



DABS

Directory And Book Services

Support for those concerned with abuse & sexual violence

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DABS
National Resource Sub-Directory
PERPETRATORS

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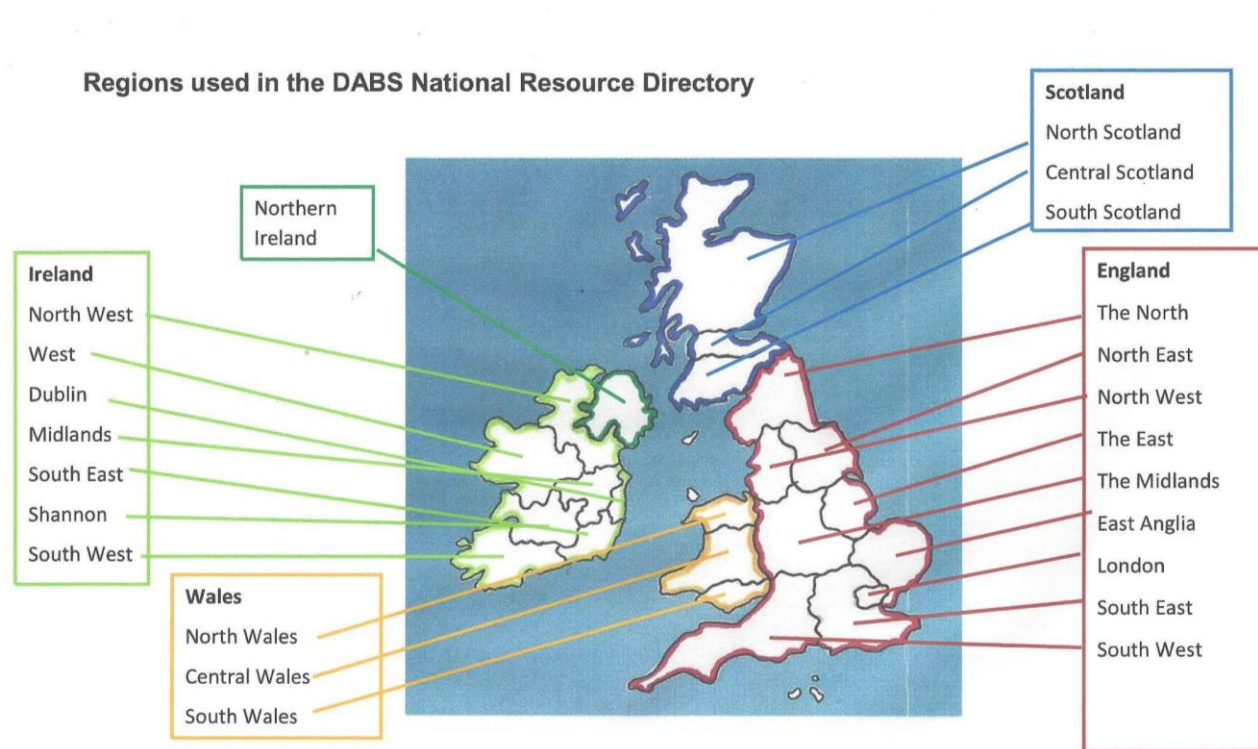
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● ● GENERAL GUIDELINES ● ●



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 understand. 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.

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.
- 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.

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/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. 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

The Clinic for Boundaries Studies: The only organisation in the UK working around all aspects of professional boundaries and the prevention of boundary violations. The Clinic runs preventative, recovery and remedial services. The Clinic's specialist support services are designed to support members of the public who may have been harmed by professionals including counsellors & therapists.

0203 468 4194 ~ www.professionalboundaries.org.uk

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

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 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 20 and contact us for full details if you are interested.



PERPETRATORS • REGION: National UK • Section: 01

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: 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



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: DR: 34 ▶

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 ●• Training ●• Physical & Emotional Abuse ●
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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.



PERPETRATORS • REGION: National UK • 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: DR: 109 ▶

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 ●
- Learning Disabilities ●

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



PERPETRATORS • REGION: National UK • Section: 01

CORAM CHILDREN'S LEGAL CENTRE

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

Serving: National (UK)

HL: 0300 330 5800 or 0300 330 5485 T: 01206 714 650 F: 01206 877963

E: info@coramclc.org.uk

W: www.childrenslegalcentre.com

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 116 ▶

Clients:

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

Services:

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

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



PERPETRATORS • REGION: National UK • Section: 01

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: DR: 124 ▶

<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 ● ● Perpetrators FM ●● Perpetrators M ● 	<p>Services:</p> <ul style="list-style-type: none"> ● Helpline ● ● Training ● ● Physical Disabilities ●● Learning Disabilities ● ● Physical & Emotional Abuse ● ● Domestic Violence ● ● Court & Legal Support for Victims & Witnesses ●
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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).



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: 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.



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: 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.



PERPETRATORS • REGION: National UK • 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: DR: 223 ▶

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.



PERPETRATORS • REGION: National UK • Section: 01

i-HOP

W: www.i-hop.org.uk

Serving: National (UK)

HL: 0808 802 2013 T: 0808 802 2013.
E: Via Website
W: www.i-hop.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 227 ▶

Clients: <ul style="list-style-type: none">● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Helpline ●● Newsletter ●
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Description of service: i-HOP is a one-stop information and advice service to support all professionals in working with children and families of offenders, bringing together useful information in one place. i-HOP is funded by the Department for Education and delivered by Barnardo's in partnership with POPS. The service is less likely to be relevant directly for families themselves.



PERPETRATORS • REGION: National UK • 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: DR: 299 ▶

Clients:

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

Services:

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

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



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: DR: 328 ▶

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 ●
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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.



PERPETRATORS • REGION: National UK • 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: 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.



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: DR: 348 ▶

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:

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

Description of service: Support and resources for adult survivors (10+). Up to 2 years one-to-one counselling, group therapy, Self Development Workshops, access to legal services. Advocacy and support. Training for professionals. Mentoring and life skills coaching for students. Telephone and Skype Counselling facility: 02086 972112 or 01932 400038. The Warrior Within- A One in Four handbook to aid recovery from childhood sexual abuse and violence. Available through website and Amazon. The Spirit Within- A One in Four handbook to aid recovery from religious sexual abuse across all faiths.



PERPETRATORS • REGION: National UK • Section: 01

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: 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: 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.



PERPETRATORS • REGION: National UK • 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: 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



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: 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: 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.



PERPETRATORS • REGION: National UK • 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: 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.



PERPETRATORS • REGION: National UK • 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: 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.



SOUTHMEAD PROJECT

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

Serving: National (UK) & Bristol

T: 0117 950 6022 F: 0117 950 6102

E: southmead_project@yahoo.co.uk

W: www.southmeadproject.org.uk

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



PERPETRATORS • REGION: National UK • Section: 01

STOP IT NOW! UK & IRELAND

Bordesley Hall, Birmingham, B48 7QA

Serving: National (UK)

HL: 0808 1000 900 T: 01527 591922 F: 01527 591924

E: help@stopitnow.org.uk

W: www.stopitnow.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 530 ▶

Clients:

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

Services:

- Helpline ●● Newsletter ●
- Training ●

Description of service: Stop It Now! UK and Ireland is a child sexual abuse prevention campaign that helps adults to play their part in prevention through providing sound information, educating members of the public, training those who work with children and families and running a free phone confidential helpline: 0808 1000 900.



PERPETRATORS • REGION: National UK • Section: 01

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: DR: 531 ▶

Clients:

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

Services:

- Training •

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.



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: 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: 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.



PERPETRATORS • REGION: National UK • Section: 01

THE LUCY FAITHFULL FOUNDATION

Bordesley Hall, Birmingham, B48 7QA

Serving: National (UK)

HL: 0808 1000 900 T: 01527 591922 F: 01527 591924

E: bordesley@lucyfaithfull.org

W: www.lucyfaithfull.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 587 ▶

Clients:

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

Services:

- Helpline ●● Newsletter ●
- Training ●

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



PERPETRATORS • REGION: England North • Section: 02

Action for Children, THE KITE

25 Kayll Road, Sunderland, SR4 7TW

Serving: Tyne & Wear

T: 0191 567 4801 F: 0191 567 1162

E: thekite@actionforchildren.org.uk

W: www.actionforchildren.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 7 ▶

Clients:

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

Services:

- Newsletter ●
- Training ●

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



PERPETRATORS • REGION: England North • Section: 02

ORCHARD / MOSAIC

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

Serving: Tyne & Wear

T: 0191 212 0237 F: 0191 281 1369
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 351 ▶

Clients: <ul style="list-style-type: none">● Partners FM ●● 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">● Training ●
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Description of service: Therapeutic services to children, young people (under 18) and their parents/carers in relation to sexual abuse issues and domestic violence. One-to-one work, Parallel work, Group work, Training and consultancy. Referrals from: Social Workers, GPs and other professionals working with families in North-East region (Newcastle, North & South Tyneside and Northumberland).



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: 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.



PERPETRATORS • 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: 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.



PERPETRATORS • 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: DR: 84 ▶

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



PERPETRATORS • 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: 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.



PERPETRATORS • 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: 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)



PERPETRATORS • REGION: England North West • Section: 03

LOCAL SAFEGUARDING CHILDREN BOARD

c/o Safeguarding Children Unit, Stockport MBC, Sanderling Building, Birdhall Lane, Cheadle Heath, Stockport, SK3 0RF

Serving: Greater Manchester

T: 0161 474 5657 F: 0161 491 0654

E: cpu@stockport.gov.uk

W: www.stockport.gov.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 278 ▶

Clients:

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

Services:

Description of service: No direct service - Contact point for information and advice re child (0-18) protection and children looked after.



PERPETRATORS • 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: DR: 411 ▶

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">● Training ●● Learning Disabilities ●● Physical & Emotional Abuse ●● Domestic Violence ●
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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.



PERPETRATORS • 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: 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.



PERPETRATORS • 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: 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.



PERPETRATORS • 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: DR: 630 ▶

Clients: <ul style="list-style-type: none">• Adults FM •• Partners FM •• Partners M •• Young People FM •• Perpetrators FM •	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: 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.



PERPETRATORS • REGION: England Midlands • Section: 05

Core Assets - Staffordshire Domestic Abuse Perpetrator Programme

Core Assets Children's Services, Malvern View, Saxon Business Park, Hanbury Road, Worcestershire, B60 4AD

Serving: Staffordshire

T: 0800 6226114
E: childrens.services@coreassets.com
W: www.corechildrensservices.co.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 704 ▶

Clients: <ul style="list-style-type: none">• Adults M •• Perpetrators M •	Services: <ul style="list-style-type: none">• Physical & Emotional Abuse •• Domestic Violence •
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Description of service: The aim of our service was to increase the safety of the partners, ex-partners, family members and children of abusive men. This was achieved through a structured group-work programme for perpetrators delivered by two facilitators and an independent support service (ISS) dedicated to providing confidential 1:1 support to victims. We worked with all types of domestic abuse and managed risk through a robust case management system. Perpetrators were brought together to explore issues such as the effects of domestic abuse and the reasons behind their abuse. They were supported in learning new strategies for managing difficulties, developing emotional resilience and improving their relationships to their partner/ex-partner and children.



PERPETRATORS • 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: 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).



PERPETRATORS • 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: DR: 137 ▶

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



PERPETRATORS • 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: 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.



PERPETRATORS • 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: 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 .



PERPETRATORS • 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: DR: 224 ▶

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.



PERPETRATORS • 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: 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".



PERPETRATORS • 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: 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.



PERPETRATORS • 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: 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.



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: 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.



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: 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.



PERPETRATORS • 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: DR: 691 ▶

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



PERPETRATORS • 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: DR: 701 ▶

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 ●
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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.



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: DR: 270 ▶

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



PERPETRATORS • 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: DR: 79 ▶

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 ●● Newsletter ●
- Domestic Violence ●● Accommodation ●
- Court & Legal Support for Victims & Witnesses ●

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.



PERPETRATORS • 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: DR: 166 ▶

<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 ●• Perpetrators FM ●● Perpetrators M ●	<p>Services:</p> <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: 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.



PERPETRATORS • 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: 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.



PERPETRATORS • 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: DR: 334 ▶

<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 ●● Perpetrators FM ●● Perpetrators M ●	<p>Services:</p> <ul style="list-style-type: none">● Newsletter ●● Physical & Emotional Abuse ●
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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.



PERPETRATORS • 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: 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.



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: DR: 164 ▶

Clients:

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

Services:

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

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



PERPETRATORS • 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: 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.



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: 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.



PERPETRATORS • 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: 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 ●● Children FM ●● Children 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 (10+). Up to 2 years one-to-one counselling, group therapy, Self Development Workshops, access to legal services. Advocacy and support. Training for professionals. Mentoring and life skills coaching for students. Telephone and Skype Counselling facility: 02086 972112 or 01932 400038. The Warrior Within- A One in Four handbook to aid recovery from childhood sexual abuse and violence. Available through website and Amazon. The Spirit Within- A One in Four handbook to aid recovery from religious sexual abuse across all faiths.



PERPETRATORS • 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: 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.



PERPETRATORS • 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: 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.



PERPETRATORS • 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: 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.



PERPETRATORS • 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: DR: 650 ▶

Clients:

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

Services:

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

Description of service: 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 living in Camden. Groups, classes and workshops open to all women. Check website for program details. We provide a creche service for children.



PERPETRATORS • 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: DR: 300 ▶

<p>Clients:</p> <ul style="list-style-type: none"> ● Adults FM ●● Adults M ● ● Young People FM ●● Young People M ● ● Perpetrators FM ●● Perpetrators 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: 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.



PERPETRATORS • REGION: England South East • Section: 09

OFF THE RECORD

138 Purbrook Way, Leigh Park, Havant, PO9 3SU

Serving: Portsmouth & SE Hampshire

HL: 023 92474724 T: 02392 785999
E: admin@off-the record.org.uk
W: www.otr-south.org.uk
◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 343 ▶

Clients: <ul style="list-style-type: none">● Young People FM ●● Young People M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Helpline ●● Physical & Emotional Abuse ●● Domestic Violence ●
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Description of service: A free, confidential support service for young people aged 11-25yrs, offering counselling, information & befriending to young people needing help with any issue (relationships, stress, school/work, homelessness, abuse, depression, etc.). Service provision specifically for Portsmouth and South East Hampshire. Phone for an appointment for one-to-one counselling or for information 02392 474724



PERPETRATORS • REGION: England South East • Section: 09

OFF THE RECORD

138 Purbrook Way, Leigh Park, Havant, PO9 3SU

Serving: Hampshire

T: 02392 785999 F: 02392 433999

E: admin@off-the-record.org.uk

W: www.otr-south.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 342 ▶

Clients: <ul style="list-style-type: none">● Young People FM ●● Young People M ●● Children FM ●● Children M ●● Perpetrators FM ●● Perpetrators M ●	Services: <ul style="list-style-type: none">● Physical & Emotional Abuse ●● Domestic Violence ●
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Description of service: A free, confidential support service for young people aged 11-25 yrs, operating in South East Hampshire ,offering information, support, counselling & befriending to young people needing help with any issue (relationships, stress, school/work, homelessness, abuse, depression, etc.). Phone for an appointment for one-to-one counselling, or drop in during opening hours: Mon-Wed 3-9pm; Thurs 1-9pm & Fri 1-5pm.



PERPETRATORS • 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: DR: 347 ▶

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:

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

Description of service: Support and resources for adult survivors (10+). Up to 2 years one-to-one counselling, group therapy, Self Development Workshops, access to legal services. Advocacy and support. Training for professionals. Mentoring and life skills coaching for students. Telephone and Skype Counselling facility: 02086 972112 or 01932 400038. The Warrior Within- A One in Four handbook to aid recovery from childhood sexual abuse and violence. Available through website and Amazon. The Spirit Within- A One in Four handbook to aid recovery from religious sexual abuse across all faiths.



PERPETRATORS • 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: 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.



SDAS - Southern Domestic Abuse Service

Havant, PO9 1UA

Serving: Hampshire

H: 0330 016 5112 T: 02392 480246

E: info@southerndas.org

W: www.southerndas.org

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



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: 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.



PERPETRATORS • 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: 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.



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: 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.



PERPETRATORS • 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: 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.



Cornwall Women's Refuge Trust (CWRT)

Serving: Cornwall

H: 01872 225 629 T: 01872 277814

E: evolution.project@aol.co.uk

W: www.cwrt.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 118 ▶

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 ●
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Description of service: Cornwall Women's Refuge Trust provides a safe supportive environment for women and children who have escaped domestic violence. We offer support and advice, empowering victims and survivors of domestic abuse to create or maintain a safer and happier future. We also work with perpetrators of domestic abuse to help challenge and change their behaviours to protect their families and partners.



PERPETRATORS • REGION: England South West • Section: 10

OFF THE RECORD - BRISTOL

2 Horfield Road, St. Michael's Hill, Bristol, BS2 8EA

Serving: Bristol and South Glos.

HL: 0808 808 9120 T: 0117 922 6747

E: confidential@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: DR: 345 ▶

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 ●

Description of service: Paste here: Free and confidential Mental Health Service for Young People aged 11-25 (inclusive of 25). We offer a range of services from counselling to community based support work and have no criteria other than the age range to a young person accessing support with us.



PERPETRATORS • 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: 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



PERPETRATORS • 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: DR: 509 ▶

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 ●
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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.



PERPETRATORS • 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: southmead_project@yahoo.co.uk

W: www.southmeadproject.org.uk

◀ If you have any difficulty with these contact details please inform DABS: dabs@btinternet.com quoting: DR: DR: 520 ▶

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 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.



PERPETRATORS • REGION: England South West • Section: 10

Splitz

Oak House, Epsom Square, White Horse Business Park, Trowbridge BA14 0XG

Serving: Wiltshire

T: 01225 777724 F: 01225 774405
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: DR: 523 ▶

Clients:

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

Services:

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

Description of service: Splitz Support Service is a registered charity delivering support services to women and young people experiencing the trauma of domestic abuse. Based in Wiltshire, we also deliver services across south west England.



PERPETRATORS • 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: 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.



ONE IN FOUR IRELAND

2 Holles Street, Dublin 2

Serving: County Dublin

HL: 01 662 4070

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: DR: 346 ▶

Clients:

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

Services:

- Helpline ●
- 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.



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: 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.