We offer self-help support to Christians who have been sexually abused in childhood, regardless of race, disability or sexual orientation. We are committed to providing space and time to meet the emotional and spiritual needs of Christian survivors. We publish a newsletter, hold national events, run a Survivors Contact Network, and have local support groups in some areas.



DABS (Directory And Book Services)

23 Wakefield Close, Colchester, Essex, CO1 2SD

Serving: National (UK) & Essex

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: 131 ▶

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.



DABS (Directory And Book Services)

23 Wakefield Close, Colchester, Essex, CO1 2SD

Serving: National (UK) & Essex

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: 130 ▶

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.



ADULTS WOMEN • REGION: UK National • Section: 01

DABS PATHFINDER SERVICE

23 Wakefield Close, Colchester, Essex, CO1 2SD

Serving: National (UK)

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: 132 ▶

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.



Daughters of Eve

Serving: UK National

T: 07983030488

W: www.dofeve.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 135 ▶

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.



Dr Karen Shannon Associates (DKSA)

Horton House,
Floor Five,
Exchange Flags,
Liverpool,
L2 3P

Serving: National (UK) & Ireland

T: 0151 244 5426
E: pa@drkarens Shannon.com
W: www.drkarens Shannon.com
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 146 ▶

Clients:
• Adults FM •• Adults M •

Services:
• Training •

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.



End Ritual Abuse

Serving: National (UK)

W: <http://endritualabuse.org>

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 163 ▶

Clients:

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

Services:

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.



ADULTS WOMEN • REGION: UK National • Section: 01

ENOUGH ABUSE UK

Enough Abuse UK, c/o Baker Watkin, Middlesex House, Rutherford Close, Stevenage, SG1 2EF

Serving: National (UK)

T: 01438 750555

E: info@enoughabuse.org.uk

W: www.enoughabuseuk.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 165 ▶

Clients:

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

Services:

- Training ●
- Physical & Emotional Abuse ●

Description of service: Enough Abuse UK is a charity organisation looking to reduce the incidence of Child Sexual Abuse. Its training and consultancy operation is focused on education into grooming, the preamble to sexual and other forms of abuse. This knowledge enables all those with a duty of care to be able to better protect children and by building resilience within a child to resist inappropriate behaviour.



ADULTS WOMEN • REGION: UK National • Section: 01

Family Action

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

Serving: National UK

T: 07967316802
E: Sonia.Randhawa2@family-action.org.uk
W: www.family-action.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 720 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●
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Description of service: The programme aims to prevent Domestic Abuse and is designed to support those families where low level 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.



Feed the Minds

The Foundry, 17 Oval Way, London, SE11 5RR

Serving: Global South

T: +44 (0)203 752 5800

E: info@feedtheminds.org

W: www.feedtheminds.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 177 ▶

Clients:

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

Services:

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

Description of service: Feed the Minds helps marginalised people transform their lives through education. We do this through community-led projects in the Global South. Our projects are local but our impact is global. We believe helping one person directly, helps hundreds indirectly in the community. Enabling our local partners to spread their reach means that each year our work benefits around 100,000 people. Feed the Minds believes that education makes a world of difference. Education is the key to tackling poverty, improving health and building brighter futures. Through education and training individuals use skills to transform their own lives and communities.



ADULTS WOMEN • REGION: UK National • Section: 01

FIRST PERSON PLURAL

P.O. Box 2537, Wolverhampton, WV4 4ZL

Serving: National (UK)

T: 01902 810082

E: fpp@firstpersonplural.org.uk

W: www.firstpersonplural.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 182 ▶

Clients:

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

Services:

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

Description of service: Association for dissociative identity disorders. Established in 1997 FPP is the only UK membership charity (no: 1156602) which specialises in working for and on behalf of those affected by Dissociative Identity Disorder (DID) and other complex childhood trauma related DID-like dissociative conditions. Full membership open to adults with personal lived experience of any such complex dissociative condition. Associate membership available to non-abusing friends, family, other supporters, professionals and other adults with an interest in complex dissociation. Organisational associate membership also available. Facilitate mutual support through newsletter, online forums and bi-annual open meetings. Work collaboratively with ESTD-UK, TAG and others. Provide commissioned and public access training courses, brief awareness-raising sessions, information, film resources, and. Can provide speakers/ displays for external events. Media enquiries only in relation to complex dissociative conditions arising from abuse/trauma in childhood. Answerphone service for telephone callers.



ADULTS WOMEN • REGION: UK National • Section: 01

FORWARD

FORWARD, Suite 2.1 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 F: +44 (0)20 8960 4014

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

W: www.forwarduk.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 186 ▶

Clients:

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

Services:

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

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.



HAVOCA – Help for Adult Victims Of Child Abuse

Serving: UK National

E: Via website

W: www.havoca.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 210 ▶

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.



I ET AL (Community Interest Company)

Essex

Serving: National and International

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: 222 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●
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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).



ADULTS WOMEN • REGION: UK National • Section: 01

ibb Solicitors

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

Serving: National UK

T: 03456 381381 F: 08456 381351

E: enquiries@ibblaw.co.uk

W: www.ibblaw.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 723 ▶

<p>Clients:</p> <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●	<p>Services:</p> <ul style="list-style-type: none">● Physical & Emotional Abuse ●● Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 223 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●• Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse ●
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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.



ADULTS WOMEN • REGION: UK National • Section: 01

IDAS

39 Blossom Street, York, YO24 1AQ

Serving: National

HL: 03000 110 110 / or Rape Support 0300 111 0777
E: info@idas.org.uk
W: www.idas.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 740 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●• Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●• Court & Legal Support for Victims & Witnesses ●
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Description of service: Provide support services to all those experiencing or affected by domestic abuse and sexual violence. Services include refuge accommodation, outreach support and access to a free, confidential helpline. IDAS employs a team of accredited specialist workers to support people who need help through the criminal justice system. Also provide support to male victims of abuse as well as women and in some areas are able to provide support to children and young people who are living in the community. Domestic Abuse Line: Monday to Friday 9am-5pm. Rape Support Line: Tuesday 5pm-7pm, Thursday 5pm-9pm



INTO THE LIGHT

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

Serving: National (UK) & London

E: info@intothelight.org.uk

W: www.intothelight.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 232 ▶

Clients:

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

Services:

- Training ●
- Physical & Emotional Abuse ●

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, One to One: For women and men in person, Skype: For women and men throughout the UK, (2) One to One counselling in London via Skype throughout the UK (3) Workshops on some of the main issues surrounding sexual abuse for men and women survivors 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.



Invisible Traffick

Serving: National

HL: 0808 800 8001 T: 0808 800 8001

E: info@invisibletraffick.org

W: www.invisibletraffick.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 751 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •
- Training •
- Physical & Emotional Abuse •

Description of service: We provide Awareness, Education and Active Support to promote a clearer understanding of the signs and dangers of Human Trafficking. Telephone helpline providing support and therapeutic advice for victims of trafficking and their families and for reporting suspicions of trafficking. Calls to 0808 80 numbers are free from landlines and mobiles in the UK and do not appear on itemised bills.



ADULTS WOMEN • 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: tracey.storey@irwinmitchell.com E: wema@irwinmitchell.com
W: www.irwinmitchell.com
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 234 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Physical Disabilities ●● Learning Disabilities ●• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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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. We provide advice and support on criminal prosecutions. 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.



IZZY'S PROMISE

1 Victoria Road, Dundee, DD1 1EL

Serving: National (UK) & City of Dundee

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: 240 ▶

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.



IZZY'S PROMISE

1 Victoria Road, Dundee, DD1 1EL

Serving: National (UK) & City of Dundee

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: 241 ▶

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 749 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: UK National • Section: 01

Karma Nirvana

PO BOX 515, LEEDS, LS6 9DW

Serving: UK

HL: 0800 5999 247 T: 01138870281

E: info@karmanirvana.org.uk

W: www.karmanirvana.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 246 ▶

Clients:

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

Services:

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

Description of service: Karma Nirvana is an award-winning British Human Rights Charity supporting victims of honour-based abuse and forced marriage. Honour crimes are not determined by age, faith, gender or sexuality, we support and work with all victims. We run a national helpline offering direct support and guidance to victims and professionals. Karma Nirvana provides training to the Police, NHS and Social Services. We act as expert witnesses in court, speak out in schools and attend awareness raising events nationally and internationally. In addition, our team lobby government and after ten years of campaigning, forced marriage became a criminal offence in 2014. Our Survivor Ambassador Programme (SAP) delivers a range of support services to victims disowned by their families and community. Isolation, loneliness and depression are common amongst honour abuse victims, and suicide rates within this group remain significantly higher than the national average.



LEEDS ANIMATION WORKSHOP

45 Bayswater Row, Leeds, LS8 5LF

Serving: International

T: 0113 248 4997 F: 0113 248 4997

E: info@leedsanimation.org.uk

W: www.leedsanimation.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 264 ▶

Clients:

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

Services:

- Learning Disabilities ●

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 269 ▶

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.



ADULTS WOMEN • REGION: UK National • Section: 01

Lifeline Aotearoa

95 Great South Road, Epsom, Auckland, 1051

Serving: National

HL: 0800 543 354 (Outside Auckland) T: 09 909 8750
E: info@lifeline.org.nz
W: www.lifeline.org.nz
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 741 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical & Emotional Abuse ●● Domestic Violence ●
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Description of service: Lifeline Aotearoa's 24/7 helpline offers free, confidential support. Volunteers 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. 0800 KIDSLINE (0800 54 37 54) is New Zealand's original telephone counselling service for all kids up to 18 years of age.

Kidsline is uniquely about kids being there for other kids – we are the only near peer model that exists to include secondary school students.

Kidsline is available 24/7 however when kids ring between 4pm – 9pm Monday – Friday they will speak to a Kidsline Buddy – a specially trained year 12 and 13 volunteers.



Live in Fear 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 742 ▶

Clients:

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

Services:

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

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



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 279 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Adults M •	Services: <ul style="list-style-type: none">• Helpline •
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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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 287 ▶

Clients:

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

Services:

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

Description of service: Charity providing help and support to male victims of domestic abuse. The helpline is available for all men across the UK suffering from domestic violence or domestic abuse by a current or former wife or partner (including same-sex partner). Welcome calls from mothers, sisters and friends of male victims seeking information. The Team provide both emotional support and practical information on all aspects of domestic abuse including reporting incidents, police procedures, housing and benefits and injunctions. Can signpost to places of refuge, local authorities and other support services where appropriate. Also undertake lectures and workshops and provide information to help raise awareness of domestic abuse. Work in partnership with all agencies to develop solutions for all victims.



ADULTS WOMEN • REGION: UK National • Section: 01

Maytree

72 Moray Road, Finsbury Park, London, N4 3LG

Serving: National

HL: 0207 263 7070 T: 0207 263 0026
E: maytree@maytree.org.uk E: community@maytee.org.uk
W: www.maytree.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 735 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●• Court & Legal Support for Victims & Witnesses ●
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Description of service: Maytree are a charity that specialises in supporting the suicidal, at our 'one off' short-stay respite in Finsbury Park.

Working with a diverse cohort of individuals aged 18 and over, Maytree offers support to those experiencing suicidal thoughts and feelings. If you, or anyone you know are feeling suicide contact us on 0207 263 7070 or email at; maytree@maytree.org.uk



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 299 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical Disabilities ●● Physical & Emotional Abuse ●
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 304 ▶

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

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.



ADULTS WOMEN • REGION: UK National • Section: 01

MOTHERS OF ABUSED CHILDREN

25 Warnpool Street, Silloth, CA5 4AA

Serving: National (UK) & Cumbria

T: 01697 331432

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 307 ▶

Clients:

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

Services:

Description of service: Free support for mothers of sexually abused children, adult survivors (men and women), friends and relatives. Support for people concerned about organised child sex abuse. Counselling may be face-to-face locally, or by telephone or letter if further afield. Leave a message and someone will ring you back.



ADULTS WOMEN • REGION: UK National • Section: 01

MUSLIM COMMUNITY HELPLINE

Harrow

Serving: National (UK)

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: 310 ▶

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.



ADULTS WOMEN • REGION: UK National • Section: 01

NATIONAL DOMESTIC VIOLENCE HELPLINE

National telephone service

Serving: National (UK)

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: 313 ▶

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.



ADULTS WOMEN • 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

HL: 0808 800 8088

W: www.nshn.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 318 ▶

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.



ADULTS WOMEN • REGION: UK National • Section: 01

NHS DIRECT & NHS Choices

www.nhsdirect.nhs.uk

Serving: National (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: 328 ▶

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.



ADULTS WOMEN • REGION: UK National • Section: 01

Nightline

Nightline Association, c/o Manchester University Students Union, Steve Biko Building, Oxford Road, Manchester, M13 9PR

Serving: National

HL: see website
E: enquiries@nightline.ac.uk
W: www.nightline.ac.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 760 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Helpline ●• Physical & Emotional Abuse ●
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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.



ADULTS WOMEN • REGION: UK National • Section: 01

NSPCC

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

Serving: National (UK)

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: 339 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical Disabilities ●
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 348 ▶

Clients:

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

Services:

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

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.



PACE (Parents Against Child Sexual Exploitation)

Serving: National Uk

T: 0113 240 5226

W: <https://paceuk.info/>

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 727 ▶

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.



Palm Cove Society

Serving: National UK

T: 01274 722765 F: 01274 728431
E: enquiries@palmcovesociety.co.uk
W: www.palmcovesociety.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 354 ▶

Clients:

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

Services:

- Physical & Emotional Abuse ●
- Domestic Violence ●● Accommodation ●
- Court & Legal Support for Victims & Witnesses ●

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.



Penny Appeal

Serving: National

HL: 0808 802 3333 T: 0808 802 3333

E: helpline@pennyappeal.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 750 ▶

Clients:

- Adults FM •• Adults M •

Services:

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

Description of service: Confidential listening support service that is non-judgemental to victims and survivors of all forms of domestic abuse. The freephone helpline, email and web-chat services are open to both females and males aged 18 and over. The Team can also signpost to specialist organisations and provide access to counsellors with Islamic knowledge via email only. Further support includes time bound face to face or telephone counselling, dependent on location and preference. In addition to this the service the Team can offer initial contact with a counsellor within 48 hours if required. Calls to the 0808 80 helpline are free from landlines and mobiles in the UK and do not appear on itemised bills.



ADULTS WOMEN • REGION: UK National • Section: 01

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

3 Archers Court, Huntingdon, Cambridgeshire, PE29 6XG

Serving: National (UK)

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: 367 ▶

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.



ADULTS WOMEN • 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 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: 383 ▶

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 390 ▶

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, and 3pm-5.30pm every weekday.



Reducing The Risk

Serving: National UK and Oxfordshire

E: info@reducingtherisk.org.uk
W: www.reducingtherisk.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 400 ▶

Clients:
• Adults FM •• Adults M •

Services:
• Training •
• Physical & Emotional Abuse •
• Domestic Violence •

Description of service: We aim to reduce the risk of Domestic Abuse developing and deliver 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 work to improve the life chances of many children in our community who come from homes where there is abuse. We provide training, and coordinate and enhance the work of over 1,000 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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 403 ▶

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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 404 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Parents FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Helpline •• Training •• Physical & Emotional Abuse •• Domestic Violence •
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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.



Refuge - For Women and Children. Against Domestic Violence

Serving:

HL: 0808 2000 247 T: 020 7395 7700
E: info@refuge.org.uk E: helpline@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: 405 ▶

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

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.



Respect

56-64 Leonard Street, London, EC2A 4LT

Serving: UK

HL: 0808 802 4040 T: 020 7549 0578

E: info@respectphoneline.org.uk

W: www.respect.uk.net

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 410 ▶

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 ●● Training Independently Accredited ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

Description of service: Respect is the UK membership organisation for work with domestic violence perpetrators, male victims of domestic violence and young people's violence in close relationships. The Respect Phoneline is a confidential helpline, email and webchat service for perpetrators of domestic violence looking for help to stop. We help male and female perpetrators, in heterosexual or same-sex relationships. Partners or ex-partners of perpetrators, as well as concerned friends and family members and Frontline Workers are also welcome to contact us for information, advice and support. Respect is the UK's principle training organisation for frontline work with perpetrators of domestic violence and abuse, male victims and young people using violence. Our training courses provide professionals with the skills and knowledge that they need to work safely and effectively in the domestic violence sector.



RESPECT PHONELINE

London

Serving: National (UK)

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: 412 ▶

Clients:

- Adults FM •• Adults M •
- Perpetrators FM •• Perpetrators M •

Services:

- Helpline •
- Physical Disabilities •
- Physical & Emotional Abuse •

Description of service: The Respect Phonenumber 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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 413 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Helpline ●● Newsletter ●● Training ●● Physical Disabilities ●● Learning Disabilities ●● Physical & Emotional Abuse ●
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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



ADULTS WOMEN • REGION: UK National • Section: 01

RIGHTS OF WOMEN

52-54 Featherstone Street, London, EC1Y 8RT

Serving: National (UK) & London

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: 418 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Parents FM •• Perpetrators FM •	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter •• Training •• Physical Disabilities •• Physical & Emotional Abuse •
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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.



RIGHTS OF WOMEN

52-54 Featherstone Street, London, EC1Y 8RT

Serving: National (UK) & London

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: 419 ▶

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.



RITUAL ABUSE NETWORK SCOTLAND (RANS)

1 Victoria Road, Dundee, DD1 1EL

Serving: National (UK)

T: 01382 224737

E: josephlumbasi@aol.com

W: www.rans.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 423 ▶

Clients:

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

Services:

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

Description of service: We hope that this site will be an informative and useful resource for anyone connected with ritual abuse anywhere in the world, be they survivors, counsellors, or just a concerned friend.



SAFE

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

Serving: National (UK) & Wiltshire

HL: 01722 410889
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 434 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●
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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.



SAFELINE

6a New Street, Warwick, CV34 4RX

Serving: National & Warwickshire

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: 442 ▶

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 ●
- Physical Disabilities ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: Specialist services for survivors and their families of rape, sexual abuse and/or related issues. 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 Helplines (General, Male and Young people's) and National Online Support Services are open Monday 10-4pm, Tuesday 8-8pm, Wednesday 10-4pm, Thursday 8-8pm, Friday 10-4pm and Saturday 10-12 noon. Online support is available through Text (07860 027573), Email (support@safeline.org.uk) and IM chat via www.safeline.org.uk. We offer free online and telephone counselling to men nationwide. In Warwickshire we offer free face to face counselling and ISVAs to adults and children, support groups for adults and prevention projects for young people.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 450 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Helpline ●• Physical Disabilities ●• Physical & Emotional Abuse ●
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 453 ▶

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: 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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 494 ▶

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, Thursday 7pm - 10pm and TESS (Text and e-mail support) for young women affected by self-injury. Text: 07800472908. E-mail: www.selfinjurysupport.org.uk and webchat - follow link to TESS. TESS is open Sunday – Thursday 7pm - 9pm. We have a range of publications/information and online self help tools and resources. We provide training to professionals working with people who self-injure.



ADULTS WOMEN • REGION: UK National • Section: 01

Shelter

88 Old Street, London, EC1V 9HU

Serving: National

HL: 0808 800 4444 T: 0344 515 1155

E: info@shelter.org.uk

W: www.shelter.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 747 ▶

Clients:

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

Services:

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

Description of service: Provide advice and information for people with a housing problem or who are homeless/about to become homeless. Issues dealt with include housing rights, harassment, illegal eviction, rent and mortgage arrears, disrepair, housing benefit, domestic violence and other issues. Campaigns on housing issues for people who are homeless or badly housed. Research on housing issues, lobbying. Network of Housing Aid Centres. Training on housing and related issues.



Simpson Millar LLP

5 Sycamore Street, London EC1Y 0SG

Serving: National Uk

T: 08082 789 918
W: www.simpsonmillar.co.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 724 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse ●• Court & Legal Support for Victims & Witnesses ●
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Description of service: Simpson Millar (formerly Abney Garsden) Solicitors run one of the largest dedicated department of specialised child abuse compensation solicitors in the U.K.

We have run various large Group Actions since mid 1990's. We also bring cases against Local Authorities for failure to care properly for those in their care. Our speciality lies in institutional cases, but we also bring proceedings against individual abusers, religious organisations, and charitable bodies who employed sex offenders.



SOUTHMEAD PROJECT

Southmead Project, 165 Greystoke Avenue, Southmead, Bristol, BS10 6AS

Serving: National (UK) & Bristol

T: 0117 950 6022 F: 0117 950 6102

E: admin@southmeadproject.com

W: www.southmeadproject.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 519 ▶

Clients:

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

Services:

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

Description of service: The Southmead Project is a registered charity (1076617) providing therapeutic and practical support to adults (over 16) who were abused as children and have turned to drugs, alcohol or other ways of self-harming as a consequence of that trauma.

The charity is also active in research; runs group programmes for parents, carers and concerned others of those affected by addiction, and delivers training programmes in abuse, addiction and disclosure across the UK



ADULTS WOMEN • 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: 01527 591922 F: 01527 591924

E: contact@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: 530 ▶

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 ●

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



Stop so

Serving: National UK

T: 07473 299883
E: Via website
W: www.stopso.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 531 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">• Training ●
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Description of service: Specialist Treatment Organisation for the Prevention of Sexual Offending that works with those at risk of sexual offending or reoffending. We are 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.



ADULTS WOMEN • REGION: UK National • Section: 01

SUPPORTING SURVIVORS OF ABUSE

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

Serving: National (UK) & Merseyside

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: 722 ▶

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 540 ▶

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.



Survivor Art

Serving: National (UK)

E: info@survivorart.co.uk

W: www.survivorart.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 545 ▶

Clients:

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

Services:

Description of service: Our greatest desire is to see people not just healed, but thriving in life! At the same time, both seek to see safe ways for survivors to express themselves. Using creative talents and sharing with the world around them. We also want to see an awareness being raised of both the effects of rape and sexual abuse, and the healing that is possible. It's from that desire we came together to create Survivor Art.



SWARM

Serving: National

E: contact@swarmcollective.org

W: www.swarmcollective.org/contact

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 763 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Adult Industry Workers •

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 756 ▶

Clients:

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

Services:

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

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.



THE COUNSELLING DIRECTORY

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

Serving: National (UK)

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: 571 ▶

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 575 ▶

Clients:

- Adults FM •• Adults M •
- Perpetrators FM •• Perpetrators M •

Services:

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

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.



The LANTERN PROJECT

www.lanternproject.org.uk

Serving: National (UK) & Merseyside

T: 0151 6306956

E: lanternproject@yahoo.co.uk

W: www.lanternproject.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 583 ▶

Clients:

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

Services:

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

Description of service: We offer peer support counselling services in Wallasey and Wirral and an outreach service where possible (eg. prison or probation service visits). We have a website containing a comprehensive library of information for victims, their partners and carers. It also has a safe forum to share information or seek help from other survivors. Contact us through the website, email or phone.



The LANTERN PROJECT

www.lanternproject.org.uk

Serving: National (UK) & Merseyside

T: 0151 6306956

E: lanternproject@yahoo.co.uk

W: www.lanternproject.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 584 ▶

Clients:

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

Services:

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

Description of service: We offer peer support counselling services in Wallasey and Wirral and an outreach service where possible (eg. prison or probation service visits). We have a website containing a comprehensive library of information for victims, their partners and carers. It also has a safe forum to share information or seek help from other survivors. Contact us through the website, email or phone.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 593 ▶

Clients:

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

Services:

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

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 596 ▶

Clients:

- Adults FM •• Adults M •

Services:

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

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.



The Silver Line

Trade Tower, Calico Row, London, SW11 3YH

Serving: National

HL: 0800 4 70 80 90 T: 020 7224 2020

E: info@thesilverline.org.uk

W: www.thesilverline.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 762 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •
- Physical & Emotional Abuse •

Description of service: Free and confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Trained helpline staff offer information, friendship and advice and can link callers to local groups and services. Offer regular befriending calls and protect those suffering abuse and neglect. Also offer friendship via group conference calls (Silver Circles) and Silver Letters.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 599 ▶

Clients:

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

Services:

- Helpline ●● Newsletter ●
- Training ●● Training Independently Accredited ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

Description of service: National network of specialist agencies/groups in the voluntary sector that provide support to survivors of rape & sexual abuse. Provides specialist training for Independent Sexual Violence Advisors (ISVAs) & ISVA Service Managers. Currently 135 member groups in the UK & Ireland. Aims to educate & inform on the impact of sexual crime. Provides a national voice to Government & campaigns for services. Fortnightly eBulletin, website/e-forums, member events. The helpline offers a listening service to victims and survivors of rape and sexual abuse, and their families, with support and onward referrals if required.



The Suzy Lamplugh Trust

218, The Strand, London WC2R 1AT

Serving: National

HL: 0808 802 0300 T: 020 7091 0014

E: training@suzylamplugh.org

W: www.suzylamplugh.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 755 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •
- Training •
- Physical & Emotional Abuse •

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.



ADULTS WOMEN • REGION: UK National • Section: 01

TOGETHER: For Mental Wellbeing

12 Old Street, London, EC1V 9BE

Serving: National (UK)

T: 0207 780 7300 F: 0207 780 7301

E: contactus@together-uk.org

W: www.together-uk.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 613 ▶

Clients:

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

Services:

- Newsletter ●
- Training ●
- Accommodation ●

Description of service: Adults services (Mental Health). Advocacy, befriending, care homes, community support services, employment & personal development scheme, residential schemes with high support, Service User involvement schemes, people involved with the criminal justice system, social inclusion and supported housing.



ADULTS WOMEN • REGION: UK National • Section: 01

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: 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: 625 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical & Emotional Abuse ●● Court & Legal Support for Victims & Witnesses ●
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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.



WOMEN'S AID ENGLAND

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

Serving: National (UK)

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: 653 ▶

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.



ADULTS WOMEN • REGION: England North • Section: 02

Cygnus Support

1 Council Road, Ashington, NE63 8RZ

Serving: Northumberland

T: 01670 853977 F: 01670 858984

E: counselling@cygnussupport.com

W: www.cygnussupport.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 129 ▶

Clients:

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

Services:

- Training ●● Training Independently Accredited ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

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 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.



ADULTS WOMEN • REGION: England North • Section: 02

GRACE NORTHUMBERLAND SEXUAL VIOLENCE PROJECT

Northumberland

Serving: Northumberland

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

E: enquiries@rctn.org.uk

W: www.tynesidercc.org.uk/grace.htm

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 198 ▶

Clients:

- Adults FM •

Services:

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

Description of service: This Project offers services to women survivors (16+) of rape and sexual violence in Northumberland. Grace offers face-to-face counselling, a helpline, training, talks and volunteer opportunities. The office is open: Mon-Fri 10am-4pm. The helpline is open: Tues, Wed & Thurs 6-8.30pm.



ADULTS WOMEN • REGION: England North • Section: 02

Lancashire SAFE Centre

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

Serving: Cumbria

HL: 01772 523344 F: 01772 523436
E: safe@lthtr.nhs.uk
W: www.lancsteachinghospitals.nhs.uk/safecentre/
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 262 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical & Emotional Abuse ●● Domestic Violence ●● Court & Legal Support for Victims & Witnesses ●
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Description of service: Provide forensic medical examinations (following instances of sexual assault & rape) 24hrs. Also provide person-centred one-to-one counselling for victims where a sexual assault or rape has occurred. Referrals can be via self, GP, police, NHS, voluntary organisations. Phone the crisis helpline to arrange a counselling appointment or to self-refer for a forensic examination. Office open: Mon-Fri 8.30am-4.30pm.



ADULTS WOMEN • REGION: England North • Section: 02

Living+

Serving: Northumberland

HL: 01670 820199 T: 01670 820199

E: DASSN@placesforpeople.co.uk

W: www.livingplus.placesforpeople.co.uk/customer/our-services/domestic-abuse/

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 718 ▶

Clients:

- Adults FM •• Adults M •

Services:

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

Description of service: We provide confidential, high quality specialist support and advice for women and men who are at risk of domestic abuse. Advice about our services, including support with domestic abuse can be accessed through our triage service by calling our confidential phone line available any time day or night. Our Refuge accommodation is available to women with or without children from anywhere in the country. Our IDVA and outreach services are available to anyone who is experiencing domestic abuse within the Northumberland area.



ADULTS WOMEN • REGION: England North • Section: 02

MOTHERS OF ABUSED CHILDREN

25 Warnpool Street, Silloth, CA5 4AA

Serving: National (UK) & Cumbria

T: 01697 331432

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 306 ▶

Clients:

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

Services:

Description of service: Free support for mothers of sexually abused children, adult survivors (men and women), friends and relatives. Support for people concerned about organised child sex abuse. Counselling may be face-to-face locally, or by telephone or letter if further afield. Leave a message and someone will ring you back.



NORTHUMBRIA SARC

Serving: NORTHUMBERLAND AND TYNE & WEAR

HL: 0333 344 8283 T: 0333 344 8283

E: info@sarc-support.uk

W: www.reachsarc.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 475 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 374 ▶

Clients:

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

Services:

- Helpline •
- Training •
- Domestic Violence •

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.



Rape Crisis Tyneside and Northumberland

Newcastle-upon-Tyne

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

HL: 0191 232 9858 or 0800 0352794 T: 0191 222 0272 F: 0191 261 0983

E: enquiries@rctn.org.uk

W: www.rctn.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 395 ▶

Clients:

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

Services:

- Helpline •
- Training •
- Domestic Violence •
- Court & Legal Support for Victims & Witnesses •

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. Support is provided to partners, family and other workers. 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: Tues, Wed and Thurs 6-8.30pm and Friday 11am-2pm.



ADULTS WOMEN • REGION: England North • Section: 02

SOMEONE CARES

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

Serving: Tyne & Wear

T: 01912 578094
E: mail@someonecares.org.uk or E: referrals@someonecares.org.uk
W: www.someonecares.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 507 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●● Court & Legal Support for Victims & Witnesses ●
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Description of service: We offer free counselling to those affected by abuse, including: domestic violence, childhood sexual abuse, rape & sexual assault, prostitution, pornography & torture. Our service is professional & confidential. Please contact us to arrange an appointment, or refer someone to us. We have access to over ten venues across the North East of England where we can hold our sessions. Our service is available for both male & females aged between 11 years plus.



THE BIRCHALL TRUST

Barrow, Kendal & Lancaster

Serving: Cumbria & Lancashire

T: 01229 820828

E: birchall.trust@hotmail.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 565 ▶

Clients:

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

Services:

- Newsletter ●
- Training ●
- Learning Disabilities ●

Description of service: Counselling service for male and female survivors (3+) of sexual abuse. Children's and adult's services. Services in Barrow, Kendal and Lancaster.



THE BIRCHALL TRUST

Barrow, Kendal & Lancaster

Serving: Cumbria & Lancashire

T: 01229 820828

E: birchall.trust@hotmail.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 564 ▶

Clients:

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

Services:

- Newsletter ●
- Training ●
- Learning Disabilities ●

Description of service: Counselling service for male and female survivors (3+) of sexual abuse. Children's and adult's services. Services in Barrow, Kendal and Lancaster.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 567 ▶

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 ●
- Court & Legal Support for Victims & Witnesses ●

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.



ADULTS WOMEN • REGION: England North • Section: 02

THE ELLIS FRASER R.E.A.C.H. CENTRE

Sunderland

Serving: Tyne & Wear

HL: 0191 565 3725 F: 0191 569 9221

E: reach@northumbria.pnn.police.uk

W: www.reachcentre.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 573 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Helpline ●
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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 by gender appropriate doctors. Open: Mon-Fri 9am-5pm.



The Freedom Project

Serving: West Cumbria

HL: 07712 117986 T: 01900 67167

E: hope@freedom-project-west-cumbria.org.uk

W: freedom-project-west-cumbria.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 681 ▶

Clients:

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

Services:

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

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.



THE MEADOWS

Durham

Serving: County Durham

T: 0191 301 8554

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 588 ▶

Clients:

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

Services:

Description of service: A Sexual Assault Referral Centre offering support and crisis intervention to people who've experienced sexual assault and rape. Can give you options about how to proceed, eg. whether to report the incident to police. Forensic medical examinations are available, whether or not the incident is reported, or the support workers can take early evidence. Also provide advocacy via ISVAs, and access to counselling.



ADULTS WOMEN • REGION: England North • Section: 02

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

Newcastle

Serving: Tyne & Wear

T: 0191 221 9222 F: 0191 221 2665

E: reach@northumbria.pnn.police.uk

W: www.reachsarc.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 590 ▶

Clients:

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

Services:

Description of service: Service for men and women who've been raped or sexually assaulted as adults (16yrs+). Offer one-to-one counselling, group work, telephone support and outreach work. Also offer forensic medical examination by gender appropriate doctors. Open: Mon-Thurs 9am-5pm; Fri 9am-4pm.



ADULTS WOMEN • REGION: England North • Section: 02

WEARSIDE WOMEN IN NEED

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

Serving: Sunderland Borough (Sunderland, Washington and Coalfields)

HL: 0800 066 55 55 T: 0191 416 3550

E: enquiries@wwin.org.uk

W: wwin.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 629 ▶

Clients:

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

Services:

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

Description of service: Advice, support & safe accommodation for women experiencing domestic abuse. Referral to other agencies for anyone not resident in our projects who needs counselling. WWiN works from a feminist perspective. Freephone domestic abuse helpline.



West End Women and Girls Centre

Serving:

HL: 0191 273 4942 T: 0191 273 4942

E: info@westendwomenandgirls.co.uk

W: www.westendwomenandgirls.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 634 ▶

Clients:

- Adults FM •
- Partners FM •
- Parents FM •
- Young People FM •
- Children FM •

Services:

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

Description of service: West End Women and Girls Centre is a registered charity which has been working with women and girls in the West End of Newcastle since 1981. The Centre provides support through group work where the members have the opportunity to meet, have fun, learn skills, look at issues relevant their lives and generally build confidence in a safe and supportive environment. We also provide individual support offering advice, information, advocacy and referrals to relevant agencies.



ADULTS WOMEN • REGION: England North West • Section: 03

ARMISTEAD STREET

57 Hanover Street, Liverpool, L1 4AF

Serving: Merseyside

T: 0151 247 6560

E: mandie.jones@liverpoolch.nhs.uk

W: www.armisteadcentre.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 22 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Court & Legal Support for Victims & Witnesses •

Description of service: Specialist ISVA (Independent Sexual Violence Advisor) for sex workers, the LGBT communities and male victims. Ugly Mugs scheme which encourages clients to report attacks or other crimes committed against them. Access to counsellors and specialist therapists.



ADULTS WOMEN • 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@bddwa.org.uk

W: www.bddwa.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 55 ▶

Clients:

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

Services:

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

Description of service: We provide support, advice and counselling for women and their dependants experiencing or who have experienced domestic violence. Refuge accommodation is also available. Drop-in centre in central location. Open: Mon-Fri 10am-3pm. We also have a specialised Independent Sexual Violence Advisor for victims affected by sexual assault/abuse.



ADULTS WOMEN • REGION: England North West • Section: 03

Cheshire West and Chester Domestic Abuse Partnership (CWACDAP)

Wyvern House, The Drumber, 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 84 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Helpline ●● Training ●● Training Independently Accredited ●● Physical & Emotional Abuse ●● Domestic Violence ●● Accommodation ●● Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • REGION: England North West • Section: 03

Chester Sexual Abuse Support Service

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

Serving: National (UK), Wales & Cheshire

HL: 01244 307499 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: 86 ▶

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.



ADULTS WOMEN • REGION: England North West • Section: 03

COUNSELLING PARTNERSHIP, The

North & South Manchester

Serving: Greater Manchester

T: 0161 653 4962

E: dianefaye10@hotmail.com

W: www.thecounsellingpartnership.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 119 ▶

Clients:

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

Services:

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

Description of service: Provide self-harm and suicide training to mental health agencies. Also provide confidential person-centred counselling service for adults who are survivors of childhood sexual abuse. Sliding scale of fees £35-£50. Emotional Freedom Therapy (EFT) available for OCDs, phobias, addictions and negative thoughts. Open: Mon-Fri 9am-9pm.



ADULTS WOMEN • 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: From website
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 122 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Learning Disabilities ●• Accommodation ●
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 127 ▶

Clients:

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

Services:

- Training ●
- Physical & Emotional Abuse ●

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.



ADULTS WOMEN • REGION: England North West • Section: 03

DIAS

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

Serving: Wigan and Leigh Borough

HL: 01942 495230 T: 01942 495230

E: support@diasdvc.org

W: www.diasdvc.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 682 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical Disabilities ●• Physical & Emotional Abuse ●• Domestic Violence ●
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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.



ADULTS WOMEN • REGION: England North West • Section: 03

Evolve

Hills House, Leeds Road, Nelson, BB9 8EL

Serving: Pendle

T: 01282 619192
W: www.evolve-pac.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 173 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Adults M •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse •• Domestic Violence •
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Description of service: Evolve is a counselling and life skills service. Access to the service is on a referral basis and is open to all people living within Pendle additionally to this priority is given to current service users of Positive Action in the Community projects. Evolve aims to provide the opportunity for people to address their difficulties that are limiting their personal development and opportunities for their future. The counselling service is delivered by both qualified and final year supervised trainee counsellors who are fully insured and comply with BACP regulations. The life skills programme will offer group sessions to individuals to address wider lifestyle issues and choices and will be offered via one off sessions and programme based sessions



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 176 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical & Emotional Abuse ●● Domestic Violence ●● Accommodation ●
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 205 ▶

Clients:

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

Services:

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

Description of service: At HARV we provide professional and quality support and services to women and children experiencing domestic violence.



ADULTS WOMEN • REGION: England North West • Section: 03

LANCASHIRE WOMEN'S CENTRES

21-23 Blackburn Road, Accrington, BB5 1HF, 4 Nicolas Street, Burnley, BB11 2EU, 7 Lune Street, Preston, PR1 2NL, 255 Church Street, Blackpool, FY1 3PB

Serving: Lancashire

T: 0300 330 1354
E: enquiries@womenscentre.org
W: www.lancashirewomen.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 263 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Parents FM •• Young People FM •• Perpetrators FM •	Services:
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Description of service: Our vision is where all women and girls 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)



ADULTS WOMEN • REGION: England North West • Section: 03

MANCHESTER DOMESTIC ABUSE HELPLINE

PO Box 390, Manchester, M16 7WE

Serving: Greater Manchester

HL: 0161 636 7525

E: helpline@independentchoices.org.uk

W: www.wdchoices.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 283 ▶

Clients:

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

Services:

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

Description of service: We are able to assist women (16+) in domestic abuse situations, friends or family who would like to support someone, or agencies who want to gain accurate advice to give to women & their dependents about domestic abuse. The Domestic Abuse Helpline is open: Mon-Fri 10am-4pm; Tues 10am-7pm. We also run Community Helpline Language Service, an Urdu & Punjabi service, open: Mon & Tues 10am-1pm; Wed 1-4pm. Emails answered within 3 working days.



ADULTS WOMEN • REGION: England North West • Section: 03

MANCHESTER RAPE CRISIS

Manchester, M60 2BS

Serving: Greater Manchester

HL: 0161 273 4500 T: 0161 273 4591

E: mrcrasacs@btconnect.com

W: www.manchesterrapecrisis.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 284 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England North West • Section: 03

MANCHESTER WOMEN'S AID

Manchester

Serving: Greater Manchester

T: 0161 660 7999

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 285 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Physical & Emotional Abuse •
- Accommodation •

Description of service: Our Outreach service provides emotional & practical support to women & men who have experienced domestic abuse. We help assess risk & develop a safety plan, can discuss housing & legal options & refer to refuges anywhere in the UK. We also run support groups across the City. We have 5 refuges in Manchester which include self-contained accommodation for women & their children. Staff are on site to provide advice & support + activities for children.



ADULTS WOMEN • REGION: England North West • Section: 03

MOSAC

35A Topping Street, Blackpool, FY1 3AF

Serving: Lancashire

HL: 01253 628598 T: 01253 628598 F: 01253 628598
W: www.mosaclancashire.co.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 302 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">● Helpline ●● Newsletter ●● Training ●● Learning Disabilities ●● Physical & Emotional Abuse ●
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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. Opening hours as follows: Monday to Friday 10 - 2pm, Monday to Wednesday 2 - 6pm, Monday 4 - 7pm



ADULTS WOMEN • REGION: England North West • Section: 03

OFF THE RECORD

45 Clarendon Place, Hyde, SK14 2ND

Serving: Tameside and Oldham

T: 0161 355 3553 F: 0161 355 3554

E: office@offtherecord.demon.co.uk

W: www.otr-tameside.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 344 ▶

Clients:

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

Services:

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

Description of service: We offer a free confidential counselling service for young people (13-25yrs) in Tameside and Oldham. We offer Drop-in sessions (no appointment required) for young people on Wednesday afternoons 3-6pm. Counselling work and training within schools also provided.



ADULTS WOMEN • REGION: England North West • Section: 03

PDVI

Hills House, Leeds Road, Nelson, BB9 8EL

Serving: Pendle

HL: 01282 726000/ 08448114350 (24hr) T: 01282 726000
E: pdvi@p-a-c.org.uk
W: www.pdvi.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 361 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 366 ▶

Clients:

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

Services:

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

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 yrs who have experienced, are in a relationship with or are affected by domestic violence. Please see website for full service details.



ADULTS WOMEN • REGION: England North West • Section: 03

Preston Domestic Violence Services (PDVS)

10-12 Oakham Court, Preston, PR1 3XP

Serving: Preston

HL: 01772 201601 T: 01772 201601

E: enquiries@pdvs.org.uk

W: www.pdvs.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 368 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">● Helpline ●● Training ●● Physical Disabilities ●● Learning Disabilities ●● Physical & Emotional Abuse ●● Domestic Violence ●
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Description of service: The HOPE Centre is a safe place to come for advice, support and activities for women who are experiencing domestic violence and abuse. You can drop in for advice or come for a specific activity or appointment. We can support you if English is not your first language. The Outreach Service is for any victim of domestic violence. You can still be in a relationship with your abuser or may have left the relationship. We offer a non-judgmental approach with one to one emotional and practical support. You can meet us just the once, or more if required. The support you will receive will be flexible and designed by you and your support worker to meet your needs. The project aims to transform the futures of people of all ages (over 15) who have issues in their lives that are getting in the way of them finding employment or participating in training or education. It will focus on participants with mental or physical health difficulties, who are homeless, have disabilities or may be full-time carers.



ADULTS WOMEN • REGION: England North West • Section: 03

RAPE & SEXUAL ABUSE SUPPORT CENTRE (CHESHIRE & MERSEYSIDE)

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

Serving: Cheshire & Merseyside

HL: 01925 221546 T: 01925 221546 F: 01925 634636

E: support@rapecentre.org.uk

W: www.rapecentre.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 376 ▶

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 •
- Training •
- Court & Legal Support for Victims & Witnesses •

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.



ADULTS WOMEN • REGION: England North West • Section: 03

RAPE & SEXUAL ABUSE SUPPORT CENTRE (CHESHIRE & MERSEYSIDE)

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

Serving: Cheshire & Merseyside

HL: 01925 221546 T: 01925 221546 F: 01925 634636

E: support@rapecentre.org.uk

W: www.rapecentre.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 375 ▶

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 ●
- Training ●

Description of service: We provide free advice, support and counselling for people (13+) affected by any form of sexual violence in Cheshire, Merseyside - St Helens, Knowsley and Wirral only. We offer Independent Sexual Violence Advisor services to those who have experienced recent assault, in addition to specialist counselling throughout Cheshire & Merseyside. We are open Mon-Fri 9am-5pm.



ADULTS WOMEN • 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

HL: 0151 666 1392 T: 0151 558 1801 F: 0151 558 0048
E: referrals@rasamerseyside.org
W: www.rasamerseyside.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 396 ▶

<p>Clients:</p> <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	<p>Services:</p> <ul style="list-style-type: none">● Helpline ●● Newsletter ●● Training ●● Physical Disabilities ●● Learning Disabilities ●● Physical & Emotional Abuse ●● Domestic Violence ●● Court & Legal Support for Victims & Witnesses ●
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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, 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.



ADULTS WOMEN • REGION: England North West • Section: 03

RASA MERSEYSIDE (Rape and Sexual Abuse Centre)

P.O. Box 35, Birkenhead, CH42 4RX

Serving: Merseyside

HL: 0151 666 1392 T: 0151 650 0155 F: 0151 666 1392

E: rasa@rasamerseyside.org

W: www.rasamerseyside.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 397 ▶

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 ●
- Physical Disabilities ●● Learning Disabilities ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: RASA provides services in Liverpool , Sefton, Birkenhead and Hoylake. RASA provides essential therapeutic support to survivors of rape and sexual abuse. We work with women, men and children. We are able to provide a female only space in our Birkenhead Centre. We also have a dedicated children's service in our North Mersey office based in Bootle. RASA provides a full ISVA (independent sexual violence advisor) service. The ISVA provides support through the criminal justice system. RASA runs support groups. RASA provides training to professionals and parents in order to raise awareness of the signs of child abuse. RASA works closely with statutory and voluntary agencies to ensure that the survivor receives the full, holistic and appropriate care for their identified need. RASA North Merseyside 0151 558 1801 - RASA Birkenhead 650 0155 - West Wirral: 0151 6332151



ADULTS WOMEN • REGION: England North West • Section: 03

RASA SEFTON (Rape and Sexual Abuse Centre)

c/o Sefton Women and Childrens Aid, 166 Knowsley Road, Bootle, L20 4NR

Serving: Merseyside

HL: 0151 6661392 T: 07760764421

E: Via Website

W: www.rasamerseyside.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 398 ▶

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

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. The helpline is open Mon 7pm-9pm, Tues 7pm-9pm, Wed 2pm-5pm and Sun 3pm-5pm.



ADULTS WOMEN • REGION: England North West • Section: 03

RELEASE

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

Serving: Lancashire

T: 01257 267776
W: www.releasecounselling.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 407 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Adults M •• Partners FM •• Partners M •• Parents FM •• Parents M •	Services: <ul style="list-style-type: none">• Physical Disabilities •• Learning Disabilities •• Physical & Emotional Abuse •
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Description of service: Face-to-face counselling for survivors of rape, sexual assault or sexual abuse. Leave a message and your number on the answer phone and someone will call you back. (This is no longer a helpline).



ADULTS WOMEN • REGION: England North West • Section: 03

RELEASE into VICTORY

Preston / Lancashire / Northwest

Serving: Lancashire

T: 07597 998169
E: ginahelp-info@rivlancs.org.uk or E: ginahelp-info@rivlancs.org.uk
W: www.rivlancs.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 408 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Training ●• Physical Disabilities ●● Learning Disabilities ●
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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.



ADULTS WOMEN • 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: gillian.linden@btinternet.com

W: www.respectforall.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 411 ▶

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:

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

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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 417 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Parents FM •	Services: <ul style="list-style-type: none">• Newsletter •• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •• Court & Legal Support for Victims & Witnesses •
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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.



ADULTS WOMEN • REGION: England North West • Section: 03

SAFE PLACE - Merseyside

6th Floor, Citrus House, 40-46 Dale Street, Liverpool, L2 5SF

Serving: Merseyside

HL: 0151 295 3550 F: 0151 295 3551

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 436 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●
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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.



ADULTS WOMEN • REGION: England North West • Section: 03

Safe Space

Hills House, Leeds Road, Nelson, BB9 8EL

Serving: Pendle and Burnley and Rossendale

T: 01282 619192

E: safespace.pendle@p-a-c.org.uk

W: www.safespacependle.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 439 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Accommodation •

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.



ADULTS WOMEN • REGION: England North West • Section: 03

SafeNet

Serving: Lancashire

HL: 07866 510 728 T: 07866 510 728

E: contact@safenet.org.uk

W: safenet.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 443 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England North West • Section: 03

SARC- Manchester

Serving: Greater Manchester, Cheshire & South Yorkshire

T: 0161 2766515

E: stmarys.sarc@cmft.nhs.uk

W: www.stmaryscentre.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 472 ▶

Clients:

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

Services:

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

Description of service: See See Pages 21 & 22...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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 489 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Adults M •• Parents FM •• Parents M •	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse •
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Description of service: SAVS offers group counselling for women and men aged 16 or over who were sexually abused as children or teenagers. Support groups for Survivors meet fortnightly. 1:1 counselling may be made available for Survivors not yet ready to engage in group work, or for non-abusing family members, partners or close friends of Survivors.

Our services are free but donations are always welcomed. For further information, please contact us and ask to speak to someone about 'SAVS' counselling.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 524 ▶

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

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.



ADULTS WOMEN • REGION: England North West • Section: 03

STEPS TO FREEDOM

Walton, Liverpool

Serving: Merseyside

T: 07803 059337
E: steps2freedom@hotmail.co.uk
W: www.steps2freedom.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 527 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Parents FM •	Services: <ul style="list-style-type: none">• Training •• Physical Disabilities •• Learning Disabilities •• Physical & Emotional Abuse •• Domestic Violence •• Court & Legal Support for Victims & Witnesses •
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Description of service: Steps to Freedom offer help & support to adult survivors of childhood sexual abuse. They offer the 21 Step Recovery Programme which is a 48 week self-help programme, facilitated by qualified professionals who are themselves survivors of childhood abuse. They also offer one-to-one counselling, volunteer opportunities and abuse awareness training. Their motto is "Empowerment through Enablement".



ADULTS WOMEN • REGION: England North West • Section: 03

SURVIVE

156 Nantwich Road, Crewe, CW2 6BG

Serving: Cheshire

HL: 01270 253179 T: 01270 253179

E: survive156@yahoo.com

W: www.survive-abuse.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 542 ▶

Clients:

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

Services:

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

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. The helpline is staffed according to counsellor availability. Facebook# Survive.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 557 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Physical Disabilities •• Learning Disabilities •• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •
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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.



ADULTS WOMEN • REGION: England North West • Section: 03

TDAS

60 Talbot Road, Old Trafford, Manchester, M16 0PN

Serving: Trafford

HL: 0161 872 7368 T: 0161 872 7368

E: info@tdas.org.uk

W: www.tdas.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 683 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●
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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 support both female and male victims of domestic abuse who live or work in the Trafford area.



ADULTS WOMEN • REGION: England North West • Section: 03

THE COUNSELLING & FAMILY CENTRE

40 Mayors Road, Altrincham, WA15 9RP

Serving: Cheshire & Greater Manchester

T: 0161 941 7754

W: www.counsellingandfamilycentre.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 570 ▶

Clients:

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

Services:

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

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



ADULTS WOMEN • REGION: England North West • Section: 03

THE COUNSELLING & FAMILY CENTRE

40 Mayors Road, Altrincham, WA15 9RP

Serving: Cheshire & Greater Manchester

T: 0161 941 7754

W: www.counsellingandfamilycentre.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 569 ▶

Clients:

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

Services:

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

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



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 574 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • 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
W: www.dvsswl.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 585 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 616 ▶

Clients:

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

Services:

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

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, Creative Wellbeing Group and a Women's Running 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.



ADULTS WOMEN • REGION: England North West • Section: 03

VICTIM SUPPORT LANCASHIRE - Area Office

8-10 Walton's Parade, Preston, PR1 8QT

Serving: Lancashire

HL: 0300 3230085

E: centraldistrict.lancashire@victimsupport.org.uk

W: www.victimsupport.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 620 ▶

Clients:

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

Services:

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

Description of service: Victim Support Lancashire helps Lancashire residents cope with the effects of crime. 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 8am-8pm. Outside these times there is the National Supportline.



ADULTS WOMEN • REGION: England North West • Section: 03

West Cheshire Domestic Abuse Family Safety Unit

West Cheshire Domestic Abuse Family Safety Unit
DAFSU, First floor, Wyvern House, The Drummer
Winsford
CW7 1AH

Serving: Cheshire

HL: 01606 351 375 (self referrals for clients)/ 0808 2000 247 T: 0300 123 7047 option two (for agencies)
idvawest@cheshirewestandchester.gov.uk
W: <https://www.cheshirewestandchester.gov.uk/residents/crime-prevention/domestic-abuse/family-safety-units.aspx>
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 633 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●• Court & Legal Support for Victims & Witnesses ●
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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)



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 657 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Newsletter ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●● Accommodation ●
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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.



ADULTS WOMEN • 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
W: www.wirralwomensrefuge.co.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 645 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Helpline •• Physical Disabilities •• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •
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Description of service: We run a bright, friendly refuge for women and their children who need a place of safety. We asked some of our current residents what we should let you know about us. They said to tell you:• It's safe• Supportive and friendly• Staffed 24 hours a day every day• A good place for children• There is confidential and one to one support• Health Visitors and nurses visit • You'll be staying with people who will listen and not judge you• We employ play workers who organise activities for children• We offer alternative therapies• There are friendly coffee mornings We run a friendly and supportive women's group • Teenagers, boys and girls, are welcomed and supported• If you do not have any money the staff can help you access benefits you may be entitled to receive.



ADULTS WOMEN • REGION: England North West • Section: 03

YEWDALE COUNSELLING SERVICES

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

Serving: Lancashire

T: 01695 559070

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 666 ▶

Clients:

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

Services:

Description of service: Provide a counselling service for young people and adults (any age) on any issue.



ADULTS WOMEN • REGION: England North East • Section: 04

Action Housing and Support

6 Genesis Business Park, Sheffield Road, Rotherham, South Yorkshire, S60 1DX

Serving: Sheffield

HL: 0808 808 2241 T: 01709 821251

E: help@sheffielddact.org.uk

W: <https://actionorg.uk/support-services/domestic-abuse-services/>

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 731 ▶

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 for people experiencing domestic abuse or the effects of abuse. The Helpline offers advice, support and safety advice for people experiencing domestic or sexual abuse. Further support includes a service to women, men, children, young people and concerned family or friends; specialist information and advice for agencies, employers, professionals and anyone supporting people experiencing domestic or sexual abuse. The Team can also provide up-to-date information on access to services in Sheffield and available refuge spaces. Interpreter and translation services available.



ADULTS WOMEN • REGION: England North East • Section: 04

ARCH NORTH EAST

22 Hoylake Road, Saltersgill, Middlesbrough, TS4 3JL

Serving: Cleveland

T: 01642 822335
E: admin@archnortheast.org
W: www.archnortheast.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 21 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Training ●• Physical & Emotional Abuse ●• Court & Legal Support for Victims & Witnesses ●
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Description of service: Free confidential counselling & support service for anyone over 14 years old 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. Our ISVAs work on the clients behalf to represent them & ensure their rights are met. Open: Mon-Fri 9am-4pm; Tues, Wed & Thurs open until 7pm.



ADULTS WOMEN • REGION: England North East • Section: 04

BARNARDO'S TEES VALLEY SECOS PROJECT

East West Centre, Ayresome Green Lane, Middlesbrough, TS5 5BA

Serving: Cleveland

T: 01642 819743 F: 01642 820597

W: www.barnardos.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 38 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England North East • Section: 04

Barnsley Sexual Abuse & Rape Crisis Services

The Core, County Way, Barnsley, S70 2JW

Serving: Barnsley, South Yorkshire

HL: Rape Crisis England and Wales helpline 0808 802 9999
Safeline 0808 800 5005 Samaritans 116 123 T: 01226 320140
E: info@bsarcs.org
W: www.bsarcs.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 39 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 684 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 59 ▶

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.



ADULTS WOMEN • REGION: England North East • Section: 04

BRADFORD RAPE CRISIS & SEXUAL ABUSE SURVIVORS SERVICE

c/o BCVS, 19-25 Sunbridge Road, Bradford, BD1 2AY

Serving: Bradford District

HL: 01274 308270 T: Text only: 07435 752975 F: 01274 308 497

E: contactus@brcg.org.uk

w: www.rapecrisis.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 60 ▶

Clients:

- Adults FM •
- Partners FM •
- Parents FM •
- Young People FM •
- Children FM •

Services:

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

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 & art therapy: no pre-set limits on the number of sessions. 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. Courses: Mindfulness & Self- esteem/Assertiveness. HMP New Hall Counselling Service Counselling service at Bevan Healthcare. 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.



ADULTS WOMEN • REGION: England North East • Section: 04

CASA SUITE

Hull

Serving: East Yorkshire

T: 01482 305037

W: www.casasuite.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 78 ▶

Clients:

● Adults FM ●● Adults M ●

Services:

Description of service: We provide a safe, comfortable and supportive environment for victims of rape or sexual assault regardless of whether the incident occurred recently or many years ago. There is always someone to talk to and help you decide whether to report the incident to the police or not. A medical examination can be conducted if that is what you want. We also provide support via trained crisis workers from the voluntary sector, both in the Suite and on-going support.



ADULTS WOMEN • REGION: England North East • Section: 04

CHANGING LIVES

2-5 Princes Street, Doncaster, DN1 3NJ

Serving: South Yorkshire

T: 01302 309800
E: central.office@changing-lives.org.uk
W: www.doncastercvs.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 81 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Parents FM •• Young People FM •• Children FM •• Perpetrators FM •	Services: <ul style="list-style-type: none">• Training •• Training Independently Accredited •• Physical Disabilities •• Learning Disabilities •• Physical & Emotional Abuse •• Domestic Violence •
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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.



ADULTS WOMEN • REGION: England North East • Section: 04

DONCASTER RAPE & SEXUAL ABUSE COUNSELLING SERVICE (DRASACS)

25 Thorne Road, Doncaster, DN1 2EZ

Serving: South Yorkshire

HL: 01302 328555 T: 01302 341572 F: 01302 556796

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

W: www.drasacs.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 140 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England North East • Section: 04

EVA RAPE CRISIS - EVA WOMEN'S AID

86 High Street, Redcar, TS10 3DL

Serving: Cleveland and Redcar

HL: 01642 835079 T: 01642 490677 F: 01642 507099

E: help@eva.org.uk E: Info@eva.org.uk

W: www.eva.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 169 ▶

Clients:

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

Services:

- Training •• Training Independently Accredited •
- Physical & Emotional Abuse •
- Domestic Violence •• Accommodation •
- Court & Legal Support for Victims & Witnesses •

Description of service: EVA Women's Aid is an award winning professional organisation providing free, confidential and non-judgmental specialist support services for womrn 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.



ADULTS WOMEN • REGION: England North East • Section: 04

EVA WOMEN'S AID

86 High Street, Redcar, TS10 3DL

Serving: Cleveland

HL: 01642 490677 T: 01642 490677 F: 01642 507099

E: help@eva.org.uk

W: www.eva.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 170 ▶

Clients:

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

Services:

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

Description of service: EVA provides specialist support services for women, young people and children who are, or have been, victims of domestic abuse and sexual violence. We offer Safe House accommodation, counselling, advocacy and help with independent living, housing, legal issues, education, training etc. We have Support Groups for women, and offer a range of Programmes. Please contact us for further details, we are on Facebook and Twitter, you can telephone us, email, write, or call in to see us on the High Street in Redcar.



ADULTS WOMEN • REGION: England North East • Section: 04

Harbour

15 Whitburn Street, Hartlepool, TS24 7QR

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

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

E: info@myharbour.org.uk

W: www.myharbour.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 680 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England North East • Section: 04

HELEN BRITTON HOUSE

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: Cleveland

T: 01642 516888 F: 01642 516193

W: www.helenbrittonhouse.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 211 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Training ●● Physical Disabilities ●● Learning Disabilities ●● Physical & Emotional Abuse ●
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Description of service: A Sexual Assault Referral Centre offering support and crisis intervention to people who've experienced sexual assault and rape. Options include: Storage of forensic evidence without police involvement, Anonymous intelligence sharing, Sexual health referral and support, General emotional and practical support. Forensic medical examinations are available, whether or not the incident is reported, or the support workers can take early evidence. Also provide advocacy via ISVAs, and access to counselling.



ADULTS WOMEN • REGION: England North East • Section: 04

HOPE Groups

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

Serving: North Yorkshire

HL: 01723 381811
E: Office.HOPE@googlemail.com
W: www.hopegroups.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 217 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter ●• Training ●• Learning Disabilities ●• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • 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.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 220 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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: hullwomenscentre@hotmail.co.uk

W: www.hullwomenscentre.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 221 ▶

Clients:

- Adults FM •
- Partners FM •
- Parents FM •
- Young People FM •
- Children FM •

Services:

- Training •• Training Independently Accredited •
- Physical & Emotional Abuse •
- Domestic Violence •

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.



ADULTS WOMEN • REGION: England North East • Section: 04

KIRKLEES RAPE & SEXUAL ABUSE COUNSELLING CENTRE

P.O. Box 230, Huddersfield, HD1 1AA

Serving: Kirklees & Calderdale

HL: 01484 450040 T: 01484 540730

E: anything@krasacc.co.uk

W: www.krasacc.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 258 ▶

Clients:

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

Services:

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

Description of service: KRASACC is a unique specialised support and counselling service offering face-to-face counselling and/or helpline support to male/female survivors aged 16+ in North and South Kirklees. We work with survivors of sexual or domestic violence and those who have been Physically / Emotionally Abused as a result; regardless whether the experience was recently or in the past. We will also support friends & family via the helpline which is open every weekday (Times variable). We have an Independent Sexual Violence Advisor service.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 265 ▶

Clients:

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

Services:

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

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, group therapy, social support, peer support, self directed support, social prescribing, housing support, employment support, suicide bereavement support, and mental health training.



ADULTS WOMEN • REGION: England North East • Section: 04

MOSAIC II

Bradford

Serving: West Yorkshire

T: 01274 734561
E: info@mosaic2.org.uk
W: www.mosaic2.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 305 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Newsletter ●• Training ●
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Description of service: A support network for families who's lives have been affected by sexual abuse. We offer counselling, a support group for survivors and one for mothers of survivors, befriending, complementary therapies, physical well-being groups and phone support. We work with any member of the family over 14 years old.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 309 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services:
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 308 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England North East • Section: 04

PENNINE DOMESTIC VIOLENCE GROUP (PDVG)

Serving: Kirklees

HL: 0800 052 7222 T: 01484 308306/308307

E: huddersfieldwa@pdvg.co.uk

W: <http://pdvg.org/>

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 685 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •
- Training •
- Physical Disabilities •• Learning Disabilities •
- Physical & Emotional Abuse •
- Domestic Violence •• Accommodation •

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 Womens Aid which had been in operation since 1975 and Kirklees Asian and Black Womens Welfare Association which had also been operating services in Huddersfield for over 10 years.



ADULTS WOMEN • 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 F: 01429 268600
E: counselling@myharbour.org.uk
W: www.myharbour.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 429 ▶

Clients: ● Adults FM ●● Adults M ●	Services:
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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).



ADULTS WOMEN • 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: andrea@scarboroughsurvivors.org.uk
W: www.scarboroughsurvivors.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 437 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Newsletter ●• Training ●
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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.



ADULTS WOMEN • REGION: England North East • Section: 04

SARC- Manchester

Serving: Greater Manchester, Cheshire & South Yorkshire

T: 0161 2766515
E: stmarys.sarc@cmmc.nhs.uk
W: www.stmaryscentre.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 473 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Training ●● Training Independently Accredited ●● Physical & Emotional Abuse ●● Court & Legal Support for Victims & Witnesses ●
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Description of service: See See Pages 21 & 22...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.



ADULTS WOMEN • 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: andrea@scarboroughsurvivors.org.uk
W: www.scarboroughsurvivors.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 491 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●	Services: <ul style="list-style-type: none">● Newsletter ●● Training ●● Physical & Emotional Abuse ●
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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..



ADULTS WOMEN • 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@sheffieldrapecrisis.org.uk

W: www.sheffieldrapecrisis.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 500 ▶

Clients:

- Adults FM •
- Partners FM •
- Parents FM •
- Young People FM •
- Children FM •

Services:

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

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.



ADULTS WOMEN • REGION: England North East • Section: 04

SHEFFIELD WOMEN'S COUNSELLING & THERAPY SERVICE

44 Daniel Hill, Sheffield, S6 3JF

Serving: Sheffield

T: 0114 275 2157 F: 0114 279 8299

E: office@swcts.org.uk

W: www.swcts.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 501 ▶

Clients:

- Adults FM •
- Young People FM •

Services:

- Training •
- Physical & Emotional Abuse •

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 Mon to Fri 9am to 5pm; mobile 07742 533 603; email office@swcts.org.uk. Our main offer is one-to-one therapy but we also deliver therapeutic group courses.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 536 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Parents FM •• Young People FM •	Services: <ul style="list-style-type: none">• Helpline •• Newsletter •• Training •• Court & Legal Support for Victims & Witnesses •
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Description of service: SARSVL, (Leeds Rape Crisis) 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, e-mail and txt service (07797 803 211) open 2 hrs a day, 365 days a year. We also have an advocacy and specialist ISVA service (0113 200 2930) that provides support to women aged 18+ through the criminal justice system, (pre reporting – post trial), help with seeking legal redress, health, housing and welfare etc. Women do not need to have reported to the police to access our services. We have experience of working with women from marginalised groups, in particular with women in the asylum system and women who have been released from prison. SARSVL work with interpreters if a woman`s first language is not English. More information about our services can be found on our website.



ADULTS WOMEN • 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: 01904 642830 T: 01904 638813

E: survive@survive-northyorks.org.uk

W: www.survive-northyorks.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 543 ▶

Clients:

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

Services:

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

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 Wednesday 1-3.30pm. Appointments and information can be obtained through the office phone Mon - Fri.



ADULTS WOMEN • REGION: England North East • Section: 04

SURVIVORS WEST YORKSHIRE

Digital Health Enterprise Zone, Phoenix South West Building, University of Bradford, Bradford, BD7 1DP

Serving: West Yorkshire

HL: 07393 140250 T: 01274 965009

E: ops@survivorswestyorkshire.org.uk

W: www.survivorswestyorkshire.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 553 ▶

Clients:

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

Services:

- Training •

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.



ADULTS WOMEN • REGION: England North East • Section: 04

VICTIM SUPPORT DONCASTER

41 College Road, Doncaster, DN1 3JH

Serving: South Yorkshire

HL: 0845 30 30 900 T: 01302 365531 F: 01302 325172

W: www.victimsupport.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 619 ▶

Clients:

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

Services:

- Helpline ●

Description of service: Offer emotional and practical support to victims of crime.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 622 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical Disabilities ●● Learning Disabilities ●● Physical & Emotional Abuse ●● Court & Legal Support for Victims & Witnesses ●
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Description of service: We provide support services for anyone who has been a victim or witness of crime or who is vulnerable to crime in South Yorkshire. This includes a community service providing support to people in their own homes where possible. We can also provide awareness raising and presentations. Our lines are open: Mon-Fri 9am-8pm, Saturday 9-1. You can also contact us via live chat from 9am to 5pm Monday to Friday or via email on humbersouthyorks.vs@victimsupport.org.uk.



ADULTS WOMEN • REGION: England North East • Section: 04

WELL WOMEN CENTRE

24 Trinity Church Gate, Wakefield, WF1 1TX

Serving: West Yorkshire

HL: 01924 211114

E: info@wellwomenwakefield.org.uk

W: www.wellwomenwakefield.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 630 ▶

Clients:

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

Services:

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

Description of service: WWC services are run by women for women in the Wakefield area aged 16+ and for young women aged 14+. Services include long & short term counselling, cognitive behavioural therapy, termination of pregnancy counselling, complementary therapies, groups on eating disorders & menopause, courses on depression, anxiety & self-esteem. Also males couples counselling. To access a service, come to one of our drop-in times: Mon 5pm-8pm & Fri 10am-1pm. Services are confidential and free or very low cost.



ADULTS WOMEN • REGION: England North East • Section: 04

YOUTH COUNSELLING UNIT

County Hall, Beverley, HU17 9BA

Serving: East Yorkshire

HL: 01482 392806

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 677 ▶

Clients:

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

Services:

- Helpline ●
- Physical & Emotional Abuse ●

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.



ADULTS WOMEN • REGION: England Midlands • Section: 05

A.P.H.I.S.T. (Abused People's Help In Sexual Trauma)

188 Ellerton Walk, New Park Village, Wolverhampton, WV10 0UL

Serving: West Midlands

T: 01902 445628 F: 01902 445628
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 2 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Training ●
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Description of service: We are a self-help support group (16+) who meet weekdays 10am-1pm. We are all adult survivors of childhood sexual abuse. We also offer training and a safe and warm environment to be able to talk over any problems that arise relating to our abuse.



ADULTS WOMEN • REGION: England Midlands • Section: 05

Arch

308 London Road, Stoke-on-Trent, ST4 5AB

Serving: North Staffordshire and surrounding areas

HL: 01782 205500 T: 01782 222421
E: info@archnorthstaffs.org.uk
W: www.archnorthstaffs.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 699 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●
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Description of service: We have three refuges for women and children who have experienced, or are at risk of, domestic abuse. They offer accommodation and a place of safety where you can rebuild your lives before moving on to independence. If we don't have space in one of our refuges, we will find somebody who does. Our Sunrise Centre offers a safe and welcoming place for men, women and children who have survived domestic abuse. Together, we can help you take back control of your life, rebuild your confidence and self-esteem, avoid future abusive relationships, and support you to get back into education, training or employment. We also deliver our Domestic Violence Recovery Toolkit which is a programme of support, development and counselling to give you the opportunity to share your experiences with others in group workshops. Alongside local agencies, ARCH will now be able to offer a Male Domestic Abuse victims programme.



ADULTS WOMEN • REGION: England Midlands • Section: 05

AXIS COUNSELLING

Jubilee House, 74 High Street, Madeley, Telford, TF7 5AH

Serving: Shropshire

T: 01952 278000
W: www.axiscounselling.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 27 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Physical & Emotional Abuse ●
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Description of service: Counselling service for men & women aged 11+, survivors of childhood sexual, physical or emotional abuse or adult rape. We serve the whole of Shropshire and have offices in Shrewsbury & Telford, and will also see clients in Ludlow & Bridgnorth. The Telford office is open: Mon, Tues, Wed, Thurs 10am-4pm. The office will be open on Fridays. For further information please contact the Telford office or visit our website. answer phone out of office hours. We also offer an Independent Sexual Advisor service for Telford and Wrekin. Helen on 07548 826104. Axis Rape Counselling service has been launched.



ADULTS WOMEN • REGION: England Midlands • Section: 05

BIRMINGHAM & SOLIHULL WOMEN'S AID

Birmingham & Solihull

Serving: West Midlands

HL: 0800 073 2606 and 0121 6858550

W: www.bswaid.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 53 ▶

<p>Clients:</p> <ul style="list-style-type: none">• Adults FM •• Young People FM •• Children FM •• Children M •	<p>Services:</p> <ul style="list-style-type: none">• Helpline •• Training •• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •• Court & Legal Support for Victims & Witnesses •
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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: 0800 0732606 or 0121 6858550. We may use Language Line interpretation services and Text Relay on all our phone lines.



ADULTS WOMEN • REGION: England Midlands • Section: 05

CHOICE

P.O. Box 8, Chesterfield, S40 1NY

Serving: Derbyshire

T: 01246 556114
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 106 ▶

Clients: • Adults FM •	Services:
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Description of service: Face-to-face short term (up to 3 months) generic counselling for women aged 18+. Self referral. Counselling is free, confidential and in a women-only space. Please ring: 01246 563984 for appointments or other support related enquiries.



ADULTS WOMEN • REGION: England Midlands • Section: 05

Core

Serving: Derbyshire

T: 0800 612 6505
E: support@derbyshirecore.org
W: www.core-derbyshire.com
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 693 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Physical & Emotional Abuse ●● Domestic Violence ●● Accommodation ●
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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.



ADULTS WOMEN • REGION: England Midlands • Section: 05

CRASAC (Coventry Rape and Sexual Abuse Centre)

P.O. Box 2464, Coventry, CV1 1ZA

Serving: West Midlands & Warwickshire

HL: 024 7627 7777 T: 024 7627 7772 F: 024 7672 3253
E: admin@crasac.org.uk or E: helpline@crasac.org.uk or
W: www.crasac.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 121 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Training ●● Training Independently Accredited ●● Physical & Emotional Abuse ●● Court & Legal Support for Victims & Witnesses ●
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Description of service: We provide free face to face and group counselling for women in the Coventry and Warwickshire area who have experienced sexual violence at any time. We also offer face to face counselling to boys and girls aged 5-18. Our Independent Sexual Violence Advisor (ISVA) service offers advocacy and support to men and boys, women and girls. Our telephone helpline offers support to anyone affected by sexual violence and is open: Mon-Fri 10am-2pm and Mon and Thurs 6pm-8pm.



ADULTS WOMEN • REGION: England Midlands • Section: 05

CRASAC (Coventry Rape and Sexual Abuse Centre)

P.O. Box 2464, Coventry, CV1 1ZA

Serving: West Midlands & Warwickshire

HL: 024 7627 7777 T: 024 7627 7772 F: 024 7672 3253

E: info@crasac.org.uk or E: helpline@crasac.org.uk or

W: www.crasac.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 120 ▶

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

Description of service: We provide free face to face and group counselling for women in the Coventry and Warwickshire area who have experienced sexual violence at any time. We also offer face to face counselling to boys and girls aged 5-18. Our Independent Sexual Violence Advisor (ISVA) service offers advocacy and support to men and boys, women and girls. Our telephone helpline offers support to anyone affected by sexual violence and is open: Mon-Fri 10am-2pm and Mon and Thurs 6pm-8pm.



ADULTS WOMEN • REGION: England Midlands • Section: 05

CRISIS POINT

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

Serving: National (UK) & West Midlands

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: 123 ▶

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).



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 692 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 137 ▶

Clients:

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

Services:

- Physical & Emotional Abuse ●
- Domestic Violence ●

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.



ADULTS WOMEN • 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

W: www.emerge.uk.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 162 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England Midlands • Section: 05

Eve

Serving: Northamptonshire

T: 01604 230311
W: www.eveda.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 171 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Young People M •• Children FM •• Children M •• Perpetrators FM •• Perpetrators M •	Services: <ul style="list-style-type: none">• Training •• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •
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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.



ADULTS WOMEN • 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: admin@freeva.org.uk

W: www.freeva.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 703 ▶

Clients:

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

Services:

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

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 .



ADULTS WOMEN • REGION: England Midlands • Section: 05

HORIZON SARC

See DABS Directory Page 34 on Sexual Assault Referral Centres & Victim Support

Serving: West Midlands

HL: 0808 168 5698 T: 01922 646709 F: 01922 614297
E: enquires@horizonsarc.org.uk
W: www.horizonsarc.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 219 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Helpline ●
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Description of service: See See Pages 21 & 22...for Sexual Assault Referral Centres. Horizon SARC provides forensic, medical and wellbeing services for men, women and children who have experienced rape or sexual assault, whether a report has been made to the Police or not.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 224 ▶

Clients:

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

Services:

- Physical & Emotional Abuse ●

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.



ADULTS WOMEN • REGION: England Midlands • Section: 05

icap (Immigrant Counselling And Psychotherapy) West Midlands

72 Digbeth, Birmingham, B5 6DH

Serving: West Midlands

T: 0121 666 7707 F: 0121 666 7708

E: info@icapbirmingham.org.uk

W: www.icap.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 226 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Physical & Emotional Abuse ●
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Description of service: icap - Originally set up for the Irish community, but now offering support to all ethnic groups (English speaking). Provides professional one-to-one psychotherapy; facilitated support groups; information & advice; training & supervision. Support for men, women and young people with all issues, including trauma, rape, incest, and childhood abuse. "Promoting mental health and well being... Rebuilding shattered lives through psychotherapy".



ADULTS WOMEN • 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 T: 0116 273 5461 F: 0116 273 7874

W: www.juniperlodge.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 245 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England Midlands • Section: 05

LEICESTER RAPE CRISIS

P.O. Box 7402, Leicester, LE1 6WD

Serving: Leicestershire

HL: 0116 255 8852 T: 0116 255 5962 F: 0116 255 5962
E: admin@jasminehouse.org.uk
W: www.jasminehouse.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 267 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •	Services: <ul style="list-style-type: none">• Helpline •• Physical Disabilities •
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Description of service: We support all women over the age of 16, who have experienced rape or sexual assault recently or in the past, including childhood sexual abuse. We provide a helpline, face-to-face counselling, one-to-one support and information. The helpline is open: Tues-Fri 10am-4pm; Wed & Thurs 6-9pm. There is a 24hour answer phone and we will return calls if required the next working day.



ADULTS WOMEN • REGION: England Midlands • Section: 05

LWA - Living without Abuse

PO Box 16, Loughborough, LE11 3AX

Serving: Leicester, Leicestershire or Rutland

HL: 0808 80 200 28 T: 01509 550317

E: info@uava.org.uk

W: www.lwa.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 702 ▶

Clients:

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

Services:

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

Description of service: LWA is part of the UAVA consortium providing a full range of domestic and sexual abuse services across Leicester City, Leicestershire and Rutland. Full information is available at www.uava.org.uk. Here at LWA, we provide the following services: Outreach Support across Leicester City, Leicestershire and Rutland, including a range of group programmes, Children and Family support in Leicester City., Childrens Work support for children living in Leicestershire. Access to this service is via the First Response. Project 360 - Project 360 works within Leicestershire police to support clients who have had several police callouts. This service is not open to referrals.



ADULTS WOMEN • REGION: England Midlands • Section: 05

MANNA HOUSE COUNSELLING SERVICE

73 St Giles Street, Northampton, NN1 1JF

Serving: Northamptonshire

T: 01604 633304 F: 01604 635498

E: mhcs@mannahouse.org.uk

W: www.mannahouse.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 288 ▶

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:

- Training ●● Training Independently Accredited ●

Description of service: An independent charity. One-to-one counselling for those who have been sexually abused, and for many other issues. We ask for £5 on registering to cover administration costs. We do have a nominal charging policy - details can be found on the website.



ADULTS WOMEN • REGION: England Midlands • Section: 05

Midlands Women's Aid

Serving: Midlands

T: 0300 3020035

E: support@mwa.org.uk

W: www.mwa.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 690 ▶

Clients:

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

Services:

- Training •
- Physical & Emotional Abuse •
- Domestic Violence •• Accommodation •

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.



ADULTS WOMEN • REGION: England Midlands • Section: 05

MILLFIELD HOUSE

P.O. Box 6960, Ripley, Derbs, DE5 4AF

Serving: Derbyshire

HL: 01773 746115 T: 01773 746115

E: info@sv2.org.uk

W: www.sv2.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 296 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">● Helpline ●● Newsletter ●● Domestic Violence ●● Court & Legal Support for Victims & Witnesses ●
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Description of service: SV2, (Supporting Victims of Sexual Violence), is a Sexual Assault Referral Centre (SARC), set up in partnership between Derbs. Rape Crisis and Derbs. Constabulary. We are available to call on our 0845 number at any time for help and advice on your choices if you have been recently raped or sexually assaulted. As an organisation SV2 can provide ISVA (Independent Sexual Violence Advocates) & counselling in a number of locations across Derbyshire - for an appointment or a chat about this please call their office on the "Appts." number given.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 698 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England Midlands • Section: 05

Northampton Domestic Abuse Service (NDAS)

13-15 Hazelwood Rd, Northampton, NN1 1LG

Serving: Northampton

H: 0300 0120154 T: 0300 0120154
W: <http://ndas.co/>
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 332 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Helpline ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●● Accommodation ●
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Description of service: Northampton Domestic Abuse Service (NDAS) began under the name of Northampton Women's Aid in 1976. Originally staffed by volunteers the organisation has changed a lot since then but has always been dedicated to helping and supporting the victims of domestic abuse. Our experience and statistics tell us that women are the main victims of domestic abuse. Much of the work we do is supporting women. However, this is not inclusive. We have helped and continue to support victims and survivors from all genders and walks of life, covering all ethnicities, socio-economic statuses, sexual orientation and religions. Our new name reflects this, and the work we do in Northamptonshire as a whole county.



ADULTS WOMEN • REGION: England Midlands • Section: 05

Northamptonshire Rape Crisis

Wantage Gate, 184 - 186 Billing Road, Northampton, NN1 5RU

Serving: Northamptonshire

HL: 0300 222 59 30 T: 01604 250721 F: 0871 9770275
E: info@northamptonshirerapecrisis.co.uk
W: www.northamptonshirerapecrisis.co.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 333 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">● Helpline ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●● Court & Legal Support for Victims & Witnesses ●
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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 yrs old and women over 20 yrs old.



ADULTS WOMEN • REGION: England Midlands • Section: 05

PANAHGHAR SAFE HOUSE

Coventry

Serving: West Midlands

HL: 0800 055 6519 T: 024 7622 8952 F: 024 7623 0886

W: www.safehouse.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 355 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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@virgin.net E: kathyc@pathway-project.co.uk
W: www.pathway-project.co.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 700 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter ●• Training ●● Training Independently Accredited ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●
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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.



ADULTS WOMEN • REGION: England Midlands • Section: 05

QUETZAL PROJECT, The

14-16 Talbot Lane, Leicester, LE1 4LR

Serving: Leicestershire & Rutland

HL: 0116 253 3383 T: 0116 253 9103 F: 0870 705 9993
E: help@quetzal.org.uk
W: www.quetzal.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 371 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Children FM •	Services: <ul style="list-style-type: none">• Helpline •• Newsletter •• Training •
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Description of service: Quetzal supports women (16+) recovering from the trauma of childhood sexual abuse. We provide brief crisis counselling (1-6 sessions), long-term counselling (up to one year) and a telephone helpline. Serves Leicester, Leicestershire & Rutland.



ADULTS WOMEN • REGION: England Midlands • Section: 05

QUETZAL PROJECT, The

14-16 Talbot Lane, Leicester, LE1 4LR

Serving: Leicestershire & Rutland

HL: 0116 253 3383 T: 0116 253 9103 F: 0870 705 9993
E: help@quetzal.org.uk
W: www.quetzal.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 370 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Children FM •	Services: <ul style="list-style-type: none">• Helpline •• Newsletter •• Training •
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Description of service: Quetzal supports women (16+) recovering from the trauma of childhood sexual abuse. We provide brief crisis counselling (1-6 sessions), long-term counselling (up to one year) and a telephone helpline. Serves Leicester, Leicestershire & Rutland.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 384 ▶

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 424 ▶

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

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 women, men, young people and children from age 5. Our support is also offered to family members, partners and carers. We offer counselling, practical support, information, training and workshops.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 425 ▶

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

Description of service: Individual face-to-face and telephone counselling. Facilitated self-help groups. Training provided for volunteers and to outside agencies on request. Support provided for adult and young survivors over the age of 5yrs, and also for partners, parents and families. Advocacy support and information available. Office open: Mon-Fri 9am-5pm. Helpline open: Mon 11.30am – 1.30pm, Wed 1.00pm – 3.00pm, Thur 10.00am – 12.00pm. Warwickshire- Men, Women and Children services. Coventry- Adult Male only service. Text: 'Rosa' followed by your message to 60777.



ADULTS WOMEN • REGION: England Midlands • Section: 05

S.A.I.V.E. (Sexual Abuse & Incest Victims Emerge)

The Dudson Centre, Hope Street, Hanley, Stoke-on-Trent, ST1 5DD

Serving: Staffordshire

HL: 01782 683133 T: 01782 852693

E: info@saive.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 427 ▶

Clients:

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

Services:

- Helpline •

Description of service: We offer help through counselling, care and support to all adult victims of childhood sexual abuse and incest in the North Staffordshire area. We are able to demonstrate compassion and understanding and assist those who are still struggling with the many problems associated with abuse. Alternative contact: Mobile: 07952 904422



ADULTS WOMEN • REGION: England Midlands • Section: 05

SAFELINE

6a New Street, Warwick, CV34 4RX

Serving: National & Warwickshire

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: 441 ▶

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 ●
- Physical Disabilities ●
- Court & Legal Support for Victims & Witnesses ●

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 Helplines (General, Male and Young people's) and National Online Support Services are open Monday 10-4pm, Tuesday 8-8pm, Wednesday 10-4pm, Thursday 8-8pm, Friday 10-4pm and Saturday 10-12 noon. Online support is available through Text (07860 027573), Email (support@safeline.org.uk) and IM chat via www.safeline.org.uk. We offer free online and telephone counselling to men aged 18 years and over living in England and Wales. In Warwickshire we offer free face to face counselling and ISVAs to adults and children, support groups for adults and prevention projects for young people.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 445 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England Midlands • Section: 05

SAIL (Sexual Abuse & Incest Line)

P.O. Box 8, Chesterfield, S40 1NY

Serving: Derbyshire

T: 0800 0282 678
E: info@sailderbyshire.org.uk E: ruth.gartland@sailderbyshire.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 447 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Adults M •	Services: <ul style="list-style-type: none">• Training •• Court & Legal Support for Victims & Witnesses •
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Description of service: Face-to-face counselling, information and signposting. We support adult survivors of childhood sexual abuse (18+). Counselling is free and confidential. Please ring 01246 559889 for counselling or other support related enquiries. Placement opportunities for counselling students.



ADULTS WOMEN • REGION: England Midlands • Section: 05

SANDWELL RAPE SUPPORT SERVICE

Suite 21A, Landchard House, Victoria Street, West Bromwich, B70 8HY

Serving: West Midlands

T: 0845 055 9597 F: 0121 525 1155
E: jennifer@sandwellwomensaid.co.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 451 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services:
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Description of service: Emotional support, practical support and one-to-one counselling for people who have suffered sexual violence. Run a Young Person's Partnership Project offering support to young people aged 5-18 years. Counselling is currently only for adult women. Emotional and practical support is available to men through the ISVA (Independent Sexual Violence Advisor). Open during office hours.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 455 ▶

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

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, reiki and group sessions. Training for other agencies.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 454 ▶

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

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, reiki and group sessions. Training for other agencies.



ADULTS WOMEN • REGION: England Midlands • Section: 05

SARC- Leicestershire

Serving: Leicestershire

HL: 0116 273 3330 T: 0116 273 3330

E: Via Website

W: www.juniperlodge.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 469 ▶

<p>Clients:</p> <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●	<p>Services:</p> <ul style="list-style-type: none">● Helpline ●
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Description of service: See See Pages 21 & 22...for Sexual Assault Referral Centres. Juniper Lodge was first developed in 1999, alongside it's children's equivalent, St Bernard's. It was originally a joint development between multiple agencies who had involvement with those people who have experienced sexual assault of any kind. It is a safe environment, where you can access information, advice and guidance around your personal situation. We understand at Juniper Lodge that everyone's situation and experiences are unique to them, and so we offer to meet new clients, and discuss all options with them before making the appropriate referrals, whether they be services provided in house or with other partner agencies.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 488 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Newsletter ●● Training ●● Training Independently Accredited ●● Physical & Emotional Abuse ●● Domestic Violence ●● Court & Legal Support for Victims & Witnesses ●
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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



ADULTS WOMEN • REGION: England Midlands • Section: 05

STUDENT INFORMATION SERVICES

c/o Herefordshire College of Technology, Folly Lane, Hereford, HR1 1LS

Serving: Herefordshire

T: 07792 881472
W: www.hlcollege.ac.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 533 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse ●• Domestic Violence ●
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Description of service: Student Information Service is a partnership between Herefordshire Council Youth Service and Herefordshire College of Technology, Herefordshire Sixth Form College and Hereford College of Arts. Youth workers provide confidential information and support to all students attending the Folly Lane & Holme Lacy Campuses. Free counselling is available for students upon request. Open every lunchtime - no appointment necessary.



ADULTS WOMEN • REGION: England Midlands • Section: 05

SV2 (was DERBYSHIRE RAPE CRISIS)

P.O. Box 142, Derby, DE1 1XU

Serving: Derbyshire

HL: 01332 372545 T: 01332 342255

E: help@sv2.org.uk

W: www.derby-womenscentre.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 136 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●
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Description of service: We provide a phonenumber support service, and one-to-one counselling from venues throughout the county, to any adult or young person, of any gender, aged 14+ who has experienced rape or sexual abuse. We also provide an emergency service for people in crisis (TRUST) and accompany clients to court, clinics, GPs and police - should they wish it. In-house training. Helpline times: Mon, Tues & Wed 10am-12noon & 6pm-8pm; Thurs 6pm-8pm; Fri 10am-2pm.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 691 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 705 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England Midlands • Section: 05

THE HAVEN WOLVERHAMPTON

P.O. Box 105, Wolverhampton, WV1 4LP

Serving: West Midlands

HL: 08000 194 400 T: 01902 57140 F: 01902 572144

E: info@havenrefuge.org.uk

W: www.havenrefuge.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 579 ▶

Clients:

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

Services:

- Helpline ●
- Physical & Emotional Abuse ●
- Accommodation ●

Description of service: The Haven Wolverhampton operates the single point of contact for Domestic Violence issues across the city of Wolverhampton. We provide safe, temporary accommodation and support services to women and children who are affected by domestic violence and homelessness. Run a 24hr referral helpline.



ADULTS WOMEN • REGION: England Midlands • Section: 05

THE SAFE HAVEN

Dorking House, 82 Dorking Walk, Corby, NN18 9JN

Serving: Northamptonshire

HL: 01536 461414 T: 01536 461414

E: Via Website

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 592 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Helpline ●• Physical & Emotional Abuse ●
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Description of service: A safe and friendly after-hours resource centre and Out-of-Hours Crisis and Counselling Service for anyone aged 18 years and over. Drop-in and phone support for people in North Northants; phone support only in South Northants. Currently open 6pm-2am Sat-Tues (4 nights per week). Intended for anyone in need of one-to-one support, a safe place to be, emotional support, or a confidential listening ear. Plus practical advice & information and referrals.



ADULTS WOMEN • REGION: England Midlands • Section: 05

THE WHAT? CENTRE

23 Coventry Street, Stourbridge, DY8 1EP

Serving: West Midlands

T: 01384 379992
E: thewhatcentre@aol.com
W: www.thewhatcentre.com
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 603 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●	Services:
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Description of service: A free counselling service funded by Dudley MBC. All issues dealt with for people aged 16-25 years. Advice and information on a wide range of subjects and issues affecting young people. Referral service to other local agencies.



ADULTS WOMEN • REGION: England Midlands • Section: 05

UAVA

UAVA Ltd, PO Box 26, Leicester, LE1 1AA

Serving: Leicester, Leicestershire or Rutland

HL: 0808 80 200 28 T: 0116 2550004

E: info@uava.org.uk

W: www.uava.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 701 ▶

Clients:

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

Services:

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

Description of service: UAVA provides co-ordinated domestic and sexual violence services across Leicester, Leicestershire and Rutland for any male or female over the age of 13. Additional services are available for Leicester City residents.



ADULTS WOMEN • 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: counselling@wmrsasc.org.uk

W: www.wmrsasc.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 637 ▶

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 ●
- Training ●● Training Independently Accredited ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: A free confidential and non-judgemental service for survivors of rape and/or sexual abuse. Services available are Face to face counselling and Telephone Helpline for survivors, partners, or friends of survivors, which is open Mon & Thur 7.30pm - 9.30pm, Tues 1pm - 5pm & Fri 10am - 2pm. An Independent Sexual Violence Advisory Service is available offering emotional and practical support to men, women and children aged 11+. Training courses in the specialist area of rape and sexual abuse for both the voluntary & statutory sectors can be provided. Training is independently accredited by the Open College Network – www.opencollnet.org.uk



ADULTS WOMEN • REGION: England Midlands • Section: 05

WOLVERHAMPTON DOMESTIC VIOLENCE FORUM

Civic Centre, St Peter's Square, Wolverhampton, WV1 1RT

Serving: Wolverhampton

T: 01902 555643
E: wdvf@wolverhampton.gov.uk
W: [www.wolverhampton.gov.uk/domestic violence](http://www.wolverhampton.gov.uk/domestic%20violence)
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 646 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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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



ADULTS WOMEN • REGION: England Midlands • Section: 05

WOLVERHAMPTON WOMEN'S WELLBEING CENTRE

The Boot Factory, 22 Cleveland Road, All Saints, Wolverhampton, WV2 1BH

Serving: West Midlands

T: 01902 454130 F: 01902 450139

E: enquiries@creativesupport.co.uk

W: www.creativesupport.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 647 ▶

Clients:

- Adults FM •

Services:

- Learning Disabilities •
- Physical & Emotional Abuse •

Description of service: Day centre for women aged 18-65 only, who suffer from any form of mental distress. Offering a safe and supportive environment with educational and leisure facilities and a space for children. Internet access and café facilities available. The service is free to women in the Wolverhampton area.



ADULTS WOMEN • REGION: England Midlands • Section: 05

WORCESTERSHIRE RAPE & SEXUAL ABUSE SUPPORT CENTRE

P.O. Box 240, Worcester, WR1 2LF

Serving: Worcestershire

HL: 01905 724514 T: 01905 611655

E: office@wmrsasc.org.uk

W: www.wmrsasc.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 662 ▶

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 ●
- Training ●● Training Independently Accredited ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: A free, confidential and non-judgemental service for survivors of rape and/or sexual abuse aged 11+. Services available are face to face counselling and a telephone helpline for survivors, partners or friends of survivors. The helpline is open Mon & Thurs 7.30pm - 9.30pm, Tues 1pm - 5pm & Fri 10am - 2pm. An Independent Sexual Violence Advisor service is also available offering emotional and practical support to men, women & children aged 11+. Training courses can be provided in the specialist area of rape and sexual abuse for both the voluntary and statutory sectors. All staff and volunteers attend our 30 hour course accredited through OCNWMR. We support victims of Domestic violence, only where sexual violence is involved.



ADULTS WOMEN • REGION: England East • Section: 06

Boston Women's Aid

County Hall, Market Place, Boston, Lincs, PE21 6DY

Serving: Boston and South Holland

T: 01205 311272
E: admin@bostonwa.co.uk
W: www.bostonwomensaid.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 696 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●• Court & Legal Support for Victims & Witnesses ●
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Description of service: BWA has been providing specialist Domestic Abuse Services for over 28 years. We offer advice and support through encouragement and understanding with a non judgmental attitude. We provide a confidential service through skilled workers who have a wide range of knowledge and skills.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 689 ▶

Clients: <ul style="list-style-type: none">• Adults FM •	Services: <ul style="list-style-type: none">• Helpline •• Training •• Physical & Emotional Abuse •• Domestic Violence •• Court & Legal Support for Victims & Witnesses •
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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.

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.



ADULTS WOMEN • 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: 0345 650 5599 T: 0345 650 1202
E: wishsouth@ncha.org.uk E: fseastlindsey@ncha.org.uk
W: www.ncha.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 694 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical Disabilities ●● Physical & Emotional Abuse ●● Domestic Violence ●● Accommodation ●● Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • REGION: England East • Section: 06

Equation

2 First Avenue, Nottingham, NG7 6JL

Serving: Nottinghamshire

HL: 0808 800 0340 (women)/ 0115 960 5556 (men) T: 0115 9623 237
E: info@equation.org.uk
W: www.equation.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 687 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter ●• Physical & Emotional Abuse ●• Domestic Violence ●
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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.



ADULTS WOMEN • REGION: England East • Section: 06

GRIMSBY & SCUNTHORPE RAPE CRISIS

The Ironside Centre, West Street, Scunthorpe, DN15 6HX

Serving: North Lincolnshire

HL: 0800 197 4787

W: www.itsmyright.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 202 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England East • Section: 06

ISAS (Incest And Sexual Abuse Survivors)

67 North Gate, Newark, NG24 1HD

Serving: Nottinghamshire

HL: 01636 610313 T: 01636 610314

E: Via website

W: www.isas-notts.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 235 ▶

Clients:

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

Services:

- Helpline ●
- Training ●

Description of service: One-to-one, telephone & email counselling for 16+ male & female survivors of childhood sexual abuse, their partners, supporters & non-abusing family members. Male only Group Therapy available in Nottingham City & Mansfield. Training available to other agencies. The office is open Mon-Fri 9am-5pm. Counselling: Mon-Fri 9.30am-7.30pm. Helpline: Mon-Fri 9.00am-4.30pm. ISAS also works with SARC to support male & female victims of rape or sexual assault.



ADULTS WOMEN • 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: sue@traumaresources.co.uk

W: www.traumaresources.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 243 ▶

Clients:

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

Services:

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

Description of service: Jigsaw is an independent, private counselling and post trauma recovery service. We offer a specialist service for those affected by rape and sexual violation in any way at any age. We have private therapy rooms available in Louth, Lincoln and Boston. Fee information is available by visiting our website. We work with YOU and your immediate emotional needs, everything else is secondary. We also provide a comprehensive range of Self Help Publications (organisational discounts available) Guided Visualisation CDs and MP3's for your journey to restoration and post traumatic growth.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 686 ▶

Clients:

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

Services:

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

Description of service: 24 hour freephone helpline providing support to women with or with out children affected by domestic violence and abuse. Range of support services for women and children including refuges, outreach, drop in children's services and a pet fostering service. The Team is experienced in working with women from all backgrounds including Black, Minority Ethnic and Refugee communities. Can also deal with honor based violence, forced marriage, female genital mutilation, unsettled immigration status and no recourse to public funds.



ADULTS WOMEN • REGION: England East • Section: 06

LIDAS (Lincoln Integrated Domestic Abuse Services)

PO BOX 125, Lincoln, Lincolnshire, LN1 1HA

Serving: Lincolnshire

HL: 01522 510041 T: 01522 510041

E: info@lincsshine.co.uk

W: www.lidas.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 270 ▶

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

Description of service: We provide individually tailored, confidential, independent support services for men, women & children experiencing, or at risk from domestic abuse. Our services include safe temporary accommodation at Lincoln Refuge for women and their children, together with specialist outreach support for men, women & children - Including those who wish to improve their abusive behaviour.



ADULTS WOMEN • REGION: England East • Section: 06

LINCOLNSHIRE RAPE CRISIS

Lincoln

Serving: Lincolnshire

HL: 0800 3345500

E: info@lincolnshirerapecrisis.org.uk. or E: support@lincolnshirerapecrisis.org.uk

W: www.lincolnshirerapecrisis.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 275 ▶

Clients:

- Adults FM •
- Young People FM •
- Children FM •

Services:

- Helpline •

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.



ADULTS WOMEN • 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: admin@ncservice.fsnet.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 335 ▶

Clients:

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

Services:

- Training ●
- Physical & Emotional Abuse ●

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.



ADULTS WOMEN • REGION: England East • Section: 06

Nottinghamshire Rape Crisis Centre - The Topaz Centre

30 Chaucer Street, Nottingham, NG1 5LP

Serving: Nottinghamshire

HL: 0115 941 0440

E: admin@nottinghamrapecrisis.org.uk

W: www.nottinghamrapecrisis.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 336 ▶

Clients:

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

Services:

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

Description of service: We provide a telephone helpline, face-to-face counselling service and Independent Sexual Violence Advisor (ISVA) Service for survivors aged 13+ who have been raped or sexually abused, whether recently or in the past. Group therapy is also available to females only.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 430 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Newsletter ●• Training ●
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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.



ADULTS WOMEN • REGION: England East • Section: 06

SARC- Lincolnshire

Serving: Lincolnshire

T: 01522 524402 or 01371 812686 F: 01522 520187

E: info@springlodge.org

W: www.springlodge.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 470 ▶

Clients:

- Adults FM •• Adults M •

Services:

Description of service: See Page 21 for Sexual Assault Referral Centres



ADULTS WOMEN • REGION: England East • Section: 06

SARC- Nottinghamshire - The Topaz Centre

The Topaz Centre, PO Box 9262, North Nottingham, NG5 0DW

Serving: Nottinghamshire

H: 0845 6001588 T: 0845 6001588
E: topazsupport@nottssvss.org.uk
W: nottssvss.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 477 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Helpline ●• Physical & Emotional Abuse ●• Domestic Violence ●
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Description of service: The Topaz Centre is in a discreet location easily accessible by public transport and by car.

It provides a multi-agency support to survivors of rape and sexual assault in Nottingham and Nottinghamshire.



ADULTS WOMEN • 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 F: 0115 988 1611

E: info@nottinghamcounsellingcentre.org.uk

W: www.nottinghamcounsellingcentre.org.uk/sexualabuseproject

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 597 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Training •

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.



ADULTS WOMEN • REGION: England East • Section: 06

THE TOPAZ CENTRE

P.O. Box No. 9262, Nottingham North, NG5 0DW

Serving: Nottinghamshire and Bassetlaw

HL: 0845 600 1588 T: 0115 844 5024

E: dutysupervisor@nottssvss.org.uk

W: nottssvss.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 601 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical Disabilities ●● Learning Disabilities ●● Physical & Emotional Abuse ●● Domestic Violence ●
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Description of service: The Topaz Centre provides multi-agency support to survivors (13+) of rape and sexual assault in Nottinghamshire and Bassetlaw. The centre offers a 24hr helpline to access help & advice, a Crisis Worker who will support the client during the initial stages, telephone support and face-to-face support sessions, referral to counselling and sexual health services, forensic medical examinations, all of which are available with or without reporting to the Police.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 695 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●
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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.



ADULTS WOMEN • REGION: England East • Section: 06

YOUTH INFORMATION & COUNSELLING UNIT

Early Learning Development Centre, Ashby Turn, Ashby High Street, Scunthorpe, North Lincolnshire, DN16 2RY

Serving: North Lincolnshire

T: 01724 296679

E: projects@northlincs.gov.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 679 ▶

Clients:

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

Services:

- Physical & Emotional Abuse ●
- Domestic Violence ●

Description of service: Person-centred, one- to- one counselling for young people aged 13-25yrs. By appointment only. Charges apply.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

ADULT SURVIVORS OF INCEST & SEXUAL ABUSE

Charing Cross Centre, 17-19 St. John Maddermarket, Norwich, NR2 1DN

Serving: Norfolk

T: 01603 630777

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 10 ▶

Clients:

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

Services:

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

Description of service: Provides therapy for men and women. 24hour answer machine. Also provides support , training, information and resources to caring professionals both in statutory and voluntary organisations. Also provides support via email: support@osarcc.org.uk and runs weekly support groups: groups@osarcc.org.uk



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 717 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical & Emotional Abuse ●● Domestic Violence ●
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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.



ADULTS WOMEN • 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: bsewacentre@btconnect.com
W: www.burystedmundswomensaid.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 719 ▶

Clients: <ul style="list-style-type: none">• Adults FM •	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •• Court & Legal Support for Victims & Witnesses •
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Description of service: Bury St Edmunds Womens 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.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

BUTTERFLY PROGRAMME

Suffolk

Serving: Suffolk

T: 01473 722773

E: enquiries@clarificonsulting.com

W: www.clarificonsulting.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 67 ▶

Clients:

- Adults FM •

Services:

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.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

CAMBRIDGE RAPE CRISIS CENTRE

Box R, 12 Mill Road, Cambridge, CB1 2AD

Serving: Cambridgeshire

HL: 01223 245888 T: 01223 313 551

E: support@cambridgerapecrisis.org.uk E: contact@cambridgerapecrisis.org.uk

W: www.cambridgerapecrisis.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 70 ▶

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

Description of service: Our support for women and girls includes: a helpline (01223 245888), open four times a week, on Wednesday 7pm-9.30pm, Thursday 7pm-9.30pm, Saturday 3pm-5.30pm and Sunday 10am-12.30pm (from August 2018 we intend to change our Saturday opening times to 10am-12.30pm); an email support service is available at support@cambridgerapecrisis.org.uk; and counselling in Cambridge, Huntingdon and Ely. Our Independent Sexual Violence Advocate service supports anyone, any age, gender or background, who has experienced sexual violence and wants help to navigate the Criminal Justice System.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

CENTRE 33

33 Clarendon Street, Cambridge, CB1 1JX

Serving: Cambridgeshire and Peterborough

HL: 0333 414 1809 T: 0333 414 1809
E: help@centre33.org.uk
W: www.centre33.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 79 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Helpline ●● Newsletter ●● Domestic Violence ●● Accommodation ●● Court & Legal Support for Victims & Witnesses ●
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Description of service: Young Carers service - respite, group, school support and outings (8-18). Someone to talk to service for young people (13-25). You can talk to us about anything such as sexual health, housing, money, caring and mental health. We also offer free condoms, pregnancy tests, chlamydia tests, foodbank vouchers and c-card registration and pick-up. Our services cover Cambridgeshire and Peterborough. We have Drop Ins at Cambridge, Ely, Peterborough, Huntingdon and Wisbech. Please see our website for lots more information and all Drop In times.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 80 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

Changing Pathways

Serving: Basildon, Brentwood, Castle Point, Rochford and Thurrock

HL: 01268 729 707 T: 01268 729 707

E: welcome@changingpathways.org

W: <http://changingpathways.org>

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 82 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

CHOICES COUNSELLING

Alex Wood Hall, Norfolk Street, Cambridge, CB1 2LD

Serving: Cambridgeshire

T: 01223 358149

E: admin@choicescounselling.co.uk

W: www.choicescounselling.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 108 ▶

Clients:

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

Services:

- Training ●
- Physical & Emotional Abuse ●

Description of service: Confidential one-to-one counselling for female and male survivors of childhood sexual abuse aged 16yrs+ for up to two years throughout Cambridgeshire. We have a self-referral policy. Survivors can call or email us. We provide training on Understanding the Effects of Childhood Sexual Abuse for counsellors and therapists and for those who wish to take up a placement with CHOICES. The office is open Mon, Tue, Thu 9:30am-3:30pm; Wed 9.30-5.30. Closed Fridays. 24 hour answer phone at other times.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

Colchester and Tendring Women's Refuge

Colchester and Tendring Women's Refuge, PO Box 40, Colchester, Essex, CO1 2XJ

Serving: Colchester and Tendring

HL: 01206 500 585 T: 01206 500 585 F: 01206 867253
E: info@colchester-refuge.org.uk
W: www.colchester-refuge.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 113 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Helpline •• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •
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Description of service: Colchester & Tendring Women's Refuge supports women, together with their children, who have suffered domestic abuse. We offer crisis accommodation and outreach support to help them make independent decisions about their futures.



ADULTS WOMEN • 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: 01702 300006 T: 01702 302333 F: 01702 300063

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 145 ▶

Clients:

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

Services:

- Helpline •
- Training •
- Physical & Emotional Abuse •

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. Part of the Southend-on-Sea Domestic Abuse Project, who provide training to other organisations.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

EQUAL LIVES - Information, Advice & Advocacy Service

Unit 15, Manor Farm Barns, Framingham Pigot, Norwich, NR14 7PZ

Serving: Norfolk & Suffolk

T: 01508 491210 F: 01508 491216

E: info@equallives.org.uk

W: www.equallives.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 167 ▶

Clients:

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

Services:

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

Description of service: Offers an independent information, advice and advocacy service for disabled people, people with mental health problems and/or a learning disability. This is a free service for clients. The office is open: Mon-Thurs 9am-5pm and Fri 9am-4.30pm. We accept self-referrals, as well as referrals from professionals, carers and partners.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

EQUAL LIVES - Information, Advice & Advocacy Service

Unit 15, Manor Farm Barns, Framingham Pigot, Norwich, NR14 7PZ

Serving: Norfolk & Suffolk

T: 01508 491210 F: 01508 491216

E: info@equallives.org.uk

W: www.equallives.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 166 ▶

Clients:

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

Services:

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

Description of service: Offers an independent information, advice and advocacy service for disabled people, people with mental health problems and/or a learning disability. This is a free service for clients. The office is open: Mon- Fri 8.30am -4.30pm. We accept self-referrals, as well as referrals from professionals, carers and partners. Please note we don't specialise in supporting anyone who has been abused specifically; our clients who have come to us for other reasons may just be in that category.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 247 ▶

Clients:

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

Services:

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

Description of service: Individual counselling, therapeutic groups & self-help meetings for people, including children from 7yrs, who have experienced abuse and/or its legacy, eg. 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.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

Leeway

City Hall, St Peters St, Norwich NR2 1NH

Serving: Norfolk and Waveney

HL: 0300 561 0077

E: referrals@leewaynwa.org.uk

W: www.leewaynsupport.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 266 ▶

Clients:

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

Services:

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

Description of service: We operate five safe houses (refuges) in various locations across Norfolk and where possible we will work to find overnight accommodation for you the same day. Women and their children are welcome to stay as long as is 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. Our community services are available to support people in their local communities. These supports range from regular one-to-one meetings with a member of our experienced outreach team to drop-in sessions and advice sessions. It is important to recognise that men can also experience domestic abuse. Our Male Victim service is independent of any of our other services and staffed by specialist male victim workers. See website for full service details.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

Lighthouse Womens Aid

Westgate House, Museum Street, Ipswich, IP1 1HQ

Serving: Suffolk

HL: 01473 745 111 T: 01473 220 770

E: admin@lighthousewa.org.uk

W: lighthousewa.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 274 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Helpline •• Newsletter •• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •
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Description of service: We run a women and children's wellbeing centre in central Ipswich. This is a service for Suffolk and is open to all women and children. We provide refuge accommodation to offer a safe, supported environment for women and their children requiring an emergency temporary home when they leave an abusive partner or family member. We support women to access other agencies including help with accessing benefits, seek housing, registering with doctors, health visitors, antenatal care and legal advice. Our children's service team will assist with the admission of children to schools and nursery places. They work one to one with the children to help them recover from the effects of domestic abuse and hold therapeutic play sessions. They will also provide childcare to enable mums to attend appointments.



ADULTS WOMEN • 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 F: 01206 546478

E: enquiries@mnessexmind.org

W: www.mnessexmind.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 295 ▶

Clients:

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

Services:

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

Description of service: Mid and North Essex Mind is here to support and empower people experiencing an emotional or mental health condition by building on their personal hopes and aspirations. This is achieved by identifying and responding to community needs in order to deliver an effective and efficient system of community based services'.
SERVICES: 1. Young People's Support Service: 10yrs-18yrs. 2. Schools Service provides transition support to year 6 -7 and also to those less than 11 yrs old. 3. Young People's Advocacy: Available to young people working within EWMHS & individual units across Colchester & Tendring. 4. STaR Service - Support Time & Recovery: 18+yrs. 5. IAPT Counselling Service for Anxiety and Depression (BACP Accredited) 18+yrs. 6. Private Counselling Service (Fee-paying) Supports people presenting a wide range of psychological or emotional problems (BACP Accredited) 18+yrs



ADULTS WOMEN • REGION: England East Anglia • Section: 07

NORWICH CENTRE, THE

7 Earlham Road, Norwich, NR2 3RA

Serving: Norfolk

T: 01603 617709 F: 01603 886999

E: info@norwichcentre.org

W: www.norwichcentre.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 334 ▶

Clients:

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

Services:

- Newsletter ●
- Physical & Emotional Abuse ●

Description of service: Fees negotiable. Individual counselling. Workshop and training programme (not specifically for survivors). The office is open: Mon-Fri 9am-1pm; 2-5pm. Appointments available: Mon, Wed Thurs & Fri 9am-5pm; Tues 9am-9pm. We have a wheelchair accessible annexe which is accessible to those arriving by car and parking in our car park. BACP Accredited Counselling Service.



ADULTS WOMEN • 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

E: referrals@pandoraproject.org.uk
W: www.pandoraproject.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 356 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Parents FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Training •• Physical & Emotional Abuse •• Domestic Violence •• Court & Legal Support for Victims & Witnesses •
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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 6-18 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.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

PETERBOROUGH RAPE CRISIS

Oasis@Rivergate Centre, Viersen Platz, Peterborough, PE1 1SE

Serving: Cambridgeshire

HL: 01733 225937

E: support@cambridgerapecrisis.org.uk

W: www.peterboroughrapecrisis.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 362 ▶

Clients:

- Adults FM •
- Partners FM •
- Parents FM •
- Young People FM •
- Children FM •

Services:

- Helpline •• Newsletter •
- Training •
- Physical Disabilities •• Learning Disabilities •
- Physical & Emotional Abuse •
- Court & Legal Support for Victims & Witnesses •

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.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

Phoebe

19 Tower Street, Citizen Advice Bureau Building, Ipswich, Suffolk, IP1 3BE

Serving: Ipswich

T: 01473 231566

E: admin@phoebecentre.org.uk

W: www.phoebecentre.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 363 ▶

Clients:

- Adults FM •
- Young People FM •

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 444 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

SARC- Suffolk

Suffolk

Serving: Suffolk

HL: 0300 123 5058 T: 01473 668974

E: contact@theferns-suffolk.org.uk

W: www.theferns-suffolk.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 478 ▶

Clients:

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

Services:

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

Description of service: The SARC supports victims of rape and serious sexual assault both acute and non-recent. We support all ages and genders, We provide a service to all those who report as well as a service to those who choose not to report(over 16yrs) Our specialist centre offers a range of services to give you the best care possible, suited to your individual needs. We advise on choices and appropriate services available.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

SERRIC

Serving: Essex

HL: 01375 380609 T: 01375 381322 F: 01375 387053

E: sericc@sericc.org.uk

W: www.sericc.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 716 ▶

Clients:

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

Services:

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

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. Thurrock Early Offer of Help Programme - Early offer of help is intended to support and equip families to learn and apply parenting skills that develop resourcefulness and resilience while strengthening positive relationships with their children. Specialist support, counselling and advocacy to young people aged 13 to 25 who have experienced any form of sexual violence. See website.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

SoS Domestic Abuse Projects

4 West Road, Westcliff-on-Sea, Essex, SS0 9DA

Serving: Southend

HL: Women: 01702 302333
Male drop in: 01702 343868
Children and Young People and Families: 01702 343868 T: 01702 351648
E: enquiries@sosdap.org
W: www.savsmembers.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 510 ▶

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

Description of service: SOS Domestic Abuse Projects, formerly Southend Women's Aid, is a registered charity number 1062493. 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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 511 ▶

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 ●
- Training ●
- Learning Disabilities ●
- Court & Legal Support for Victims & Witnesses ●

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.



ADULTS WOMEN • 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@suelambertrust.org
W: www.suelambertrust.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 534 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

SUFFOLK RAPE CRISIS (SRC)

Serving: IPSWICH, SUFFOLK COASTAL, WAVENEY, MID SUFFOLK, BABERGH, ST EDMUNDSBURY, FOREST HEATH

HL: 0800 0850 520 T: 01473 231200

E: srchelp@srchelp.org.uk

W: www.srchelp.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 535 ▶

Clients:

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

Services:

- Helpline •• Newsletter •
- Training •
- Physical Disabilities •• Learning Disabilities •
- Domestic Violence •

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 Tuesday and Thursday 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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 539 ▶

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: 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 and include day, evening and weekend times. We also provide e-mail and postal support.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

SURVIVORS IN TRANSITION

Drop-in at: Saracens House, St Margarets Green, Ipswich, IP4 2BN

Serving: Suffolk

T: 07765 052282
E: info@survivorsintransition.co.uk
W: www.survivorsintransition.co.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 546 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Parents FM •	Services: <ul style="list-style-type: none">• Training •
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Description of service: Free drop-in centre for female survivors (18+) of childhood sexual abuse. Non-therapeutic, non-structured, safe environment for women to meet, talk to each other & take part: art activities, guest speakers, holistic non-invasive treatments such as reiki, shiatsu. Open: Wed 12-2pm & Thurs 4-6pm. Volunteers can also signpost to services around substance misuse, housing, legal or benefits advice & a variety of other services. Pathway into the Butterfly Programme.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 578 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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Description of service: See See Pages 21 & 22...for Sexual Assault Referral Centres. A one-stop service for victims of rape and serious sexual assault living in Norfolk.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 753 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Helpline •• Training •• Training Independently Accredited •• Physical & Emotional Abuse •
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Description of service: Confidential helpline offering support to sex-workers. Services include outreach with a team going to the red light area of Norwich to meet with the street based sex workers. Outreach also offers on-the-spot help, harm reduction advice, information on services, condoms and a hot drink. Further support includes drop-in service providing a safe and positive place offering a hot lunch, a meeting place, a listening ear, support and friendship. The Team also visit local local prisons and visit women from Norfolk serving sentences in other prisons around the country. Offers one to one befriending with women either still working in sex work, exiting or on release from prison. Also run the Rose Project providing support to young people who are at risk of, or are being exploited.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

THRIVE THERAPY

Essex

Serving: Off A12 corridor in Braintree, Colchester, Maldon and Chelmsford

T: 01376 330767
E: support@ietal.org
W: www.counselling-directory.org.uk/counsellor_9507.html
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 609 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Newsletter ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●
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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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 721 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●
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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.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

WAVENEY RAPE AND ABUSE CENTRE

Lowestoft

Serving: Suffolk

HL: 01502 585707

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 626 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •
- Physical & Emotional Abuse •

Description of service: Provide telephone & face-to-face counselling for women & men who have been raped, suffered sexual or physical abuse or who are adult survivors of childhood abuse. answer phone service outside opening hours - calls returned within 24 hours. Offer chaperone service for GPs, solicitors, clinics, courts. They also offer support and befriending. The helpline is open: Tues 10am-12noon & Thurs 7-9pm.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

YMCA COUNSELLING SERVICE

101 Wellington Street, Peterborough, PE1 5DU

Serving: Cambridgeshire

HL: 01733 891891 T: 01733 373186

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 667 ▶

Clients:

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

Services:

- Helpline ●
- Accommodation ●

Description of service: Formerly known as Time Stop Counselling Service. Short, medium or long term counselling for 16-25 year olds, by professionally trained and supervised counsellors. Frequently work with survivors of childhood sexual abuse (male and female) but also with many other problems. Part of a project that also offers direct-entry hostel accommodation for homeless young people, 16-25 years old.



ADULTS WOMEN • REGION: England East Anglia • Section: 07

YOUNG CONCERN TRUST

Sewell House, 349 The Hides, Harlow, CM20 3QY

Serving: Essex

T: 01279 414090 F: 01279 414090

E: admin@yctsupport.com

W: www.youngconcern.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 669 ▶

Clients:

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

Services:

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.



ADULTS WOMEN • REGION: England London • Section: 08

AFFECTIVE and EMOTIONAL DISORDER SERVICE

Bethlem Royal Hospital, Monk's Orchard Road, Beckenham, BR3 3BX

Serving: National (UK), London & Kent

T: 0203 228 4414 F: 0203 228 4407

E: crisisrecoveryunit@slam.nhs.uk

W: www.national.slam.nhs.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 12 ▶

Clients:

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

Services:

- Training •
- Physical & Emotional Abuse •

Description of service: A specialist unit for females (18+) who harm themselves. The service offers in-patient treatment at the Bethlem Royal Hospital, and out-patient at The Maudsley Hospital, S. London. The in-patient service offers a 6mth care package, with an initial in-patient period of 3wks to assess the patient's needs, agree appropriate treatment, and devise an individual treatment package. Treatment includes individual & group therapy, and may include medication.



ADULTS WOMEN • REGION: England London • Section: 08

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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 25 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Newsletter ●• Training ●• Physical & Emotional Abuse ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • REGION: England London • Section: 08

BB4K (Bounce Back 4 Kids)

Serving: Reading, London, Brighton, Oxford

T: 0334564800

E: bb4k@pactcharity.org

W: www.bounceback4kids.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 45 ▶

Clients:

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

Services:

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

Description of service: Bounce Back 4 Kids (BB4K) is a support programme developed by PACT that uses therapeutic techniques to support children who have been victims or witnesses of domestic abuse. The programme works with the children and their parents or carers to come to terms with experiencing family breakdowns. The programme consists of children's support groups run concurrently with parent support groups.



ADULTS WOMEN • 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@blgmind.org.uk.

W: www.blgmind.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 201 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •
- Physical & Emotional Abuse •

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.



ADULTS WOMEN • REGION: England London • Section: 08

CRISIS RECOVERY UNIT

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

Serving: London

T: 020 7919 2371 F: 020 7740 5178

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 125 ▶

Clients:

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

Services:

- Training ●
- Physical & Emotional Abuse ●

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.



ADULTS WOMEN • REGION: England London • Section: 08

Cunningham Blake Solicitors

1 Spencer Yard, Blackheath, London SE3 0DE

Serving: South East London

T: 020 8297 5800

W: www.cbsolicitors.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 725 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Physical & Emotional Abuse •
- Court & Legal Support for Victims & Witnesses •

Description of service: Partner in the firm and a panel member of The Association of Child Abuse Lawyers (ACAL) and the Law Society Personal Injury Panel with 22 years experience who will personally act on your behalf in pursuing claims against individual abusers, their employers, owners of children's homes and schools, social services, religious and charitable organisations, The Scout Association as well as the Criminal Injuries Compensation Authority (CICA) claims.

Any claim will be dealt with sensitively and with understanding that it is very difficult to talk about and pursue such matters, but also with the intention of ensuring you receive the maximum compensation for your suffering to help rebuild your life and obtain any necessary treatment which often includes privately paid Cognitive Behavioural Therapy.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 134 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter ●• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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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, helpline, workshops, mentoring & befriending and practical help. Services for individual male young people and male adults - Helpline only.



ADULTS WOMEN • REGION: England London • Section: 08

Dr Maria Helena Marconell

SW10 9AH

Serving: London, Sussex, Kent, Essex, Richmond, Ealing Broadway, Oxford the area of High Wycombe, Amersham

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 148 ▶

Clients:

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

Services:

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

Description of service: I provide CBT and EMDR therapy for people who are going through a rough time in their lives that is affecting their emotional and daily life as well as for trauma and PTSD of images or events that also affect their life at present. During the therapeutic path, some clients can use an art form of their interest to help them with the tasks they need to do during and in between therapy sessions. This art form can range from walking to cooking to art to embroidery or anything that the client finds has been a hobby or a profession they very much enjoy or have enjoyed in the past. The aim of the combination therapy is to also develop activities that might become engaging and provide a regular interest and enhance concentration within the therapy itself. I am a fully accredited BABCP psychotherapist for CBT and that I treat adults, Young People and children and their families. Also that I am an EMDR fully trained practitioner.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 710 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 164 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Partners FM ●● Parents FM ●● Young People FM ●● Perpetrators FM ●	Services: <ul style="list-style-type: none">● Helpline ●● Newsletter ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●
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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



ADULTS WOMEN • 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: 020 8531 9760 F: 020 8531 9760

E: jan@janhawkins.co.uk

W: www.janhawkins.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 187 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England London • Section: 08

GALOP

Resource for London, 356 Holloway Road, London, N7 6PA

Serving: London

HL: 0800 999 5428 T: 020 7697 4081 F: 020 7704 6707
E: info@galop.org.uk
W: www.galop.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 190 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">● Helpline ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●● Court & Legal Support for Victims & Witnesses ●
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Description of service: The national lgbt domestic violence helpline (galop) 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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 714 ▶

Clients:

- Adults FM •

Services:

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

Description of service: Greenwich DVA services provide confidential, non-judgmental services which are design to support survivors from a diverse range of backgrounds. Greenwich DVA service empowers women so that they can make informed choices about their futures.



ADULTS WOMEN • REGION: England London • Section: 08

HARINGEY WOMEN'S FORUM

1 Bruce Grove, London, N17 6RA

Serving: London

T: 0208 885 4705 F: 0208 880 9135

E: info@hwfonline.org.uk

W: www.hwfonline.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 204 ▶

Clients:

- Adults FM •
- Partners FM •

Services:

- Training •

Description of service: Haringey Women's Forum supports disadvantaged women, particularly those who have experienced domestic violence. We offer a range of services, including a Befriending Project, a Housing advice service, volunteering opportunities and an Expert User Group drawn from users of domestic violence services across Haringey. All our services are free of charge. More information is available by calling our office Mon-Fri 9.30am-5pm.



ADULTS WOMEN • REGION: England London • Section: 08

HAVEN - CAMBERWELL

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: London

HL: 0203 299 9000 T: 0203 299 1599 F: 0203 299 1598

W: www.thehavens.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 206 ▶

Clients:

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

Services:

- Helpline •

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.



ADULTS WOMEN • REGION: England London • Section: 08

HAVEN - PADDINGTON

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: London

T: 0203 312 1101 F: 0203 312 1850

E: Kch-tr.Havensinfo@nhs.net

W: www.thehavens.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 207 ▶

Clients:

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

Services:

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.



HAVEN - WHITECHAPEL

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: London

T: 020 7247 4787 F: 0207 247 5802

W: www.thehavens.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 208 ▶

Clients:

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

Services:

- Training ●
- Physical Disabilities ●● Learning Disabilities ●

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 209 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 213 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Parents FM •• Young People FM •	Services: <ul style="list-style-type: none">• Newsletter •• Training •• Training Independently Accredited •• Learning Disabilities •• Physical & Emotional Abuse •• Domestic Violence •• Court & Legal Support for Victims & Witnesses •
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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



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 215 ▶

Clients: <ul style="list-style-type: none">● 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: <ul style="list-style-type: none">● Helpline ●● Newsletter ●● Physical Disabilities ●● Learning Disabilities ●● Physical & Emotional Abuse ●● Domestic Violence ●● Accommodation ●
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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.



ADULTS WOMEN • 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: info@h4w.co.uk E: referrals_gdva@h4w.co.uk
W: www.hfw.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 713 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •
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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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 225 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Physical & Emotional Abuse ●
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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.



ADULTS WOMEN • REGION: England London • Section: 08

INTO THE LIGHT

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

Serving: National (UK) & London

E: info@intothelight.org.uk
W: www.intothelight.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 231 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Adults M •• Partners FM •• Partners M •	Services: <ul style="list-style-type: none">• Training •• Physical & Emotional Abuse •
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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, , One to One: For women and men in person, Skype: For women and men throughout the UK, (2) One to One counselling in London or via Skype (3) Workshops on some of the main issues surrounding sexual abuse for men and women survivors 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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 256 ▶

Clients:

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

Services:

- Physical & Emotional Abuse •
- Domestic Violence •

Description of service: Kingston Womens 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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 257 ▶

Clients:

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

Services:

- Physical & Emotional Abuse •
- Domestic Violence •

Description of service: Kingston Womens 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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 290 ▶

Clients: <ul style="list-style-type: none">• Adults FM •	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse •
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 303 ▶

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



ADULTS WOMEN • REGION: England London • Section: 08

OFF CENTRE - HACKNEY YOUNG PEOPLE'S COUNSELLING SERVICE, E

► Off Centre at Family Action ◀
Unit 7 Textile Building, 2A Belsham Street, London, E9 6NG

Serving: London

T: 02089864016

offcentre@family-action.org.uk

W: www.family-action.org.uk/what-we-do/children-families/off-centre/

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 341 ▶

Clients:

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

Services:

- Physical & Emotional Abuse ●
- Domestic Violence ●● Accommodation ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: Off Centre is a leading voluntary sector mental health provider for young people aged 11-25 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



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 349 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Newsletter ●● Training ●● Learning Disabilities ●● Physical & Emotional Abuse ●● Domestic Violence ●● Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • REGION: England London • Section: 08

**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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 382 ▶

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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 415 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Young People FM ●● Young People M ●• Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical Disabilities ●● Learning Disabilities ●
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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.



ADULTS WOMEN • REGION: England London • Section: 08

SARC- London

Havens: Camberwell, 13-14 Caldecott Road, SE5 9RS & Paddington, St Mary's Hospital, Ground Floor Dumbell Building, Praed Street, W2 1NY & Whitechapel, 9 Brady Street, E1 5DG

Serving: London

HL: 020 3299 1599 T: General Enquiries: 020 3299 1599 & Self-referral: 020 3299 6900 F: 0203 3121850
E: haven.pad@nhs.net
W: www.thehavens.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 471 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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Description of service: There are three Havens in London. Haven Camberwell is based at Denmark Hill, the others being the Haven Paddington near St Mary's Hospital 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 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. emotional support (counselling), 3. Emergency contraception, 4. Prevention and/or treatment of sexually transmitted infections & 5. Referrals to termination (abortion) clinic if required.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 513 ▶

Clients:

- Adults FM •
- Young People FM •

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 514 ▶

Clients:

- Adults FM •
- Young People FM •

Services:

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

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.



ADULTS WOMEN • REGION: England London • Section: 08

SPIRAL HOLISTIC THERAPY CENTRE

London, N7

Serving: London

T: 020 7607 4403

E: info@spiralcentre.org

W: www.spiralcentre.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 522 ▶

Clients:

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

Services:

- Physical & Emotional Abuse •
- Domestic Violence •

Description of service: A group of counsellors, psychotherapists and complementary therapists offering therapy from a holistic perspective to over 18s. Private fees; some low-cost spaces available. Mainly Mon-Sat, daytimes and evenings. We work with adult survivors, partners, parents and young people 18+; both male and female. Low cost service can offer counselling and psychotherapy depending on level of need.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 541 ▶

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: 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 and include day, evening and weekend times. We also provide e-mail and postal support.



ADULTS WOMEN • REGION: England London • Section: 08

SURVIVORS OF INCEST ANONYMOUS, NW

c/o Hampstead Community Centre, 78 Hampstead High Street, London, NW3

Serving: London

W: www.siawso.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 549 ▶

Clients: ● Adults FM ●● Adults M ●	Services:
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Description of service: A self-help support group for people over 18 yrs old who have experienced incest and/or sexual abuse. 12-step programme. Mixed meetings at above address (top floor), 1st and 2nd Thursdays of the month, evenings 8.00-9.30pm.



ADULTS WOMEN • REGION: England London • Section: 08

SURVIVORS TOGETHER

c/o Forrest House, 63 Rowntree Clifford Close, Plaistow, London, E13 8AB

Serving: London

E: yvonne@survivorstogether.co.uk or E: anna@survivorstogether.co.uk

W: www.survivorstogether.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 550 ▶

Clients:

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

Services:

- Learning Disabilities •

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.



ADULTS WOMEN • 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.fsnet.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 556 ▶

Clients:

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

Services:

- Helpline •
- Physical & Emotional Abuse •

Description of service: Support for women generally (all issues, areas, etc). Eg. Mental health, domestic violence, depression, lesbians. Drop-in for women day-time. Assertiveness training. One-to-one confidential support.



ADULTS WOMEN • 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.fsnet.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 555 ▶

Clients:

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

Services:

- Helpline •
- Physical & Emotional Abuse •

Description of service: Support for women generally (all issues, areas, etc). Eg. Mental health, domestic violence, depression, lesbians. Drop-in for women day-time. Assertiveness training. One-to-one confidential support.



ADULTS WOMEN • 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/

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 712 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • 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>

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 734 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Physical & Emotional Abuse •
- Domestic Violence •

Description of service: The Listening Place believes that regular listening support provided by trained volunteers helps relieve emotional pain and stress and gives you the opportunity to consider alternatives to suicide. All our volunteers are supported and supervised by mental health professionals.



ADULTS WOMEN • REGION: England London • Section: 08

THIS TANGLED WEB

3rd Floor, 36 Langham Street, London, W1W 7AP

Serving: London

W: www.thistangledweb.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 607 ▶

Clients:

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

Services:

- Newsletter ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: We provide survivor coffee mornings in the Twickenham TW1 area. Also website and peer to peer online support group offering national and international support. We organise events for survivors based within London. This Tangled Web was established in February 2010 by one survivor of childhood sexual abuse. Kate Swift made it her mission to let other survivors know that they are not alone: more so that there is help, support and understanding available to them. This journey began with the opening of the website, followed quickly by the online support group Reaching Survivors Of Sexual Abuse (RSOSA). Kate Swift has gone on to have three books published, the first "This Tangled Web", secondly "Silent No More" (with RSOSA) and thirdly her life story "Nobody's Rag Doll".



ADULTS WOMEN • REGION: England London • Section: 08

VICTIM SUPPORT NEWHAM, E

Mansfield House, 30 Avenons Road, Plaistow, London, E13 8HT

Serving: London

T: 020 8555 8254
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 621 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●• Children M ●	Services: <ul style="list-style-type: none">• Physical Disabilities ●
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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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 635 ▶

Clients: <ul style="list-style-type: none">• Adults FM •	Services:
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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.



ADULTS WOMEN • 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

W: www.womanstrust.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 715 ▶

Clients:

- Adults FM •

Services:

- Physical & Emotional Abuse •
- Domestic Violence •

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 650 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England London • Section: 08

WOMEN AND GIRLS NETWORK

P.O. Box 13095, London, W14 0FE

Serving: London

HL: 0808 801 0770 (Sexual Violence Help line) T: 020 7610 4678 F: 020 7602 8610
E: info@wgn.org.uk
W: www.wgn.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 651 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •	Services: <ul style="list-style-type: none">• Helpline •• Training •• Training Independently Accredited •• Physical & Emotional Abuse •• Domestic Violence •• Court & Legal Support for Victims & Witnesses •
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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 & Thur: 10.00-12.00pm & 6.30-9.00pm & Sat: 10.00-1.00pm.



ADULTS WOMEN • REGION: England South East • Section: 09

AAAC Counselling

Administration Office

Serving: Hastings, Rother and Bexhill

T: 01424 775187 F: 01424 772448

E: dc.aaac@gmail.com

W: www.aaaccounselling.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 3 ▶

Clients:

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

Services:

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

Description of service: Short term counselling (6-12 weeks) for adults (18+) who were abused as children or who have experienced trauma. This includes secondary survivors (parents, siblings, other family members). Referrals need to come in writing from a health professional, eg. Your GP. We now also accept referrals by email. Mobile: 07804 411315. Serves the areas of Hastings, Rother AND Bexhill. Self-referrals are accepted on a private fee paying basis.



ADULTS WOMEN • REGION: England South East • Section: 09

AFFECTIVE and EMOTIONAL DISORDER SERVICE

Bethlem Royal Hospital, Monk's Orchard Road, Beckenham, BR3 3BX

Serving: National (UK), London & Kent

T: 0203 228 4414 F: 0203 228 4407

E: crisisrecoveryunit@slam.nhs.uk

W: www.national.slam.nhs.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 13 ▶

Clients:

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

Services:

- Training •
- Physical & Emotional Abuse •

Description of service: A specialist unit for females (18+) who harm themselves. The service offers in-patient treatment at the Bethlem Royal Hospital, and out-patient at The Maudsley Hospital, S. London. The in-patient service offers a 6mth care package, with an initial in-patient period of 3wks to assess the patient's needs, agree appropriate treatment, and devise an individual treatment package. Treatment includes individual & group therapy, and may include medication.



ADULTS WOMEN • 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: advice@andovermind.org.uk E: advice@andovermind.org.uk
W: www.andovermind.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 16 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •
- Physical Disabilities •

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.



ADULTS WOMEN • REGION: England South East • Section: 09

ANDOVER RAPE CRISIS HELPLINE

P.O. Box 1608, Andover, SP10

Serving: Hampshire

HL: 01264 336222

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 17 ▶

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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 26 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Newsletter ●• Training ●• Physical & Emotional Abuse ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • REGION: England South East • Section: 09

AYLESBURY VALE RAPE CRISIS

P.O. Box 268, Aylesbury, HP22 6SA

Serving: Buckinghamshire

HL: 01296 392468 T: 01296 392468

E: support@avrc.org.uk

W: www.avrc.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 28 ▶

Clients:

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

Services:

- Helpline •
- Training •
- Domestic Violence •
- Court & Legal Support for Victims & Witnesses •

Description of service: Rape Crisis supports women (16+) affected by rape, sexual assault or child abuse, recently or in the past. Support for partners, friends and carers, and for mothers and carers of abused children. Counselling, helpline, email support, information, practical help, advocacy and befriending is provided. The service is self-referral, free and confidential.



ADULTS WOMEN • REGION: England South East • Section: 09

BASINGSTOKE RAPE & SEXUAL ABUSE CRISIS CENTRE

The Orchard, White Hart Lane, Basingstoke, RG21 4AF

Serving: Hampshire

HL: 01256 423890 T: 01256 423810

E: admin@brasacc.com

W: www.brasacc.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 43 ▶

Clients:

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

Services:

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

Description of service: We provide telephone support and face-to-face counselling to anyone over the age of 16 who has suffered any sort of rape, sexual abuse or assault, however at any time in their lives. We will also support partners, relatives and friends. The office is open: Mon - Fri 9.30am – 5pm. The crisis helpline is open: Mon-Thurs 7 - 9pm, with a 24hour answer phone service. We also offer a monthly support group to those clients on our waiting list.



ADULTS WOMEN • REGION: England South East • Section: 09

BASINGSTOKE RAPE & SEXUAL ABUSE CRISIS CENTRE

The Orchard, White Hart Lane, Basingstoke, RG21 4AF

Serving: Hampshire

HL: 01256 423890 T: 01256 423810

E: admin@brasacc.org.uk

W: www.brasacc.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 42 ▶

Clients:

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

Services:

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

Description of service: We provide telephone support and face-to-face counselling to anyone over the age of 16 who has suffered any sort of rape, sexual abuse or assault, however at any time in their lives. We will also support partners, relatives and friends. The office is open: Mon - Fri 9.30am – 5pm. The helpline is open: Mon-Thurs 7 - 9pm, with a 24hour answer phone service. We also offer a monthly support group to those clients on our waiting list.



ADULTS WOMEN • REGION: England South East • Section: 09

BB4K (Bounce Back 4 Kids)

Serving: Reading, London, Brighton, Oxford

T: 0334564800

E: bb4k@pactcharity.org

W: www.bounceback4kids.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 46 ▶

Clients:

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

Services:

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

Description of service: Bounce Back 4 Kids (BB4K) is a support programme developed by PACT that uses therapeutic techniques to support children who have been victims or witnesses of domestic abuse. The programme works with the children and their parents or carers to come to terms with experiencing family breakdowns. The programme consists of children's support groups run concurrently with parent support groups.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 47 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Training ●• Physical Disabilities ●● Learning Disabilities ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 107 ▶

Clients:

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

Services:

- Helpline ●
- Training ●● Training Independently Accredited ●
- Physical & Emotional Abuse ●
- Domestic Violence ●● Accommodation ●

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.



ADULTS WOMEN • 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: 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: 110 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Partners M •	Services: <ul style="list-style-type: none">• Helpline •• Newsletter •• Training •
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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 admin@cisters.org.uk



ADULTS WOMEN • 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: info@eastkentraperline.com

W: www.eastkentraperline.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 154 ▶

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 ●
- Training ●
- Physical Disabilities ●
- Court & Legal Support for Victims & Witnesses ●

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 156 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●	Services: <ul style="list-style-type: none">• Helpline ●
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 168 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •
- Training •
- Physical & Emotional Abuse •

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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 707 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●
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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.



ADULTS WOMEN • REGION: England South East • Section: 09

FAMILY MATTERS

13 Wrotham Road, Gravesend, DA11 0PA

Serving: Kent and London Borough of Bexley (Helpline is National)

HL: 01474 537392 T: 01474 536661 F: 01474 546636
E: admin@familymattersuk.org
W: www.familymattersuk.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 175 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical Disabilities ●● Learning Disabilities ●● Physical & Emotional Abuse ●● Court & Legal Support for Victims & Witnesses ●
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Description of service: Services: • Free service open to all survivors of rape and sexual abuse. • Therapy • Independent Sexual Violence Advisor (ISVA)
Support (Kent Only) • Helpline • Support for family of survivors

Family Matters is a registered Charity that provides free specialist support services for all survivors of rape and sexual abuse in Kent. FM provides face to face therapy at various venues across Kent. The therapy service is also available for adults and children in the London Borough of Bexley. FM offers an Independent Sexual Violence Advisors service to residents of Kent providing emotional and practical support tailored to the needs of the survivor. FM also has a national helpline offering information and support to professionals or anyone affected by rape or sexual abuse.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 214 ▶

Clients:

- Adults FM •
- Young People FM •

Services:

- Helpline •

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.



Herts Domestic Abuse Line

Serving: Hertfordshire

HL: 08 088 088 088 T: 08 088 088 088

E: support@hertsdomesticabusehelpline.org

W: www.hertsdomesticabusehelpline.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 739 ▶

Clients:

- Adults FM •• Adults M •
- Perpetrators FM •• Perpetrators M •

Services:

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

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



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 236 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Helpline •• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •
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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.



ADULTS WOMEN • REGION: England South East • Section: 09

ISLE OF WIGHT YOUTH TRUST

1 St Johns Place, Newport, PO30 1LH

Serving: Isle of Wight

T: 01983 529569

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 237 ▶

Clients:

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

Services:

Description of service: Confidential information, advice and one-to-one counselling for young people (13-25yrs) on any subject, including sexual abuse, drugs and alcohol, problems at school. Sexual health clinic Thurs 3-6pm. Open: Mon-Fri 9am-5pm.



ADULTS WOMEN • REGION: England South East • Section: 09

JIG-SAW

Grafton House, 5 Grafton Street, Sandown, PO36 8JJ

Serving: Isle of Wight

HL: 01983 400123

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 242 ▶

Clients:

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

Services:

- Helpline ●● Newsletter ●

Description of service: An independent charity offering one-to-one counselling for survivors (18+) of childhood sexual abuse. If no-one answers, leave a message and someone will call you back.



ADULTS WOMEN • REGION: England South East • Section: 09

Kinara Asian Women's Refuge

PO Box 1203, Slough, Berkshire, SL3 8YH

Serving: Berkshire

T: 01753 541 412
E: daat@slough.gov.uk
W: localgiving.org/charity/kinararefuge
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 253 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •
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Description of service: Kinara provides a safe home for women and children fleeing domestic abuse and violent relationships. Kinara provides a home for victims and support in areas of empowerment and self esteem to rebuild lives again in a culturally sensitive environment.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 268 ▶

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.



ADULTS WOMEN • REGION: England South East • Section: 09

LIFE CENTRE

P.O. Box 58, Chichester, PO19 8UD

Serving: West Sussex

HL: 0844 847 7879 T: 01243 786349

E: info@lifecentre.uk.com

W: www.lifecentre.uk.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 271 ▶

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 ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: Face to face counselling in West Sussex; National telephone and text helplines and e-mail counselling for survivors of rape or sexual abuse and for their supporters. Clients are invited to make a donation towards the cost of their face to face counselling. The telephone helplines are open Sun, Mon, Tues and Thurs evening from 19:30 - 22:00. Adult: 0844 847 7879 Under 18: 0808 8020808; Under 18 helpline calls are free. Text helpline: 07717 989022; Email counselling: help@lifecentre.uk.com



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 300 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Helpline ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●● Accommodation ●● Court & Legal Support for Victims & Witnesses ●
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Description of service: Provides holistic domestic violence service. Crisis intervention service includes, 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

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 behavior to changing their unacceptable behaviour.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 347 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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 & 01865 726295 T: 01865 725311

E: admin@osarcc.org.uk

W: www.oxfordrapecrisis.net

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 353 ▶

Clients:

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

Services:

- Helpline •
- Training •

Description of service: Free & confidential helpline for women & girls who have been subject to sexual violence either recently or in the past. Also provides support to family & friends of survivors. The helpline is open: Mon & Thurs 6.30-9pm; Fri 11.30am-2pm; Sun 6-8.30pm.

For email support please email support@osarcc.org.uk



ADULTS WOMEN • REGION: England South East • Section: 09

Portsmouth Abuse and Rape Counselling Service (PARCS)

P.O Box 3, Portsmouth, PO2 8RX

Serving: Hampshire

HL: 023 9266 9511 T: 023 9266 9513

E: admin@parcs.org.uk

W: www.parcs.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 365 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●• %%Domestic Violence ●
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Description of service: Ais an organisation based within Portsmouth City that works with women and men 5+) 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 1-3pm; Wed & Fri 7-10pm.



ADULTS WOMEN • REGION: England South East • Section: 09

RAPE AND SEXUAL ABUSE COUNSELLING - (W.A.C.A.) (Mid-Hampshire)

Winchester

Serving: Hampshire

HL: 01962 868688 & 864433 T: 01962 807037
E: rasac@waca.org.uk
W: www.rasac.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 379 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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Description of service: Helplines & counselling for men & women concerned about childhood sexual abuse, rape or any unwanted sexual encounter. Counsellors are fully qualified and trained to understand the issues; give support & info in confidence. Individual counselling by appointment. The helplines are staffed by men & women and are open: Mon 11.30am-1.30pm; Tues & Thurs 6.30-9.00pm. Hampshire ISVA (Independent Sexual Violence Advocacy) is part of Winchester RASAC – ISVAs support survivors of recent and historic sexual crimes to provide information and access relevant services and support through the Criminal Justice System, if appropriate.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 381 ▶

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 388 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Partners M •• Parents FM •• Parents M •• Young People FM •	Services: <ul style="list-style-type: none">• Helpline •• Training •• Physical & Emotional Abuse •• Court & Legal Support for Victims & Witnesses •
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Description of service: Free, confidential support for women survivors of rape, sexual assault or childhood sexual abuse, 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) and youth outreach work.



ADULTS WOMEN • 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
20/06/2015info@rcsas.org.uk
W: www.rasasc.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 394 ▶

Clients: <ul style="list-style-type: none">• Adults FM •	Services: <ul style="list-style-type: none">• Helpline •• Training •• Training Independently Accredited •• Court & Legal Support for Victims & Witnesses •
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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).



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 399 ▶

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

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.



Reducing The Risk

Serving: National UK and Oxfordshire

E: info@reducingtherisk.org.uk
W: www.reducingtherisk.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 401 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Adults M •	Services: <ul style="list-style-type: none">• Training •• Physical & Emotional Abuse •• Domestic Violence •
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Description of service: We aim to reduce the risk of Domestic Abuse developing and deliver 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 work to improve the life chances of many children in our community who come from homes where there is abuse. We provide training, and coordinate and enhance the work of over 1,000 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.



ADULTS WOMEN • REGION: England South East • Section: 09

Reducing the Risk of Domestic Abuse

Broadway House, Northbrook Street, Newbury, Berkshire, RG14 1BA

Serving: Berkshire, Buckinghamshire, Havering, Oxfordshire and Wokingham

H: 0800 731 0055/0808 2000 247 T: 0800 731 0055

E: info@reducingtherisk.org.uk E: oxfordshiredomestic@a2dominion.co.uk

W: www.reducingtherisk.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 402 ▶

Clients:

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

Services:

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

Description of service: The West Berkshire Domestic Abuse Service provides the following services for women and men who are experiencing domestic abuse: Refuge placements. Outreach one to one support (women and men). Independent Domestic Violence Advisor (IDVA) and Young Persons IDVA (works with high risk victims of both genders. This service is now available for all young people who experience abuse). Group work (Freedom Programme/Recovery Toolkit). A programme of support for survivors of domestic abuse.



ADULTS WOMEN • REGION: England South East • Section: 09

RENTON CLINIC SARC

Darent Valley Hospital, Dartford, DA2 8DA

Serving: Kent

T: 01322 428740

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 409 ▶

Clients:

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

Services:

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.



ADULTS WOMEN • REGION: England South East • Section: 09

Rise

Serving: Kent

T: 07749616479
E: support@risekent.org
W: www.risekent.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 420 ▶

Clients: <ul style="list-style-type: none">• Adults FM •	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse •• Domestic Violence •
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Description of service: RISE Kent would like to reassure female adult survivors experiencing sexual trauma, you're not alone. We appreciate it is hard taking this step and going into the unknown. Whether you are new to recovery or have been in recovery for a number of years, we hope a peer-centred support group will help you in your own journey, as well as helping others in theirs. WE MEET EVERY OTHER THURSDAY EVENING. The next RISE Kent group will be Thursday 5th October 7:30-9:00 pm



ADULTS WOMEN • 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: communications@riseuk.org.uk
W: www.riseuk.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 421 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●● Accommodation ●
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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.



ADULTS WOMEN • REGION: England South East • Section: 09

Rising Sun

Block G, Chaucer Technology School, Spring Lane, Canterbury, Kent, CT1 1SU

Serving: Canterbury district, Folkestone and Ashford

H: 01227 452852 T: 01227 452852
E: admin@risingsunkent.com
W: www.risingsunkent.com
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 422 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Children FM •	Services: <ul style="list-style-type: none">• Helpline •• Training •• Physical & Emotional Abuse •• Domestic Violence •
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Description of service: Our One Stop Shops places 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. Freedom 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 please visit our website.



ADULTS WOMEN • REGION: England South East • Section: 09

SDAS - Southern Domestic Abuse Service

Havant, PO9 1UA

Serving: Hampshire

H: 0330 016 5112 T: 02392 480246

W: www.southerndas.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 492 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England South East • Section: 09

Southampton Rape Crisis

Hampshire

Serving: Hampshire & Isle of Wight

HL: 023 8063 6313 T: 023 8063 6312

E: info@sotonrc.org.uk

W: www.southamptonrapecrisis.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 515 ▶

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 ●
- Training ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: Southampton Rape Crisis provides a Helpline, Face to Face Counselling to Young People (11+) and Adults. We serve Southampton, Western Hampshire and Isle of Wight. Group Therapy also takes place as well as Family Therapy.

Southampton Rape Crisis also provides an Independent Sexual Violence Advisor (ISVA) service to those already in the CJS or thinking of reporting to the police.



ADULTS WOMEN • REGION: England South East • Section: 09

Southampton Rape Crisis

Hampshire

Serving: Isle of Wight & Isle of Wight

HL: 023 8063 6313 T: 023 8063 6312

E: info@sotonrc.org.uk

W: www.southamptonrapecrisis.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 516 ▶

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 ●
- Training ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: Southampton Rape Crisis provides a Helpline, Face to Face Counselling to Young People (11+) and Adults. Group Therapy also takes place as well as Family Therapy.

Southampton Rape Crisis also provides an Independent Sexual Violence Advisor (ISVA) service to those already in the CJS or thinking of reporting to the police.



ADULTS WOMEN • 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@sotonrc.org.uk

W: www.southamptonrapecrisis.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 517 ▶

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 ●
- Training ●
- Physical Disabilities ●● Learning Disabilities ●
- Court & Legal Support for Victims & Witnesses ●

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.



ADULTS WOMEN • 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-

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 526 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England South East • Section: 09

STEVENAGE & NORTH HERTS WOMEN'S RESOURCE CENTRE

37-39 The Hyde, Shephall, Stevenage, SG2 9SB

Serving: Hertfordshire

T: 01438 742742

E: stevenagewrc@btopenworld.com

W: www.womensresourcecentre.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 528 ▶

Clients:

- Adults FM •

Services:

- Physical & Emotional Abuse •

Description of service: A free information, support and advice service for women. Runs groups for survivors of sexual abuse. Provides short & long-term counselling. Help & support for survivors of domestic violence. Open mornings for all women for general social support (Tues & Wed). Self-help & development courses. Over 50s group. Open for telephone support and appointments: Mon-Fri 9.30am-4pm.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 548 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Training ●● Training Independently Accredited ●● Physical & Emotional Abuse ●● Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • REGION: England South East • Section: 09

SUSSEX PARTNERSHIP NHS FOUNDATION TRUST

4 St Peters Place, Brighton, BN1 4SA

Serving: East Sussex

T: 01273 624885

E: info@sussexpartnership.nhs.uk

W: www.sussexpartnership.nhs.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 554 ▶

Clients:

- Adults FM •• Adults M •

Services:

Description of service: Assessment and treatment of people with mental health problems relating to sexual abuse.

(Formerly known as Men in Crisis).



ADULTS WOMEN • REGION: England South East • Section: 09

The Dash Charity

65 Whitby Road, Slough, Berkshire, SL1 3DP

Serving: Berkshire East & South Bucks

H: 01753 549865 T: 01753 549865
E: info@thedashcharity.org.uk
W: thedashcharity.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 572 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Helpline ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●● Accommodation ●
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Description of service: In our refuges, families receive intensive tailor made support and safety plans, and can stay with us from several months to a whole year. Uniquely, each resident will also be assessed by our Mental Health Specialist, who will provide treatment plans and ensure that they are referred to any specialist clinical services. We also run an award winning Advocacy and Outreach Service to support victims of domestic abuse within the local community. Through this service we can refer any children of the victim to our Children's Services Team. In 2009 we extended our reach to male victims of domestic abuse, providing them with Advocacy and Outreach Services as well as refuge accommodation from 2012. Our innovative Children's Services Team which we set up in 2009 and reaches out to children and young people through a variety of creative ways including group work, workshops, schools projects and one to one support.



The Footprints Project

Serving: Dorset, Somerset and Hampshire

T: 07789 937637

E: info@footprintsproject.co.uk

W: www.footprintsproject.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 728 ▶

Clients:

- Adults FM •• Adults M •
- Perpetrators FM •• Perpetrators M •

Services:

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

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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 577 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●
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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.



ADULTS WOMEN • REGION: England South East • Section: 09

The Hope Programme

Serving: Bedfordshire

HL: 0300 365 1045 T: 0300 365 1045

E: cornelie@thehopeprogram.co.uk

W: www.hopeprogramme.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 706 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England South East • Section: 09

The Portal

Serving: Brighton, Hove, East Sussex

T: 0300 323 9985
E: info@theportal.org.uk
W: www.theportal.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 589 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●	Services: <ul style="list-style-type: none">● Physical & Emotional Abuse ●● Domestic Violence ●
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Description of service: The Portal is a partnership of leading Sussex Domestic and Sexual Abuse Charities led by RISE and including Survivors' Network and change, grow, live. The Portal provides a single point of contact for victims and survivors of domestic or sexual abuse and violence, helping them to find the right help, advice and support. The Portal can also give advice and support to friends, families and professionals. We help victims find out what their options are, including: housing, safety and legal issues, guidance through the court process. We also put victims in touch with other organisations that may be able to address their concerns, including refuge accommodation and sanctuary schemes. Our aim is to support people in making informed choices. The service provides one-to-one support and individual risk and needs assessments to enable medium and high risk victims of domestic abuse to find the best support for their circumstances.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 605 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●
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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.



ADULTS WOMEN • REGION: England South East • Section: 09

THRESHOLD - WOMEN'S COUNSELLING & CRECHE SERVICE

79 - 83 North Street, Brighton, BN1 1ZA

Serving: East Sussex

T: 01273 827001

E: threshold@bht.org.uk

W: www.bht.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 608 ▶

Clients:

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

Services:

- Physical & Emotional Abuse •
- Domestic Violence •

Description of service: A mental health project run by women for women (17+). Provides counselling on a donations basis with free creche facilities. Also therapeutic groups & drop-in. To access the service call 01273 827001 Mon-Fri 9am-5pm.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 611 ▶

Clients:

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

Services:

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

Description of service: Affordable counselling for women by women and young people aged 13-19, based in Hitchin.



ADULTS WOMEN • REGION: England South East • Section: 09

TREETOPS CENTRE

Northern Road, Cosham, Portsmouth, PO6 3EP

Serving: Hampshire & Isle of Wight

T: 0300 123 6616

E: admin.treetops@solent.nhs.uk

W: www.treetopscentre.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 615 ▶

Clients:

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

Services:

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

Description of service: The Treetops Centre has been created to provide a service to anyone in Hampshire or the Isle of Wight who has been raped or sexually assaulted. Services are available to women & men. We can offer support & services whether or not the police are involved. All our services are confidential and you will be able to make choices about what happens next.



ADULTS WOMEN • REGION: England South East • Section: 09

TREETOPS CENTRE

Northern Road, Cosham, Portsmouth, PO6 3EP

Serving: Hampshire & Isle of Wight

T: 0300 123 6616

E: admin.treetops@solent.nhs.uk

W: www.treetopscentre.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 614 ▶

Clients:

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

Services:

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

Description of service: The Treetops Centre has been created to provide a service to anyone in Hampshire or the Isle of Wight who has been raped or sexually assaulted. Services are available to women & men. We can offer support & services whether or not the police are involved. All our services are confidential and you will be able to make choices about what happens next.



ADULTS WOMEN • 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@trusthoureading.org E: office@trusthoureading.org
W: www.trusthoureading.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 754 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●
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Description of service: Trust House Reading is a rape and sexual abuse support centre. Offer a range of services to women, men and children living in the Reading and Berkshire area who have been affected by sexual violence either recently or in the past. Support includes a confidential helpline staffed by trained volunteers, specialist counselling for adults and young people, independent sexual violence advisor support, support groups and play therapy for children. All services are free and confidential.



ADULTS WOMEN • REGION: England South East • Section: 09

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: 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: 624 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical & Emotional Abuse ●● Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • 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
W: www.number22counselling.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 644 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">● Helpline ●● Training ●● Physical & Emotional Abuse ●
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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



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 654 ▶

Clients: <ul style="list-style-type: none">• Adults FM •	Services: <ul style="list-style-type: none">• Helpline •• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 665 ▶

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:

- Physical & Emotional Abuse ●

Description of service: We offer counselling & playtherapy 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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 675 ▶

Clients:

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

Services:

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

Description of service: At yourSanctuary 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, Community based services (including Outreach, Children's Services and Partner Link Workers, Refuge.



ADULTS WOMEN • REGION: England South West • Section: 10

BRISTOL SEXUAL HEALTH CENTRE

Central Health Clinic, Tower Hill, Bristol, BS2 0JD

Serving: Bristol

HL: 0117 342 6944

W: www.uhbristol.nhs.uk/sexual-health/

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 63 ▶

Clients:

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

Services:

- Helpline •

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.



ADULTS WOMEN • REGION: England South West • Section: 10

CORNWALL RAPE & SEXUAL ABUSE CENTRE

Truro Health Park, Infirmary Hill, Truro, TR1 2JA

Serving: Cornwall

T: 01872 262100

E: help@crasac.co.uk

W: www.crasaccornwall.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 117 ▶

Clients:

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

Services:

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

Description of service: One-to-one counselling for male and female survivors of rape , sexual assault and or sexual abuse (13+). Support clinic for parents/family & partners. Male therapy group and female therapy group. Open: Mon-Tues 8.30 am-5pm. Hours variable remainder of the week plus answer phone.



ADULTS WOMEN • REGION: England South West • Section: 10

Dorset Action on Abuse

Seaforth House, 176 Bournemouth Road, Parkstone, BH14 9HY

Serving: Dorset, Bournemouth and Poole

T: 01202 732424

E: info@daaservice.uk

W: www.dorsetactiononabuse.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 142 ▶

Clients:

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

Services:

- Training ●
- Physical & Emotional Abuse ●

Description of service: Our mission is to relieve the suffering and distress of men and women over the age of 16 who are survivors of child abuse (sexual, physical, emotional and neglect) in Dorset, including Bournemouth and Poole. We seek to raise public awareness of the needs of the adult survivors of child abuse and promote a more understanding and supportive public attitude towards them. DAA provides a variety of services: Training events for professionals, volunteers and the public. Weekly, individual therapeutic counselling. Creative Therapy group courses and Therapeutic wellbeing groups.



ADULTS WOMEN • REGION: England South West • Section: 10

DORSET RAPE CRISIS LINE

P.O. Box 877, Bournemouth, BH8 9YU

Serving: Dorset

T: 01202 547445

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 143 ▶

Clients:

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

Services:

- Physical Disabilities •

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.



ADULTS WOMEN • REGION: England South West • Section: 10

DORSET RAPE CRISIS SUPPORT CENTRE

P.O. Box 7697, Poole, Dorset, BH15 9GN

Serving: pan Dorset

HL: 01202 308855 T: 01202 308840 F: 01202 670756

E: info@dorsetrapecrisis.org

W: www.dorsetrapecrisis.org www.facebook.com/dorsetrapecrisissupportcentre

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 144 ▶

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

Description of service: We are a pan-Dorset charity supporting men and women, children and young people, LGBT+ community who have suffered any form of sexual violence and/or abuse at any time in their lives. Our core services are our confidential helpline, live chat via our website, practical and emotional support from our team of Independent Sexual Violence Advisors (ISVA), one to one specialist counselling, support groups and wellbeing workshops. Whilst many of these services run from our support centre in Poole we also run services from hubs in Weymouth and Dorchester. Our vision is to have more hubs across the county allowing us to deliver services more locally. We also provide regular training for professionals working with people who have been affected by sexual violence and raise awareness of the impact of sexual violence to employers. We employ a specialist children and young person's ISVA, who supports children and young people (aged 0 - 17) who have been victims of sexual abuse and also offer support to their siblings and family. We also have a specialist children and young person's counsellor who provides therapeutic support to enable children to move on from the trauma of sexual abuse.



ADULTS WOMEN • REGION: England South West • Section: 10

FIRST LIGHT

Plymouth

Serving: Devon, Cornwall and the Isles of Scilly.

T: 03458 12 12 12 F: 01752 220430

E: info@firstlight.org.uk

W: www.firstlight.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 181 ▶

Clients:

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

Services:

- Newsletter ●
- Physical & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

Description of service: First Light provides specialist support to victims – male and female, adult and child – of sexual violence and domestic abuse in Devon and Cornwall.



ADULTS WOMEN • REGION: England South West • Section: 10

GLOUCESTERSHIRE DOMESTIC ABUSE SUPPORT SERVICE

GDASS, Chedworth House, Green Farm Business Park, Quedgeley, Gloucester, GL2 4LY

Serving: Gloucestershire

HL: 0845 602 9035 T: 0845 602 9035

E: support@gdass.org.uk

W: www.gdass.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 195 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •
- Domestic Violence •

Description of service: Gloucestershire Domestic Abuse Support Service is a new county-wide service designed to reduce the level of domestic abuse and improve the safety of victims and their families. By providing an outreach service in all Districts we aim to reduce the number of high risk cases and cases where people are forced to flee.



ADULTS WOMEN • REGION: England South West • Section: 10

Gloucestershire Rape and Sexual Abuse Centre (GRASAC)

P.O. Box 16, Gloucester, GL4 0RU

Serving: Gloucestershire

HL: 01452 526770 (Information & Support Line) T: 01452 305421
E: info@glosrasac.org.uk
W: www.glosrasac.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 196 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM ●● Partners M •• Parents FM ●● Parents M •• Young People FM ●● Young People M •	Services: <ul style="list-style-type: none">• Helpline •• Training ●● Training Independently Accredited •
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Description of service: South Essex Rape & Incest Crisis Centre (SERICC) provides an independent and specialist, sexual violence support, advocacy and counselling service for those 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.



ADULTS WOMEN • REGION: England South West • Section: 10

HOMETRUTHS

HOMETRUTHS, Box 63, 116 Commercial Road, Swindon, Wiltshire, SN1 5BD

Serving: Swindon and Wiltshire

T: 01793 617589
E: info@hometruths.coop
W: www.hometruths.coop
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 216 ▶

Clients: <ul style="list-style-type: none">• Adults FM •	Services: <ul style="list-style-type: none">• Training •• Physical & Emotional Abuse •• Domestic Violence •
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Description of service: HOMETRUTHS supports anyone from the age of 16 who is experiencing or has experienced domestic Sarah and Kim Handsviolence and abuse, including stalking and harassment, living in Swindon and Wiltshire. Our services are free to anyone needing support or information and our groups are free to attend as well. We can offer you support, information and safety planning to help you make the right choices for yourself and your children if you have any. We work with other agencies and can link you in with services that can help such as: solicitors, housing services, financial and benefit advisors, counsellors, domestic abuse unit, refuges, courts and children's centres. We support people who are still in abusive relationships as well as those who are no longer with their abusive partner, whether this is following a recent separation or if you find you are still affected many years later.



ADULTS WOMEN • REGION: England South West • Section: 10

HOPE HOUSE SARC

Gloucestershire Royal Hospital, Great Western Road, Gloucester, GL1 3NN

Serving: Gloucestershire

T: 01452 754390
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 218 ▶

Clients: ● Adults FM ●● Adults M ●	Services:
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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.



ADULTS WOMEN • REGION: England South West • Section: 10

JOINT AGENCY CHILD ABUSE TEAM (JACAT)

Evergreen House, Victoria Park Road, Exeter, EX2 4NU

Serving: Devon

T: 01392 208771 F: 01392 403254

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 244 ▶

Clients:

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

Services:

- Physical & Emotional Abuse ●

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.



ADULTS WOMEN • REGION: England South West • Section: 10

KINERGY

Mary Carpenter House, Kingswood Foundation Est., Britania Road, Kingswood, Bristol, BS15 8DB

Serving: Bristol, Gloucestershire & Somerset

T: 0117 908 7712

E: contact@kinergy.org.uk

W: www.kinergy.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 254 ▶

Clients:

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

Services:

- Physical & Emotional Abuse •

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.



ADULTS WOMEN • 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 T: 01793 507811 F: 01793 507843

W: www.newswindonsanctuary.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 323 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England South West • Section: 10

NORTH DEVON AGAINST DOMESTIC ABUSE (NDADA)

Barnstaple

Serving: Devon

T: 01271 321946 F: 01271 327577

W: www.ndada.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 331 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Physical & Emotional Abuse ●
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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.



ADULTS WOMEN • REGION: England South West • Section: 10

OFF THE RECORD - BRISTOL

8-10 West Street, Old Market, Bristol, BS2 0BH

Serving: Bristol and South Glos.

HL: 0808 808 9120 T: 0808 808 9120

E: confidential@otrbristol.org.uk E: hello@otrbristol.org.uk

W: www.otrbristol.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 345 ▶

Clients:

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

Services:

- Newsletter ●
- Training ●

Description of service: OTR is a mental health social movement for young people by young people aged 11-25 living in Bristol and South Gloucestershire. Getting support couldn't be easier. Come along to one of our regular drop-in Hubs or explore otrbristol.org.uk and sign-up directly to the project or service you want to try - we offer groups and projects including one-to-one counselling, group therapies, anti-stigma campaigning, body image groups, LGBTQ+ groups, and much more.



ADULTS WOMEN • 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-housing.co.uk

W: www.sanctuary-supported-living.co.uk/PDAS

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 364 ▶

Clients:

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

Services:

- Physical & Emotional Abuse ●
- Domestic Violence ●● Accommodation ●
- Court & Legal Support for Victims & Witnesses ●

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.



ADULTS WOMEN • REGION: England South West • Section: 10

RAPE AND SEXUAL ABUSE HELPLINE

P.O. Box 325, Exeter, EX1 1WQ

Serving: Devon

HL: 0808 800 0188

E: sal@sal-devon.co.uk

W: www.therapeandsexualabusehelpline.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 380 ▶

Clients:

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

Services:

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

Description of service: Freephone helpline offering listening, support and information to men and women over 16yrs living in Devon, who have suffered any form of sexual abuse or rape at any time. Also for partners, families and friends. The helpline is open: Tues, Wed & Thurs 7-10pm.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 416 ▶

Clients:

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

Services:

- Court & Legal Support for Victims & Witnesses ●

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 and Chippenham. Women only space is available at designated times. These services are free at the point of delivery but donations are always welcome.



ADULTS WOMEN • REGION: England South West • Section: 10

SAFE

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

Serving: National (UK) & Wiltshire

HL: 01722 410889

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 433 ▶

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 449 ▶

Clients:

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

Services:

- Helpline ●● Newsletter ●
- Training ●

Description of service: We provide listening therapy for adult survivors(over 16 years) of childhood sexual abuse. Currently we are unable to work with male survivors, although it is anticipated that this will resume at a later date. We also provide up to 3 sessions to parents/partners of survivors (male and female). Following assessment, we offer a set of 4 psycho-educational skills sessions to service users to prepare them for individual sessions. Service users sessions are by donation, with no set charge. The helpline is open Monday and Wednesday 10am to 1pm. An answer machine operates outside these times.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 448 ▶

Clients:

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

Services:

- Helpline •• Newsletter •
- Training •

Description of service: We provide listening therapy for adult survivors of childhood sexual abuse; male and female over 16 years. Following assessment, we offer a set of 4 psycho-educational Skills Sessions to service users to prepare them for individual sessions. Service user sessions are by donation, with no set charge. The helpline is open Mon and Wed 10am to 1pm. An answer machine operates outside these times.



ADULTS WOMEN • REGION: England South West • Section: 10

SARC- Devon

Metropolitan House The Millfields Plymouth PL1 3JB

Serving: Devon

HL: 03458121212 T: 01752 220400 F: 01752 220430

E: info@firstlight.org.uk

W: www.firstlight.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 462 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England South West • Section: 10

SARC- Gloucestershire

Serving: Gloucestershire

T: 01452 754390
W: www.gloucestershire.police.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 464 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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Description of service: See Page 21 for Sexual Assault Referral Centres



ADULTS WOMEN • REGION: England South West • Section: 10

SARC- Wiltshire

Serving: Wiltshire

HL: 0808 168 0024 T: 01793 507811

W: www.newswindonsanctuary.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 487 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●• Learning Disabilities ●• Court & Legal Support for Victims & Witnesses ●
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Description of service: See Page 21 for Sexual Assault Referral Centres



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 493 ▶

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, Thursday 7pm – 9.30pm and TESS (Text and e-mail support) for women affected by self-injury. Text: 07800472908. E-mail: www.selfinjurysupport.org.uk and webchat - follow link to TESS. TESS is open Tues-Thur 7pm-9.30pm. We have a range of publications/information and online self help tools and resources. We provide training to professionals working with people who self-injure



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 508 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England South West • Section: 10

Somerset Integrated Domestic Abuse Service

Serving: Somerset

H: 0800 69 49 999 T: 0800 69 49 999

E: heretohelp@knightstone.co.uk E: communitysafetyteam@somerset.gov.uk

W: www.somersetsurvivors.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 509 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: England South West • Section: 10

SOUTHMEAD PROJECT

Southmead Project, 165 Greystoke Avenue, Southmead, Bristol, BS10 6AS

Serving: National (UK) & Bristol

T: 0117 950 6022 F: 0117 950 6102

E: admin@southmeadproject.com

W: www.southmeadproject.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 520 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●
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Description of service: The Southmead Project is a registered charity providing free therapeutic and practical support to adults who were abused as children and have turned to drugs, alcohol and other ways of self-harming as a consequence of that trauma. The charity is active in research; runs very successful group programmes for parents, carers and concerned others of those affected by addiction, and delivers training programmes in abuse, addiction and disclosure across the UK. Research. Trauma, Drug Misuse and Transforming Identities by Professor Kim Etherington looks at the lives of drug misusers in their own words. It was produced by the Southmead Project with funding from European Social Funding and Big Lottery. Over the years the charity has championed other research and evaluation of its services and has amassed data which is used to develop appropriate interventions and to bolster the argument for appropriate support for survivors of child abuse and trauma.



ADULTS WOMEN • REGION: England South West • Section: 10

Splitz

Oak House, Epsom Square, White Horse Business Park, Trowbridge BA14 0XG

Serving: Wiltshire

HL: 01225 775 276 T: 01225 777724
E: admin@splitz.org E: helpdesk@splitz.org
W: www.splitz.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 523 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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Description of service: Splitz Support Service is a registered charity delivering support services to adult and young people experiencing the trauma of domestic abuse and sexual violence. Splitz delivers services across South-West England.



ADULTS WOMEN • 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: info@safe-services.org.uk E: intake@safe-services.org.uk

W: www.safe-services.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 529 ▶

Clients:

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

Services:

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

Description of service: At SAFE we offer a wide range of services to support women and children to be safe and to live free from violence in the future. We provide therapeutic services to help children and young people move on from abuse as a result of domestic violence. At SAFE we offer courses which will enable you to move on with your life. Going to court can be daunting. At SAFE we will support you every step of the way. Counselling -The consequences of experiencing domestic violence and abuse are many – depression, anxiety, feeling powerless, loss of self-esteem are just a few. We are here to listen, help and support you.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 532 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Training •• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •
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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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 561 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●• Court & Legal Support for Victims & Witnesses ●
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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 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.



ADULTS WOMEN • 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/

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 566 ▶

Clients:

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

Services:

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+



ADULTS WOMEN • REGION: England South West • Section: 10

The Footprints Project

Serving: Dorset, Somerset and Hampshire

T: 07789 937637

E: info@footprintsproject.co.uk

W: www.footprintsproject.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 729 ▶

Clients:

- Adults FM •• Adults M •
- Perpetrators FM •• Perpetrators M •

Services:

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

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.



ADULTS WOMEN • REGION: England South West • Section: 10

THE GREEN HOUSE

44 Mina Road, Bristol, BS2 9XB

Serving: Bristol

T: 0117 9351707

E: info@the-green-house.org.uk

W: www.the-green-house.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 576 ▶

Clients:

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

Services:

- Court & Legal Support for Victims & Witnesses ●

Description of service: The Green House provides specialist counselling for people who have experienced or been affected by sexual abuse or rape. We work with adults; young people and children. Our service is available to anyone who can reach our Bristol office; in addition, we have a service in Taunton for men.



ADULTS WOMEN • REGION: England South West • Section: 10

The SUsie Project

Carnon Building, Wilson Way, Pool, Cornwall TR15 3RS

Serving: Cornwall

T: 01209 699241
W: www.susieproject.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 600 ▶

Clients: <ul style="list-style-type: none">• Adults FM •	Services: <ul style="list-style-type: none">• Training •• Physical & Emotional Abuse •• Domestic Violence •
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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.



ADULTS WOMEN • 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: development@willowscounselling.org.uk

W: Facebook: WillowsSwindon & Twitter: @WillowsSwindon

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 604 ▶

Clients:

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

Services:

- Newsletter ●
- Training ●● Training Independently Accredited ●
- Physical & Emotional Abuse ●
- Domestic Violence ●

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 WillowsSwindon.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 659 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •	Services: <ul style="list-style-type: none">• Helpline •• Training •• Training Independently Accredited •• Physical & Emotional Abuse •• Domestic Violence •• Court & Legal Support for Victims & Witnesses •
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 606 ▶

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:

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

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.



ADULTS WOMEN • REGION: England South West • Section: 10

Unseen

Serving: England South West

HL: 08000 121 700
W: www.unseenuk.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 618 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter ●• Training ●• Physical & Emotional Abuse ●• Accommodation ●
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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.



ADULTS WOMEN • REGION: England South West • Section: 10

Waves

Waves Counselling Project, P.O. Box 80, Truro, TR1 1YZ

Serving: Cornwall

H: 01872 225 629 T: 01209 204 152
E: wavescounsellingproject@live.co.uk
W: www.cwrt.org.uk/waves

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 627 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Helpline ●• Physical Disabilities ●● Learning Disabilities ●• Physical & Emotional Abuse ●• Domestic Violence ●
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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. The waves 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 (LGBT). In addition, we work in partnership with the Cornwall Women's Refuge Trust (CWRT) and the

D.A.I.S.I project. (Domestic Abuse Intervention and Support Initiative).



ADULTS WOMEN • 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 F: 0117 916 6462

E: info@womankindbristol.org.uk

W: www.womankindbristol.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 649 ▶

Clients:

- Adults FM ●
 - Partners FM ●
 - Parents FM ●
 - Young People FM ●
- No
- Perpetrators FM ●

Services:

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

Description of service: Our service areas are Bristol and South Gloucestershire. We provide low cost one-to-one counselling, including a counselling service for trafficked, refugee & asylum seeking women, and for deaf women. Individual counselling (18+) is time-limited. We run therapy groups some of which may be theme-based, e.g. issues around depression or sexual abuse, groups for transgender women. Our befriending scheme provides one-to-one weekly befriending support for women with enduring mental health problems in South Gloucestershire. The helpline provides listening support to any woman experiencing emotional distress and is open: Mon 10am-12.30pm & 8-10pm; Tues 10am-12noon & 1-3pm & 8-10pm; Wed 10am-12noon; Thur & Fri 10am-12noon.



ADULTS WOMEN • 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 F: 0117 916 6462

E: info@womankindbristol.org.uk

W: www.womankindbristol.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 648 ▶

Clients:

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

No

- Perpetrators FM ●

Services:

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

Description of service: Our service areas are Bristol and South Gloucestershire. We provide low cost one-to-one counselling, including a counselling service for trafficked, refugee & asylum seeking women, and for deaf women. Individual counselling (18+) is time-limited. We run therapy groups some of which may be theme-based, e.g. issues around depression or sexual abuse, groups for transgender women. Our befriending scheme provides one-to-one weekly befriending support for women with enduring mental health problems in South Gloucestershire and for women who have experienced rape or sexual abuse in Bristol. The helpline provides listening support to any woman experiencing emotional distress and is open: Mon-Fri 10am – 12noon; Mon-Weds 1-3pm & Mon/Tues 8-10pm.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 652 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Parents FM •• Young People FM •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Helpline •• Newsletter •• Training •• Physical & Emotional Abuse •• Accommodation •
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 14 ▶

Clients:

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

Services:

- Physical & Emotional Abuse •

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.



ADULTS WOMEN • REGION: Northern Ireland • Section: 11

Domestic and Sexual Abuse Helpline

Serving: Northern Ireland

HL: 0808 802 1414

E: help@dsahelpline.org

W: www.dsahelpline.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 744 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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

HL: 0808 800 8088

W: www.nshn.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 317 ▶

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.



ADULTS WOMEN • REGION: Northern Ireland • Section: 11

NEXUS INSTITUTE

6 Portmore Street, Portadown, BT62 3NG

Serving: County Armagh

T: 02838 350588
E: Via Website
W: www.nexusinstitute.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 324 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●	Services: <ul style="list-style-type: none">• Training ●
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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.



ADULTS WOMEN • REGION: Northern Ireland • Section: 11

NEXUS INSTITUTE

104 Irvinestown Road, Enniskillen, BT74 6DN

Serving: County Fermanagh

T: 02866 320046 F: 02866 326044

E: info@nexusinstitute.org

W: www.nexusinstitute.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 325 ▶

Clients:

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

Services:

- Training ●

Description of service: One-to-one and group counselling for adult (16+) survivors of sexual abuse. Workshops for families and relatives of survivors. Training for professionals working on sexual abuse within Northern Ireland. Aims to increase public awareness of sexual abuse through information and research work. Office hours Mondays & Wednesdays only. Outreach sites available as well as evening counselling.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 326 ▶

Clients:

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

Services:

- Training ●

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.



ADULTS WOMEN • REGION: Northern Ireland • Section: 11

NEXUS NI

119 University Street, Belfast, BT7 1HP

Serving: County Antrim

T: 02890 326803 F: 02890 237392

E: info@nexusinstitute.org

W: www.nexusinstitute.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 327 ▶

Clients:

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

Services:

- Training ●

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.



ADULTS WOMEN • 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>

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 591 ▶

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 ●
- Training ●

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.



ADULTS WOMEN • REGION: Northern Ireland • Section: 11

WOMEN'S AID Northern Ireland

129 University Street, Belfast, BT7 1HP

Serving: Northern Ireland

HL: 0808 802 1414 T: 02890 249041

E: info@womensaidni.org

W: www.womensaidni.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 656 ▶

Clients:

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

Services:

- Helpline ●
- Training ●● Training Independently Accredited ●
- Domestic Violence ●● Accommodation ●

Description of service: Women's Aid is the lead voluntary organisation in Northern Ireland addressing domestic violence and providing services for women and children. Women's Aid exists to challenge attitudes and beliefs which perpetuate domestic violence. We seek through our work to promote healthy and non-abusive relationships. The Women's Aid movement in Northern Ireland began in 1975 and is made up of ten local Women's Aid groups and Women's Aid Federation Northern Ireland. Each Women's Aid group offers a range of specialist services to women, children and young people who have experienced domestic violence. They are all members of Women's Aid Federation Northern Ireland. See our Website for full details. Our training is independently accredited by the Open College Network (OCN) www.nocn.org.uk



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 115 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">● Helpline ●● Newsletter ●● Physical & Emotional Abuse ●
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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.



ADULTS WOMEN • 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@drkarens Shannon.com
W: www.drkarens Shannon.com
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 147 ▶

Clients:
● Adults FM ●● Adults M ●

Services:
● Training ●

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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 150 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter ●• Training ●• Physical Disabilities ●• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • 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: margaret@kilkennyrcc.com E: margaret@kasa.ie

W: www.kasa.ie or www.facebook.com/profile.php?id=100009842504547&sk=about§ion=work

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 252 ▶

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: 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.



ADULTS WOMEN • REGION: Ireland National • Section: 12

NATIONAL OFFICE FOR VICTIMS OF ABUSE (NOVA)

19 Upper Ormond Quay, Dublin

Serving: Ireland & County Dublin

HL: 1800 25 25 24

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 315 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •

Description of service: Provide information, assistance and referrals to adults who were abused in residential care in Ireland.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 392 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 594 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 141 ▶

Clients:

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

Services:

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

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 .



ADULTS WOMEN • REGION: Ireland North West • Section: 13

RAPE CRISIS & SEXUAL ABUSE CENTRE (N.E.)

PO Box 72, Dundalk

Serving: County Louth

HL: 1800 212122 T: 042 9339491 F: 042 9381968

E: rcsacne@eircom.net

W: www.rcni.ie/pops/louth.htm

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 386 ▶

Clients:

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

Services:

- Helpline •

Description of service: The Rape Crisis & Sexual Abuse Centre (N.E) operates Mon to Thurs 9.00am to 5.00pm. It operates outreaches in Drogheda, Monaghan Town, Cavan Town.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 387 ▶

Clients:

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

Services:

- Helpline •
- Domestic Violence •
- Court & Legal Support for Victims & Witnesses •

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 191 ▶

Clients:

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

Services:

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

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.



MAYO RAPE CRISIS CENTRE Ltd.

Newtown, Castlebar

Serving: County Mayo and surrounding counties

HL: 1800 234 900 T: 094 902 5657

E: mayorcc@eircom.net

W: www.mayorapecrisiscentre.ie

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 291 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: Ireland Midlands • Section: 15

ATHLONE (MIDLAND) RAPE CRISIS CENTRE

Suites 5&6 Town House Centre, St Mary's Place, Athlone

Serving: County Westmeath

HL: 1800 306 600 T: 090 647 3862 F: 090 649 1888

E: amrcc@eircom.net

W: www.amrcc.ie

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 24 ▶

Clients:

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

Services:

- Helpline ●
- Training ●

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.



ADULTS WOMEN • 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: 0300 3038151 T: 0207 367 4500
E: info@salvationarmy.org.uk E: pr@salvationarmy.org.uk
W: www.salvationarmy.org.uk/human-trafficking
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 595 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter ●• Physical & Emotional Abuse ●• Domestic Violence ●● Accommodation ●
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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.



ADULTS WOMEN • 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: tullamorercc@eircom.net

W: www.tullamorercc.ie

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 617 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 149 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: Ireland Dublin • Section: 16

NATIONAL OFFICE FOR VICTIMS OF ABUSE (NOVA)

19 Upper Ormond Quay, Dublin

Serving: Ireland & County Dublin

HL: 1800 25 25 24

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 314 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •

Description of service: Provide information, assistance and referrals to adults who were abused in residential care in Ireland.



ONE IN FOUR IRELAND

2 Holles Street, Dublin 2

Serving: National

E: info@oneinfour.ie

W: www.oneinfour.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 346 ▶

Clients:

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

Services:

- Training •

Description of service: Specialist service for those affected by sexual abuse. Provides services to individuals & families, both directly and indirectly. Individual psychotherapy, group therapy and advocacy. Support is provided indirectly through campaigning, policy making, in-house research, training & consultancy work with statutory & non-statutory agencies. One in Four also provides a sexual offender treatment programme.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 391 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Adults M •• Young People FM •• Young People M •	Services: <ul style="list-style-type: none">• Helpline •• Newsletter •• Training •• Physical & Emotional Abuse •• Domestic Violence •• Court & Legal Support for Victims & Witnesses •
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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.



ADULTS WOMEN • REGION: Ireland Shannon • Section: 17

TIPPERARY RAPE CRISIS & COUNSELLING CENTRE

20 Mary Street, Clonmel

Serving: County Tipperary

HL: 1800 340340 T: 052 27676 F: 052 29171

E: trcc@eircom.net

W: www.rcni.ie/pops/kilken.htm

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 612 ▶

Clients:

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

Services:

- Helpline ●
- Training ●

Description of service: We provide a long or short term counselling service for adult survivors of rape or child sexual abuse (16-18 yrs on parental or professional referral) and for their families and relatives. We also offer telephone counselling/support; a support group; advocacy & court accompaniment. We provide awareness raising & community education through school talks, networking with other services in the area and training. We are open: Mon-Fri 9am-5pm; Thurs 3-9pm.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 76 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●● Training Independently Accredited ●• Physical & Emotional Abuse ●• Domestic Violence ●• Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 251 ▶

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: 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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 623 ▶

Clients:

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

Services:

- Helpline •
- Physical Disabilities •• Learning Disabilities •

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



ADULTS WOMEN • REGION: Ireland South East • Section: 18

WEXFORD RAPE & SEXUAL ABUSE SUPPORT SERVICE

Clifford Street, Wexford

Serving: County Wexford

HL: 1800 33 00 33 T: 053 91 22722 F: 053 91 52853

E: wexrapecrisis@eircom.net

W: www.wexfordrapecrisis.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 643 ▶

Clients:

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

Services:

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

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 Manuela Riedo Programme now being offered to students aged 15-17 in schools, youth projects etc. Training also provided to teachers, youth leaders to facilitate the programme.



ADULTS WOMEN • 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: krcc@eircom.net

W: www.krsac.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 248 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: Ireland South West • Section: 19

Mná Feasa

Serving: Cork

HL: 021 – 4211757 T: 021 – 4211757

E: mnafeasa@eircom.net

W: mnafeasa.com/index.php

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 743 ▶

Clients:

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

Services:

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

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, schools project and support group.



ADULTS WOMEN • REGION: Ireland South West • Section: 19

SEXUAL VIOLENCE CENTRE CORK

5 Camden Place, Cork

Serving: County Cork

HL: 1800 496 496 T: 021 450 5577 F: 021 450 4690

E: info@cork-rapecrisis.ie

W: www.cork-rapecrisis.ie

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 498 ▶

Clients:

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

Services:

- Helpline •

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.



ADULTS WOMEN • REGION: Scotland National • Section: 20

Amina - The Muslim Women's Resource Centre

Greyfriars Charteris Centre, 138-140 The Pleasance, Edinburgh, EH8 9RR

Serving: Scotland

HL: 08088010301 T: 0131 667 9199

E: helpline@mwrc.org.uk

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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 733 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Helpline ●• Training ●• Physical & Emotional Abuse ●• Domestic Violence ●
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Description of service: Information, advice and listening support for Muslim women. Help with a range of concerns including family matters, marriage, domestic abuse, racial harassment, immigration, Shariah, education, employment, finance, housing, health, social isolation and leisure activities suitable for Muslim women. Part of the Muslim Women's Resource Centre which provides a drop-in centre, information, advice, advocacy, counselling, including bereavement. Referrals and signposting to specialist services when required.



ADULTS WOMEN • REGION: Scotland National • Section: 20

Fresh Start Foundation

23 Meadow Court, Meadow Lane, Thurso, Highland, KW14 8DD

Serving: Scotland

HL: 0300 999 2017 T: 0300 999 2017

E: info@freshstartfoundation.co.uk

W: www.freshstartfoundation.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 188 ▶

Clients:

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

Services:

- Helpline •

Description of service: We are a not for profit group empowering child sexual abuse victims and survivors to achieve justice, closure and their recovery.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 319 ▶

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.



ADULTS WOMEN • REGION: Scotland National • Section: 20

OPEN SECRET

98 Thornhill Rd, Falkirk, FK2 7AB

Serving: Scotland, Stirlingshire, Clackmannanshire, Falkirk & West Lothian

T: 01324 630100
E: info@opensecret.org
W: www.opensecret.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 350 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Newsletter ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●● Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • REGION: Scotland National • Section: 20

RAPE CRISIS SCOTLAND

Glasgow

Serving: Scotland

HL: 0808 801 03 02 T: 0141 331 4180 F: 0141 332 2168
W: www.rapecrisisscotland.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 393 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Adults M •• Partners FM •• Partners M •• Parents FM •• Parents M •• Young People FM •• Young People M •	Services: <ul style="list-style-type: none">• Helpline •• Physical Disabilities •
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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.



ADULTS WOMEN • 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

W: www.roshni.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 426 ▶

Clients:

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

Services:

- Helpline ●● Newsletter ●
- Training ●● Training Independently Accredited ●
- Physical & Emotional Abuse ●

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



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 490 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●	Services: <ul style="list-style-type: none">• Training ●• Accommodation ●
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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.



ADULTS WOMEN • REGION: Scotland North • Section: 21

ANGUS WOMEN'S AID: RESPECT & EQUALITY

7 Lindsay Street, Arbroath, DD11 1RP

Serving: Angus

T: 01241 439437

E: info@anguswomensaid.co.uk

W: www.anguswomensaid.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 18 ▶

Clients:

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

Services:

- Training •
- Physical & Emotional Abuse •
- Domestic Violence •• Accommodation •

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.



ADULTS WOMEN • REGION: Scotland North • Section: 21

FIFE RAPE & SEXUAL ASSAULT CENTRE

182a The Esplanade, Kirkcaldy, KY1 1RE

Serving: Fife

T: 01592 642336 F: 01592 642336

E: info@frasac.org.uk

W: www.frasac.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 179 ▶

Clients:

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

Services:

- Training •
- Court & Legal Support for Victims & Witnesses •

Description of service: Fife Rape And Sexual Assault Centre are a Fife-wide charitable organisation providing free, confidential information & support to anyone (12+) affected by rape or sexual assault at some time in their lives. We offer free counselling, face-to-face support; support through police & court procedures; outreach to all areas in Fife; awareness raising and training & support to other agencies.



ADULTS WOMEN • REGION: Scotland North • Section: 21

FIFE RAPE & SEXUAL ASSAULT CENTRE

2A Burnside North, Cupar, KY15 4DG

Serving: Fife

T: 01334 655205

E: info@frasac.org.uk

W: www.frasac.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 178 ▶

Clients:

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

Services:

- Training ●

Description of service: Fife Rape And Sexual Assault Centre are a Fife-wide charitable organisation providing free, confidential information & support to anyone affected by rape or sexual assault at some time in their lives. We offer face-to-face support; support through police & court procedures; outreach to all areas in Fife; awareness raising and training & support to other agencies.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 180 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: Scotland North • Section: 21

GRAMPIAN WOMEN'S AID

25 Greenfern Road, Mastrick, Aberdeen. AB16 6TS

Serving: Aberdeenshire & City of Aberdeen

HL: 01224 593381 T: 01224 593381 F: 01224 212860
E: info@grampian-womens-aid.com
W: www.grampian-womens-aid.com
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 199 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Parents FM •• Young People FM •• Children FM •	Services: <ul style="list-style-type: none">• Helpline ●● Newsletter •• Training ●● Training Independently Accredited •• Physical & Emotional Abuse •• Domestic Violence ●● Accommodation •• Court & Legal Support for Victims & Witnesses •
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 255 ▶

Clients:

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

Services:

- Newsletter ●
- Training ●
- Learning Disabilities ●
- Domestic Violence ●

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.



ADULTS WOMEN • REGION: Scotland North • Section: 21

Rape Crisis Grampian

112 Crown Street, Aberdeen, AB11 6HJ

Serving: City of Aberdeen

HL: 01224 591342 & 08088 010302 T: 01224 590932

E: info@rapecrisisgrampian.co.uk

W: www.rapecrisisgrampian.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 378 ▶

Clients:

- Adults FM •
- Young People FM •
- Children FM •

Services:

- Helpline •
- Training •

Description of service: Free telephone, email and face-to-face support for women over the age of 13 years old who have experienced sexual violence at any stage in their life. Where possible the helpline will be answered during office hours (Mon-Friday 9am-5pm), alternatively please leave a message and a support worker will call you back. The helpline will be open Monday and Thursday evenings between 7pm-9pm. Minicom for Deaf: 0141 353 3091



ADULTS WOMEN • REGION: Scotland North • Section: 21

SAFE SPACE

Ling House, 29B Canmore Street, Dunfermline, KY12 7NU

Serving: Fife

T: 01383 739084
E: contact@safe-space.co.uk
W: www.safe-space.co.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 438 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Partners FM ●● Partners M ●• Parents FM ●● Parents M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services: <ul style="list-style-type: none">• Training ●
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Description of service: Provides a range of services for survivors of sexual abuse (12+). We are open: Office hours are Mon-Thur 10am-4pm, however we can offer evening appointments.



ADULTS WOMEN • REGION: Scotland North • Section: 21

SEXUAL ABUSE SURVIVORS SUPPORT GROUP

Shetland

Serving: Shetland Islands

T: 07747097160

E: s_a_survivors@hotmail.com

W: www.sasurvivors.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 496 ▶

Clients:

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

Services:

- Court & Legal Support for Victims & Witnesses •

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.



SHETLAND WOMEN'S AID

St. Olaf Street, Lerwick, ZE1 0ES

Serving: Shetland Islands

T: 01595 692070

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 502 ▶

Clients:

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

Services:

- Physical & Emotional Abuse •

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.



ADULTS WOMEN • REGION: Scotland North • Section: 21

WELLBEING SCOTLAND

98 Thornhill Rd, Falkirk, FK2 7AB

Serving: Scotland, Stirlingshire, Clackmannanshire, Falkirk & West Lothian

T: 01324 630100
E: info@opensecret.org
W: www.opensecret.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 632 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Newsletter ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●● Court & Legal Support for Victims & Witnesses ●
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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.



WESTERN ISLES WOMENS AID

Stornoway, Isle of Lewis

Serving: Western Isles

HL: 01851 704750 T: 01851 704750 F: 01851 706958

E: wiwasty@hotmail.com

W: www.wiwasty.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 642 ▶

Clients:

- Adults FM •
- Partners FM •
- Parents FM •
- Young People FM •
- Children FM •

Services:

- Helpline •
- Physical & Emotional Abuse •
- Accommodation •

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.



ADULTS WOMEN • REGION: Scotland Central • Section: 22

CARA PROJECT

Rosebery Place, Clydebank, G81 1TG

Serving: West Dunbartonshire

HL: 01389 738278

E: karen.laing@west-dunbarton.gov.uk

W: www.west-dunbarton.gov.uk/emergencies-safety-crime/domestic-abuse/help-for-women/

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 71 ▶

Clients:

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

Services:

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

Description of service: CARA is a free and confidential service for women, childre 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. Working hours: Mon-Fri 9am-5pm. A separate helpline number is given for Domestic Violence.



CLYDEBANK WOMEN'S AID

Serving: West Dunbartonshire

HL: 0800 027 1234 T: 0141 952 8118

E: collective.clydebankwa@gmail.com

W: www.clydebankwomensaid.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 112 ▶

Clients:

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

Services:

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

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



ADULTS WOMEN • REGION: Scotland Central • Section: 22

DAS (Domestic Abuse Services)

West Lothian Civic Centre, Howden South Road, Livingston, EH54 6FF

Serving: West Lothian

T: 01506 281055

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 133 ▶

Clients:

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

Services:

- Physical & Emotional Abuse ●

Description of service: We work with women and children who have experienced domestic abuse in any form. Individual and group work. We also work with other agencies to provide a preventative program in secondary schools. We have a seconded worker from Open Secret who works with adult survivors of childhood sexual abuse (CSA). We will have a service for victims of sexual violence soon.



ADULTS WOMEN • REGION: Scotland Central • Section: 22

DUMBARTON DISTRICT WOMEN'S AID

Balloch

Serving: West Dunbartonshire

T: 01389 751036

E: ddwa.info@ddwa.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 151 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 155 ▶

Clients:

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

Services:

- Physical & Emotional Abuse •

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.



ADULTS WOMEN • REGION: Scotland Central • Section: 22

Edinburgh Rape Crisis Centre

17 Claremont Crescent, Edinburgh, EH7 4HX

Serving: City of Edinburgh

HL: 0131 556 9437 T: 0131 557 6737 F: 0131 558 1612
E: info@ercc.scot
W: www.ercc.scot
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 157 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Partners M •• Parents FM •• Parents M •• Young People FM •• Young People M •• Children FM •	Services: <ul style="list-style-type: none">• Helpline •• Training •• Court & Legal Support for Victims & Witnesses •
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Description of service: Confidential, free emotional & practical support, information and an advocacy service for women, young people aged 12 - 18, and all members of the transgender community who have experienced sexual violence at any time in their lives. Telephone helpline, face-to-face, group, letter & email support. Free complementary therapies service for those accessing support. Helpline & face-to-face support for those supporting a survivor who has experienced sexual violence. Our helpline is currently closed for a period of time and will be covered by Rape Crisis Scotland's National Helpline. For support, information or to make an appointment for Edinburgh Rape Crisis Centre please call Rape Crisis Scotland's National Helpline. It's open every evening, 6pm - midnight on freephone 08088 010302. It's free from landlines and most mobile providers.



ADULTS WOMEN • 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 F: 0131 343 2426

E: info@edinwomensaid.co.uk

W: www.edinwomensaid.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 158 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 752 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Young People FM •	Services: <ul style="list-style-type: none">• Helpline •• Physical & Emotional Abuse •
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 192 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 193 ▶

Clients:

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

Services:

- Helpline •
- Training •
- Physical Disabilities •

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 194 ▶

Clients:

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

Services:

- Accommodation •

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.



ADULTS WOMEN • REGION: Scotland Central • Section: 22

HEMAT GRYFFE WOMEN'S AID

Flat 0/1, 24 Willowbank Street, Glasgow, G3 6LZ

Serving: City of Glasgow

HL: 0141 353 0859 F: 0141 564 1316

E: womensaid@hematgryffe.org.uk

W: www.hematgryffe.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 212 ▶

Clients:

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

Services:

- Helpline •
- Training •
- Physical & Emotional Abuse •
- Accommodation •

Description of service: We provide temporary safe accommodation for women, children & young people from the BME community (primarily) who are victims of gender-based violence. Office at Willowbank Street is first point of contact offering advice & information on a wide range of areas. We also have a children's outreach service offering practical & emotional support, a key worker system, one-to-one support, groupwork and advocacy. No male over 16years admitted to refuge.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 233 ▶

Clients:

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

Services:

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

Description of service: A registered charity offering information, support and refuge to abused women and their children. Office hours: Mon-Fri 10am-4pm.



ADULTS WOMEN • REGION: Scotland Central • Section: 22

LANARKSHIRE RAPE CRISIS CENTRE

Hamilton

Serving: South & North Lanarkshire

HL: 01698 527003 T: 01698 527006

E: info@lanrcc.org.uk (Business only) or E: support@lanrcc.org.uk (Email support)

W: www.lanrcc.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 261 ▶

Clients:

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

Services:

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

Description of service: Lanarkshire Rape Crisis Centre offers confidential emotional & practical support to women & girls over 12yrs, who have experienced or been affected by rape/sexual abuse at any time in their lives. We provide a telephone helpline, face-to-face support, and relevant information to help with recovery. Support is provided by a pool of trained staff & volunteers. The helpline is open: Mon & Wed 1-3.30pm; Tues & Thurs 6-8.30pm; Fri 10.30am-1pm. Minicom: 01698 527004. All services are available where rape / sexual abuse has been or is an issue at any time in the perso#s life.



ADULTS WOMEN • REGION: Scotland Central • Section: 22

RAPE CRISIS CENTRE

5th Floor, 30 Bell Street, Glasgow, G1 1LG

Serving: East Renfrewshire, Inverclyde, East Dunbartonshire & West Dunbartonshire

HL: 0141 552 3200 T: 0141 552 3201 F: 0141 552 3204

E: info@rapecrisiscentre-glasgow.co.uk

W: www.rapecrisiscentre-glasgow.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 389 ▶

Clients:

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

Services:

- Helpline ●
- Physical Disabilities ●

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 428 ▶

Clients:

- Adults FM •
- Young People FM •

Services:

- Training •
- Physical Disabilities •

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.



ADULTS WOMEN • 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

W: www.sandyford.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 452 ▶

Clients:

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

Services:

- Physical & Emotional Abuse ●
- Domestic Violence ●

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.



ADULTS WOMEN • REGION: Scotland Central • Section: 22

WELLBEING SCOTLAND

98 Thornhill Rd, Falkirk, FK2 7AB

Serving: Scotland, Stirlingshire, Clackmannanshire, Falkirk & West Lothian

T: 01324 630100
E: info@opensecret.org
W: www.opensecret.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 631 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Newsletter ●● Training ●● Physical & Emotional Abuse ●● Domestic Violence ●● Court & Legal Support for Victims & Witnesses ●
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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.



ADULTS WOMEN • REGION: Scotland Central • Section: 22

WEST LOTHIAN WOMEN'S AID

92 Ivanhoe Rise, Dedridge, Livingston, EH54 6HZ

Serving: West Lothian

HL: 01506 413721 T: 01506 461938 F: 01506 463767

E: info@wlwa.org.uk

W: www.wlwa.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 636 ▶

Clients:

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

Services:

- Helpline •
- Training •
- Physical & Emotional Abuse •
- Accommodation •

Description of service: Advice and information plus refuge for women & accompanying children fleeing domestic abuse. Other services include children & young person's support, follow-on support from refuge. £20 weekly service charge. Additional rent charge if not eligible for housing benefit. Office opening hours are: Mon-Friday 9-4pm



ADULTS WOMEN • REGION: Scotland Central • Section: 22

WOMEN'S RAPE & SEXUAL ABUSE CENTRE

2 Dudhope Street, Dundee, DD1 1JU

Serving: City of Dundee & Angus

HL: 0300 365 2001 T: 01382 205556

E: support@wrasac.org.uk

W: www.wrasac.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 658 ▶

Clients:

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

Services:

- Helpline •
- Training •
- Physical Disabilities •
- Court & Legal Support for Victims & Witnesses •

Description of service: Support & information for women (18+) and children and young people of all genders (11 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 support, support groups for survivors and access to a library lending service. We also offer support to families, friends and workers supporting survivors. The helpline is open: Mon 12pm-2am; Tues 10am-12noon; Friday & Fri 1-3pm. Drop-in every Thursday 12 – 2pm. If you are looking for support you can also email us at support@wrasac.org.uk



ADULTS WOMEN • REGION: Scotland South • Section: 23

BREAK THE SILENCE

16 College Wynd, Kilmarnock, KA1 1HN

Serving: East & North Ayrshire

T: 01563 559558

E: appointments@breakthesilence.org.uk E: info@breakthesilence.org.uk

W: www.breakthesilence.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 61 ▶

Clients:

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

Services:

- Training ●

Description of service: Break the Silence is a voluntary organisation that provides a range of confidential support services to adult survivors of childhood sexual abuse (13+), their families & supporters, in East & North Ayrshire. Services include information sessions, one-to-one counselling, complementary therapies and support groups. We also offer training. We are open 9am – 4.30pm



ADULTS WOMEN • 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
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 153 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Parents FM •• Young People FM •• Young People M •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Helpline •• Training •• Physical & Emotional Abuse •• Domestic Violence •• Accommodation •• Court & Legal Support for Victims & Witnesses •
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 152 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • REGION: Scotland South • Section: 23

HAMILTON & CLYDESDALE WOMEN'S AID

115 Cadzow Street, Hamilton, ML3 6HG

Serving: South Lanarkshire

T: 01698 891498 F: 01698 286849

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 203 ▶

Clients:

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

Services:

- Physical & Emotional Abuse •
- Accommodation •

Description of service: We offer information, practical and emotional support, as well as safe temporary refuge accommodation to women, children & young people who have experienced domestic abuse. We also offer a separate outreach support service to children and young people that can be accessed independently and is not dependent on a parent or carer using our service. The office is open: Mon-Thurs 10am-4pm & Fri 10am-2pm. No need to make an appointment.



LANARKSHIRE RAPE CRISIS CENTRE

Hamilton

Serving: South & North Lanarkshire

HL: 01698 527003 T: 01698 527006

E: info@lanrcc.org.uk (Business only) or E: support@lanrcc.org.uk (Email support)

W: www.lanrcc.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 260 ▶

Clients:

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

Services:

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

Description of service: Lanarkshire Rape Crisis Centre offers confidential emotional & practical support to women & girls over 12yrs, who have experienced or been affected by rape/sexual abuse at any time in their lives. We provide a telephone helpline, face-to-face support, and relevant information to help with recovery. Support is provided by a pool of trained staff & volunteers. The helpline is open: Mon & Wed 1-3.30pm; Tues & Thurs 6-8.30pm; Fri 10.30am-1pm. Minicom: 01698 527004. All services are available where rape / sexual abuse has been or is an issue.



ADULTS WOMEN • 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: admin@rape-crisis.org.uk

W: www.rape-crisis.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 512 ▶

Clients:

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

Services:

- Training ●

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.



ADULTS WOMEN • REGION: Scotland South • Section: 23

The STAR Centre

40A Portland Road Kilmarnock KA1 2DL

Serving: Ayrshire

T: 01563 544686
E: admin@starcentreayrshire.org
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 385 ▶

Clients: <ul style="list-style-type: none">● Adults FM ●● Adults M ●● Partners FM ●● Partners M ●● Parents FM ●● Parents M ●● Young People FM ●● Young People M ●● Children FM ●● Children M ●	Services: <ul style="list-style-type: none">● Training ●● Physical & Emotional Abuse ●● Court & Legal Support for Victims & Witnesses ●
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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



ADULTS WOMEN • REGION: Wales National • Section: 24

B.A.W.S.O. (Black Association of Women Step Out Ltd.)

1st Floor, 63 Mansel Street, Swansea, SA1 5SQ

Serving: Swansea & Wales

HL: 0800 731 8147 T: 01792 642003 F: 01792 645207

E: info@bawso.org.uk

W: www.bawso.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 31 ▶

Clients:

- Adults FM •
- Children FM •• Children M •

Services:

- Helpline •
- Physical & Emotional Abuse •
- Accommodation •

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.



ADULTS WOMEN • REGION: Wales National • Section: 24

B.A.W.S.O. (Black Association of Women Step Out Ltd.)

1st Floor, 63 Mansel Street, Swansea, SA1 5SQ

Serving: Swansea & Wales

HL: 0800 731 8147 T: 01792 642003 F: 01792 645207

E: info@bawso.org.uk

W: www.bawso.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 30 ▶

Clients:

- Adults FM •
- Children FM •• Children M •

Services:

- Helpline •
- Physical & Emotional Abuse •
- Accommodation •

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.



ADULTS WOMEN • REGION: Wales National • Section: 24

BEACON FOUNDATION

3 Grosvenor Avenue, Rhyl, LL18 4HA

Serving: National (UK), Wales & Denbighshire

HL: 01745 343600

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 50 ▶

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.



ADULTS WOMEN • REGION: Wales National • Section: 24

C.A.L.L. MENTAL HEALTH HELPLINE (Community Advice & Listening Line)

Wrexham

Serving: Wales

HL: 0800 132737 T: 01978 366 206

E: lorraine.jones3@wales.nhs.uk

W: www.callhelpline.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 68 ▶

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 & Emotional Abuse ●
- Domestic Violence ●
- Court & Legal Support for Victims & Witnesses ●

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.



Chester Sexual Abuse Support Service

Chester City Centre

Serving: National (UK), Wales & Cheshire

HL: 01244 307499 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: 85 ▶

Clients:

- Adults FM ●● Adults M ●

Services:

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

Description of service: A telephone support line and face to face counselling service, for women and men 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. The support line is open: Mon 6-8pm; Wed 6-8pm.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 276 ▶

Clients:

- Adults FM •
- Parents FM •
- Young People FM •
- Children FM •

Services:

- Helpline •
- Physical & Emotional Abuse •
- Accommodation •

Description of service: Formerly TARIAN WOMEN'S AID. Now part of Merthyr Women's Services, which is part of Llamau Ltd. 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.



ADULTS WOMEN • 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

W: www.nshn.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 316 ▶

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.



NEW PATHWAYS

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: Wales & Merthyr Tydfil

HL: 01685 379310 F: 01685 384640

E: enquiries@newpathways.org.uk

W: www.new-pathways.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 320 ▶

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 33 ▶

Clients:

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

Services:

- Helpline •
- Training •
- Physical & Emotional Abuse •

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.



BANGOR & DISTRICT WOMEN'S AID

7 Llys y Fedwen, Parc Menai, Bangor, LL57 4BN

Serving: Gwynedd

HL: 0808 8010800 T: 01248 679052

E: enquiries@bangorwomensaid.org

W: www.bangorwomensaid.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 35 ▶

Clients:

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

Services:

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

Description of service: Bangor & District Women's Aid are the lead providers of domestic abuse services across Arfon in Gwynedd. Specialising in offering emergency refuge accommodation and community-based support for women in the local area, BDWA assist women who are suffering or have suffered from domestic abuse to re-empower their lives, and to live safe from harm into the future. BDWA also work on an individual basis with children and young people who have been affected by domestic abuse, and we continue to lobby Parliament for improved legal frameworks and support, working hard to raise awareness of the issue of domestic abuse and to highlight the subject across the wider community.



ADULTS WOMEN • REGION: Wales North • Section: 25

BEACON FOUNDATION

3 Grosvenor Avenue, Rhyl, LL18 4HA

Serving: National (UK), Wales & Denbighshire

HL: 01745 343600

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 49 ▶

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.



DOMESTIC ABUSE SAFETY UNIT

Wrenmore House, 104 Chester Road East, Shotton, CH5 1QD

Serving: Flintshire

HL: 0808 80 10 800 T: 01244 830436 F: 01244 810505

E: dasu@btconnect.com

W: www.domesticabusesafetyunit.net

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 138 ▶

Clients:

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

Services:

- Helpline ●
- Accommodation ●

Description of service: We are a specialist agency for survivors of domestic abuse, providing confidential information, crisis accommodation, advocacy and support. We facilitate support groups and The Freedom Programme (as devised by Pat Craven). Office opening hours: Mon, Tues & Fri 10am-2pm; Thurs 10am-1pm.



GLYNDWR WOMEN'S AID

12-14 Hall Square, Denbigh, LL16 3NU

Serving: Denbighshire

HL: 01745 814494 T: 01745 814494 F: 01745 813279

E: glyndwrwomensaid@tiscali.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 197 ▶

Clients:

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

Services:

- Helpline ●
- Training ●
- Accommodation ●

Description of service: Support, information and refuge, if requested, for women and their children (0-18 if any) who are or have been affected by domestic abuse. Floating Support worker available to support women in the community, and children and young people's worker undertakes outreach to children affected by domestic abuse in the community.



ADULTS WOMEN • REGION: Wales North • Section: 25

NORTH DENBIGHSHIRE DOMESTIC ABUSE SERVICE

10 Brighton Road, Rhyl, LL18 3HD

Serving: Denbighshire

HL: 01745 337104 T: 01745 337104 F: 01745 345444

E: nddas@btconnect.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 330 ▶

Clients:

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

Services:

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

Description of service: Formerly known as Rhyl and District Women's Aid LTD. Refuge, floating support and support for people and their children escaping or living with domestic abuse. One stop shop by appointment. 24 hr on call. Free confidential advice.



RAPE & SEXUAL ABUSE SUPPORT CENTRE (NORTH WALES)

P.O. Box 87, Caernarfon, LL55 9AA

Serving: Gwynedd, Fflintshire,
Conwy, Anglesey, Wreccsam &
Denbighshire

HL: 0808 8010 800 T: 01248 670628 F: 01248 719 544

E: jane@rasawales.org.uk or E: fflur@rasawales.org.uk

W: www.rasawales.org & www.rasacymru.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 377 ▶

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

Description of service: RASASC North Wales provides specialist support services to anyone aged 14+ within the six counties of North Wales who has experienced any kind of sexual violence, whether this happened recently or a long time ago. Our helpline is hosted 24 hours a day 7 days a week. We offer individual counselling, support, information & signposting and volunteer training. Alternative website address: www.rasacymru.org.uk: We also have a childrens service providing therapeutic interventions and play therapy for children as young as 3.



STEPPING STONES

59 King Street, WREXHAM, LL11 1HR

Serving: Wrexham, Denbighshire, Flintshire & Conwy

T: 01978 352717 F: 01978 352717
E: info@steppingstonesnorthwales.co.uk
W: www.steppingstonesnorthwales.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 525 ▶

Clients:

• Adults FM •• Adults M •

Services:

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-Fri. 24hr phonenumber. Open referral.



Young Wrexham (formerly STANDING GROUND)

Wrexham

Serving: Wrexham

T: 01978 366206

E: infoshop@wrexham.gov.uk

W: www.youngwrexham.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 674 ▶

Clients:

- Adults FM •• Adults M •

Services:

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 77 ▶

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

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.



ELM TREE HOUSE

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: Carmarthenshire

T: 01267 235 464

E: enquiries@newpathways.org.uk

W: www.newpathways.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 161 ▶

Clients:

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

Services:

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.



ADULTS WOMEN • REGION: Mid Wales • Section: 26

MONTGOMERYSHIRE FAMILY CRISIS CENTRE

Ty Canol House, Ffordd Croesawdy, Newtown, Powys, SY16 1AL

Serving: Powys

HL: 01686 629114 F: 01686 629114

E: admin@familycrisis.co.uk

W: www.familycrisis.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 301 ▶

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

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 495 ▶

Clients:

- Adults FM •• Adults M •

Services:

- Helpline •
- Training •
- Physical Disabilities •• Learning Disabilities •
- Physical & Emotional Abuse •

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.



WEST WALES WOMEN'S AID

P.O. Box 38, Aberystwyth, Ceredigion, SY23 3GX

Serving: Ceredigion

HL: 01970 625585

W: www.westwaleswa.org

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 639 ▶

Clients:

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

Services:

- Helpline ●
- Physical & Emotional Abuse ●
- Accommodation ●

Description of service: WWSA 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.



ADULTS WOMEN • REGION: Wales South • Section: 27

B.A.W.S.O. (Black Association of Women Step Out Ltd.)

9 Cathedral Road, Cardiff, CF11 9HA
9 Cathedral Road, Cardiff, CF11 9HA

CF11 9HA

Serving: Cardiff

HL: 0800 731 8147 T: 029 2064 4633 F: 029 2064 4588
E: info@bawso.org.uk
W: www.bawso.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 29 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Children FM •• Children M •	Services: <ul style="list-style-type: none">• Helpline •• Physical & Emotional Abuse •
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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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 32 ▶

Clients:

- Adults FM •
- Children FM •• Children M •

Services:

- Helpline •
- Physical & Emotional Abuse •

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.



CYFANNOL Women's Aid

26b Monk Street, Abergavenny, NP7 5NP /
Chrysalis Centre, 3 Town Bridge Buildings, Park Road, Pontypool NP4 6JE

Serving: Gwent

HL: 01873 859011 & 01495 742052 T: 01495 742052/01873 859011 F: 01873 856003 & 01495 742061

E: info@cyfannol.org.uk

W: www.cyfannol.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 128 ▶

Clients:

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

Services:

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

Description of service: Services include: 24 hour helpline link, Direct access to our refuges: 2X Family Refuges, 1X Single women complex needs, 1X dispersed refuge, Move on Accommodation, Team of IDVA trained specialist domestic abuse staff, (Refuge & Community) Freedom Programme, Recovery Tool Kit, Womens Group, Specialist services to meet the specific needs of children and young people who have witnessed or experienced domestic abuse including, Male Mentoring, awareness raising programme in schools, Star club and courses. Specialist ISVA Service and Counselling Project for adult survivors of sexual abuse. Agored accredited Learning Centre. (<https://www.agored.cymru>)



LABURNUM HOUSE

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: Newport

T: 01495 233 971

E: enquiries@newpathways.org.uk

W: www.newpathways.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 259 ▶

Clients:

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

Services:

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.



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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 277 ▶

Clients:

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

Services:

- Helpline ●
- Physical & Emotional Abuse ●
- Accommodation ●

Description of service: Formerly TARIAN WOMEN'S AID. Now part of Merthyr Women's Services, which is part of Llamau Ltd. 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.



NEW PATHWAYS

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: Wales & Merthyr Tydfil

HL: 01685 379310 F: 01685 384640

E: enquiries@newpathways.org.uk

W: www.new-pathways.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 322 ▶

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

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.



NEW PATHWAYS

See Directory Contents for Page on Sexual Assault Referral Centres

Serving: Swansea

T: 01792 206885 F: 01792 202645

E: swanseasarc@btconnect.com

W: www.newpathways.co.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 321 ▶

Clients:

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

Services:

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

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.



ADULTS WOMEN • 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

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 497 ▶

Clients:

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

Services:

- Helpline ●
- Training ●

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.



SWANSEA WOMEN'S AID

Swansea

Serving: Swansea

HL: 01792 644683

W: www.swanseawomensaid.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 559 ▶

Clients:

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

Services:

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

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.



WOMEN'S AID IN RHONDDA CYNAN TAFF

P.O. Box 1, Ferndale, CF43 3YD

Serving: Rhondda, Cynon, Taff

HL: 0808 8010 800 T: 01443 731445

E: info@wa-rct.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 655 ▶

Clients:

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

Services:

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

Description of service: Provides a range of accommodation and support services to women and children experiencing, or who have experienced domestic abuse or violence.



YNYS SAFE / SAFE ISLAND

Cardiff Royal Infirmary, Newport Road, Cardiff, CF24 0SZ

Serving: Cardiff

T: 02920 335795
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: 668 ▶

Clients: <ul style="list-style-type: none">• Adults FM ●● Adults M ●• Young People FM ●● Young People M ●• Children FM ●● Children M ●	Services:
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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.