

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
ENGLAND			
Nationwide	<p>Helpline 0300-999-5428 help@brokenrainbow.org.uk Helpline Mon & Thurs 10am - 8pm Tues and Wed 10am - 5pm We are a LGBT domestic violence service. We offer advice, support and referrals to LGBT who are or have experienced domestic violence.</p>	<p>Broken Rainbow UK Nationwide 08452-605-560 Office</p>	<p>www.brokenrainbow.org.uk mail@brokenrainbow.org.uk</p>
Nationwide	<p>CASS Women's Self Injury Helpline 0808-800-8088 Tues & Weds 7pm to 10pm, Thurs 3pm to 6pm TESS support for young women up to age 24. 07800-472-908 open Sunday to Friday 7pm to 9pm. Self Injury Support is a national UK-wide organization that supports girls and women in emotional distress. We particularly help those that harm themselves, often called self injury. We run CASS self injury helpline and TESS text and email support. We produce info and publications about self injury. We provide information about many self Injury support groups across the UK. Please see website for a nationwide self injury support group list of locations.</p>	<p>Self Injury Support - Women PO Box 3240 Bristol BS2 2EF 01179-279-600 Office</p>	<p>www.selfinjurysupport.org.uk info@selfinjurysupport.org.uk Email Support form on Website</p>
Nationwide	<p>Helpline 0800-085-3330 Helpline 0808-801-0331 support@napac.org.uk See website for helpline hours and mobile call charges. We are the only national organization focused on supporting adults who have been abused in anyway as children. We provide a local support and specialist search facility so you can find help in your area.</p>	<p>National Association for People Abused in Childhood (NAPAC) PO Box 63632 London SW9 1BF 02031-760-560 Office</p>	<p>www.napac.org.uk support@napac.org.uk Or general contact form on website</p>
Nationwide	<p>Helpline 0808-2000-247 helpline@womensaid.org.uk</p>	<p>Women's Aid UK National Domestic Violence Helpline 0808-2000-247 Office / Helpline</p>	<p>www.womensaid.org.uk info@womensaid.org.uk</p>
Nationwide	<p>Helpline 08453-030-900 supportline@victimsupport.org.uk Victim Support is the independent charity for victims and witnesses of</p>	<p>Victim Support England 01453-030-900 Office/ Helpline</p>	<p>supportline@victimsupport.org.uk</p>

crime in England and Wales. We have offices across the country and we run a "Witness Service" in every court. There is a map of England on our website to help you find a Victim Support Office near you.

Accrington

Helpline 01254-879-855

We have been providing services to vulnerable children and families affected by domestic violence since 1998. Our services include:

Dedicated services for children and young people

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

HARV
PO Box 77
Accrington
Lancashire
01254-879-855 Office / Helpline

www.harvoutreach.org.uk
info@harvoutreach.org.uk

Altrincham

Helpline 0800-783-4608

Minority women 0800-434-6484

Text Help 0796-7000-205

Email dorothyrc@hotmail.co.uk

Helpline hours see website

Our organization is a feminist organization, run by women for women which aim to support survivors of rape or sexual abuse no matter when or where it may have occurred

Trafford Rape Crisis
Unit 314
Peel House
30 The Downs
Altrincham
Greater Manchester
WA14 2PX
0800-783-4608 Office / Helpline
traffordrapecrisis@googlemail.com

www.traffordrapecrisis.com

Andover

Helpline 01264-366-122

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

Resettlement and follow up support

Dedicated services for children and young people

Services available for male victims

Andover Crisis and Support Ctr
Andover
Hampshire
01264-366-122 Office / Drop in

Ashford

Helpline 01795-420-042

Male worker may answer phone

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

Resettlement and follow up support

Ashford Refuge
Kent
07195-420-042 Office & Refuge
contactus@amicushorizon.org.uk

Aylesbury

Helpline 01296-392-468

Email help support@avrc.org.uk

Please leave a message on our helpline answerphone and the call will be returned ASAP discretion is assured. We are here to help and support women affected by abuse

Free limitless counseling

Personal advocacy

Court and medical advocacy.

Aylesbury Vale Rape Crisis
PO Box 268
Aylesbury
HP22 6SA
01296-392-468 Office / Helpline

www.avrc.org.uk
support@avrc.org.uk

Aylesbury	<p>Helpline 01296-436-827 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.</p>	<p>Aylesbury Women's Aid Aylesbury Buckinghamshire 01296-436-827 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/</p>	<p>denise@awaid.demon.co.uk</p>
Barnsley	<p>Helpline 01226-249-800 Outreach and floating support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.</p>	<p>Barnsley Domestic Violence Group Barnsley 01226-249-800 Office / Helpline</p>	<p>www.barnsleydvg.org.uk</p>
Barnsley	<p>Helpline 01226-298-560 Helpline Mon -Thurs 6pm - 8pm BSARCS is a registered charity, based in Barnsley which supports people who's lives have been affected by sexual violence. Face to face counselling for women who are aged 16 + Mens information through hotline We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system. Women only work groups Support groups coming soon This entry November 2013</p>	<p>Barnsley Sexual Abuse and Rape Crisis Services The Core County Way Barnsley S70 2JW 01226-320-140 Office</p>	<p>www.bsarcs.org.uk/</p>
Barnsley	<p>Helpline 01226-249-800 Male Worker may answer the phone Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Judith House Barnsley 01226-249-800 Office / Helpline</p>	
Barnstaple	<p>Helpline 01271-321-946 Offering services for women and girls who have survived rape or sexual abuse. Face to face counselling Therapy groups Mutual support groups.</p>	<p>North Devon Women's Aid PO Box 141 Barnstaple Devon EX32 7YN 01271-321-946 Office / Helpline</p>	<p>helenf@ndwomensaid.co.uk</p>
Basildon	<p>Helpline 01268-581-591 Offering temporary accomodation</p>	<p>Basildon Women's Aid PO Box 51</p>	<p>www.basildonwa.org enquiries@basildonwa.org</p>

for women and their children who are fleeing domestic violence. We also offer an outreach service for women who can not leave their homes at this time.
Legal advice and counselling.

Basildon
Essex
01268-581-591 Office / Helpline

Basingstoke

Helpline 01256-423-890
Helpline Tues to Thurs 7pm - 9pm
We endeavour to provide volunteers who understand what rape and sexual abuse is all about, they are not shockable or judgemental. Providing practical and emotional support for people over 16 who have been raped or assaulted whether yesterday or years ago.
Counselling and support groups

Basingstoke Rape and Sexual Abuse Crisis Centre
The Orchard
White Hart Lane
Basingstoke
RG21 4AF
01256-423-810 Office.

www.brasacc.com
admin@brasacc.com

Basingstoke

Helpline 01256-478-888
Helpline 01256-350-996 Refuge
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support
Services for Male victims available

Basingstoke Shared House
Basingstoke
01256-478-888 Office / Support
BasingstokeRefuge@homegroup.org.uk

Bath

Helpline 01225-466-989
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support
Dedicated services for children and young people.

Next Link - Domestic Violence Services
Bath
01225-466-989 Office / Refuge
bath.enquiries@nextlinkhousing.co.uk

www.nextlinkhousing.co.uk

Bath

Helpline 07947-277-848
Services provided for adult female survivors of rape and sexual abuse. Mutual support groups available, please call our helpline for more details.

Survivors After Rape and Abuse (SARA)
PO Box 4404
Bath
Avon
BA1 0JS
07947-277-848 Office / Helpline

sara-survivors@hotmail.co.uk

Bedford

Helpline 01234-261-228
Our objective is to inform, organise and involve women in Bedfordshire on issues relating to domestic violence and abuse.

Santosh Asian Women's Foundation
Bedford
01234-405-916 Office

www.balagnath.org

Bedfordshire

Helpline 01234-353-592
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call to ask about children's accommodation.

Butterfly House
Bedfordshire
01234-353-592 Office / helpline

Bedfordshire

08451-410-073 South Bedfordshire
08451-410-074 North Bedfordshire
Refuge for women fleeing domestic violence. The address is not

Central Bedfordshire Refuges
08451-410-073 Office / Helpline
08451-410-074 Office / Helpline

published for safety reasons.
Please call to ask about children's
accommodation.

Bexleyheath	Helpline 02083-011-536 for 30 years we have been providing support services and refuge to women and their children affected by domestic violence. Community outreach support Freedom: a 12 week course to learn about healthy and non healthy relationships.	Bexley Women's Aid Bexleyheath Kent DA7 4BS 02083-011-536 Office / Helpline	www.bexleywomensaid.org.uk admin@bexleywomensaid.org.uk
Birkenhead	Helpline 01516-661-392 Helpline hours Mon 7pm-9pm Wed 2pm-5pm Thurs 7pm-9pm and Sundays 3pm - 5pm RASA Birkenhead is located in a safe house at a secret location. Only clients accessing our services are advised of the location once an appointment has been made. We offer one to support for survivors and anyone affected by sexual violence. One to one counselling Accompaniment at police interviews Accompaniment at court RASA male survivors on Fridays We do not have male counsellors or advocates in our service. Men and boys will work with experienced females.	RASA Rape and Sexual Abuse Centre PO Box 35 Birkenhead CH 42 4RX 01516-500-155 Office	www.rasamerseyside.org rasa@rasamerseyside.org
Birkenhead	Helpline 01516-439-766 Our domestic abuse refuge is safe, and comfortable. We welcome women with or without children. Resettlement and follow up support Dedicated services for children and young people	Wirral Women and Children's Aid Birkenhead 01516-439-766 Office / Helpline	www.wirralwomensrefuge.co.uk
Birkenhead	Helpline 01516-701-528 We offer a range of confidential services for women, children and young people affected by domestic abuse. IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	Zero Centre Birkenhead 01516-701-528 Office / Helpline	
Birmingham	The Arch Project in Birmingham works with children and young people between 5 - 14 years old who have emerging emotional and behavioural difficulties. Individual 12 week programmes where each	Banardo's - Arch Project 42 rupert Street Nechells Birmingham B7 4PS 01213-595-333 Office.	www.barnardos.org.uk arch.project@barnardos.org.uk

child is allocated a key worker.

Birmingham	Helpline 0800-111-4223 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people . IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	Birmingham & Solihull Women's Aid Birmingham & Solihull 01216-858-687 Office/Outreach	www.bswaid.org Email contact form on website
Birmingham	ICAP is a registered charity providing high quality counselling services and psychotherapy to help people heal their lives and deal with emotional trauma. Originally founded to meet the needs of Irish immigrants now resident in Britain, today we support people from other communities. We have 2 clinical centres - London and The West Midlands.	ICAP - Immigrant Counselling and Psychotherapy. Birmingham 01216-667-707 Office	www.icap.org.uk info@icap.org.uk
Birmingham	Helpline 0800-111-4223 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Jasmine Grove Birmingham 0800-111-4223 Office / Refuge	
Birmingham	Helpline 01212-333-818 See website for helpline hours We support and inspire those affected by sexual violence and abuse to make positive meaningful changes and live a future with hope and confidence. Support is also given to family and friends and the professionals working with them. RSVP offers a variety of services including: Counselling, adult and child advocacy through police/court procedures. We offer a helpline, coffee mornings and social groups with special groups for refugees and asylum seekers. More information on these services can be found on our website	Rape and Sexual Violence Project PO Box 9558 Birmingham B4 7QE 0121-643-0301 Office Office hours Mon-Fri, 9am-5pm	www.rsvporg.co.uk rsvpwm.info@gmail.com
Birmingham	Helpline 08707-070-098 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Roshni Women's Refuge Birmingham 08707-070-098 Office / Refuge admin@roshnibirmingham.org.uk	www.roshnibirmingham.org.uk

Birmingham	<p>Helpline 01215 -070-707 Male worker may answer the phone Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>The Birmingham Crisis Centre Birmingham 01215-546-059 Office enquiries@birminghamcrisis.org.uk</p>	<p>www.birminghamcrisis.org.uk</p>
Blackburn	<p>Helpline 01254-260-465 Refuge referrals Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Blackburn, Dawen & District Women's Aid Blackburn 01254-260-465 Office / refuge www.womensaid.org.uk/domestic-abuse-directory/</p>	
Blackpool	<p>Helpline 01253-596-699 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Fylde Coast Women's Aid Blackpool 01253-596-699 Office / refuge www.womensaid.org.uk/domestic-abuse-directory/</p>	
Bolton	<p>Group counselling for survivors of sexual abuse. Survivors often gain strength and courage for realizing they are not alone and hearing about the journeys others have made and what has helped them survive. Group meets on a fortnightly basis on Mondays 7pm - 8.30 pm for more group details call 01204-546-100</p>	<p>Beacon Bolton Counselling The Hub Bold Street Bolton BL1 1LS 01204-546-100 Office</p>	<p>www.beaconcounselling.org enquire@beaconcounselling.org</p>
Bolton	<p>Helpline 01204-365-677 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people We have a support Centre offering: A counselling service Freedom Programme - For survivors to learn about healthy relationships and make the changes required.</p>	<p>Fort Alice Bolton 01204-365-677 Office / Refuge</p>	<p>www.fortalice.org.uk info@fortalice.co.uk</p>
Bootle	<p>Helpline 01519-229-385 Staffed Fridays 2pm - 4pm there is an answer machine all other times</p>	<p>Rape and Sexual Abuse Centre (RASA) Sefton Bootle</p>	<p>www.rasamerseyside.org sefton@rasamerseyside.org</p>

We strive to provide a safe and welcoming environment for male and female survivors of all sexual violence. We offer support for women in female only safe places. Specialist counselling support We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.

Liverpool
L20 4NR
01519-229-385 Office / Helpline

Boston **Helpline 01205-361-232**
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.

Boston Mayflower - Domestic Abuse Service
Boston
Lincolnshire
01205-361-232 Office / Helpline
dasupport@bostonmayflower.org.uk

Boston **Helpline 01205-311-272**
We exist for the benefit of all women with or without children, who are experiencing domestic abuse. Our refuge is a safe house where women can stay as long as they may need. Our floating outreach support worker's role includes supporting women who want to stay in their homes. We offer support for the children who witness abuse. Two Support groups - One in Spalding and one in Holbeach. See our website for times and locations.

Boston Women's Aid
PO Box 5
Boston
PE21
01205-311-272 Office / Helpline

www.bostonwomensaid.org.uk
admin@bostonwa.co.uk

Bournemouth **Helpline 01202-547-755**
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support

Bournemouth Women's Refuge
Bournemouth
01202-547-755 Helpline/Refuge

Bracknell **Helpline 01189-504-003**
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.

Berkshire Women's Aid
Bracknell
01189-504-003 Office / Helpline
www.womensaid.org.uk/domestic-abuse-directory/

Bradford **Helpline 01274-308-270**
Helpline open Mon, Tues, Weds,

BRC&SASS
C/O 19/25 Sunbridge Road

contactus@brcg.org.uk

Thurs and Fri afternoons. Wed and Thurs evenings. Answerphone at all other times.

Advocacy and support
We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system.

Services for refugees/asylum seeking women and girls who have been raped in other countries.

Jyoti: Services for Black and Asian women and girls.

Drop-in service for sex workers
FREE and confidential counselling with no session limits.

Bradford
BD1 2AY
01274-308-271 Office

Bradford

Helpline 01274-734-561

Helpline hours Mon to Wed 9 - 7pm and Thursdays 9am to 5pm

We are a support service for family members and survivors who have been affected by sexual abuse.

Male survivor groups
support group for mum's who's children have been sexually abused
Women's survivor support group
For group details 01274-734-561

Mosaic II
The Mayfield Centre
Broadway Avenue
Bradford
BD5 9NP
01274-734-561 Office / Helpline

www.mosaic2.org.uk
info@mosaic2.org.uk

Bradford

Helpline 01274-634-850

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

Dedicated services for children and young people

Oasis BME Domestic Abuse Services
Bradford
01274-634-850 Office / Refuge

Bradford

Helpline 01274-667-104

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

Staying Put
Bradford
01274-667-104 Office/Outreach

Bradford

Helpline 01274-660-052 Refuge
refuge@bradfordwomensaid.org

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

Resettlement and follow up support
Dedicated services for children and young people

Bradford Women's Aid
Bradford
01274-660-052 Office / Refuge

www.bradfordwomensaid.org
office@bradfordwomensaid.org

Brighton

Helpline 01273-622-822

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

Resettlement and follow up support

RISE - Brighton & Hove
Brighton
East Sussex
01273-622-822 Referrals .

www.riseuk.org.uk

Dedicated services for children and young people

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

Brighton

Helpline 01273-720-110

Staffed 7pm-9pm Wed and Fri

Text for help 07717-999-989

Staffed 7pm-9pm Wed and Fri

Drop In service Monday & Thursday

Between 7pm and 9pm. Please call

for details. Advocacy services.

Young peoples services.

FREE counselling for women 14-18

One to One counselling for adult

women.

Our advocacy service is open to people of all genders, and the helpline is open to self identifying women and their supports (of any gender).

Survivors' Network
6a Pavilion Buildings
Brighton
East Sussex BN1 1EE
01273-203-380 Office

www.survivorsnetwork.org.uk
admin@survivorsnetwork.org.uk

If you need support please email
help@survivorsnetwork.org.uk

Bristol

CASS Women's Self Injury Helpline 0808-800-8088 Tues & Weds

7pm to 10pm, Thurs 3pm to 6pm

**TESS support for young women up
to age 24. 07800-472-908 open
Sunday to Friday 7pm to 9pm.**

Self Injury Support is a national UK-wide organization that supports girls and women in emotional distress. We particularly help those that harm themselves, often called self injury. We run CASS self injury helpline and TESS text and email support. We produce info and publications about self injury. We provide information about many self injury support groups across the UK. Please see website for a nationwide self injury support group list of locations.

Self Injury Support - Women
PO Box 3240
Bristol
BS2 2EF
01179-279-600 Office

www.selfinjurysupport.org.uk
info@selfinjurysupport.org.uk

Email Support form on Website

Bristol

Helpline 07867-431-242

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

Bristol Hope Project
Bristol
07867-431-242 Helpline/refuge

hopeprojectbristol@gmail.com

Bristol

Helpline 01179-087-712

Email contact@kinergy.org.uk

We have been providing services to survivors of sexual abuse and rape since 1996. We are a member of BACP our team of 24 counsellors consists of 19 volunteer and 5 paid

KINERGY
Mary Carpenter House
Kingswood Foundation Estate
Britannia Road
Kingswood
Bristol
BS15 8DB

www.kinergy.org.uk
contact@kinergy.org.uk

counsellors.
01179-087-712 Office / Helpline
One to one counselling to 48 weeks
Groups therapy - facilitated by an
experienced counsellor, groups are
usually 5 to 10 men and women and
are an hour and a half in duration.

Bristol **Helpline 01179-250-680** Next Link Domestic Abuse www.nextlinkhousing.co.uk
Refuge for women fleeing domestic Services
violence. The address is not Bristol
published for safety reasons. 01179-250-680 Office/ Refuge
Resettlement and follow up support enquiries@nextlinkhousing.co.uk
Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and
after the court process. They can
accompany you to hearings and
leagal appointments and offer
practical advice and planning.

Bristol **Helpline 01179-298-868** SARSAS www.sarsas.org.uk
Freephone 0808-801-0456 PO Box 2942 info@sarsas.org.uk
support@sarsas.org.uk Bristol
Our specially trained volunteers are BS1 9EU
here to listen and support women 01179-299-556 Office
and girls who have survived rape or
Sexual abuse at any time in their
lives, past or present.
We can support you via email
via our hotline or one to one
Face to face support although we
are NOT a counselling service. But
we do offer a safe women only
spacefor you to express yourself.
From January 2014 we are offering
a specialist trauma counselling
service.

Bristol caseholder@the-green-house.org.uk The Green House - Bristol www.the-green-house.org.uk
info@the-green-house.org.uk PO Box 665 info@the-green-house.org.uk
The Green House Bristol is a Bristol
registered charity. We offer a range BS99 1XY
of specialist professional counselling 01179-351-707 Office
and therapy services to help people
of all ages who have experienced
the trauma of sexual abuse or sexual
violence at any time in their lives.
All services are FREE & confidential
One to one counselling
Therapy group work.

Bristol **Helpline 01179-166-461** Womankind www.womankindbristol.org.uk
Helpline 08454-582-914 3rd floor info@womankindbristol.org.uk
See website for hepline hours Brunswick Court
Our Bristol women's therapy centre Brunswick Square
was established in 1986 as a Bristol
registered charity. We provide BS2 8PE
counselling and on-going group 01179-166-461 Office / Helpline
work and support to women in the

Bristol area.
One to one counselling
Group therapy
Services are provided FREE or subsidised for women on a low income and a full fee for women who can afford to pay.

Bromley	Helpline 02083-139-303 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Bromley Women's Aid Bromley Kent 02083-139-303 Office / Helpline	
Burnley	Helpline 07866-510-728 helpline@elwra.org.uk Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. www.eastlancshealthyminds.co.uk/details/directory/burnley-womens-refuge-association/429/	East Lancashire Women's Refuge Association PO Box 9 Burnley Lancashire 01282-414-130 Office	contact@elwra.org.uk
Burton on Trent	Helpline 01283-517-185 Helpline staffed 2 hours per day Telephone support and individual support for survivors aged 13+ of any form of sexual and or domestic abuse, rape or sexual violence whether recent or past.	Sexual & Domestic Abuse and Rape Advice Centre PO Box 3 Burton on Trent DE14 1BB 01283-517-185 Office / Helpline	www.sarac.org.uk staff@sarac.org.uk
Bury	Helpline 03445-151-850 Refuge for men and women fleeing domestic violence. Our address is not published for saftey reasons. Resettlement and follow up support	Housing Action Group - DV Sercives. Bury 03445-151-850 Office / Refuge	centralaccess@shelter.org.uk
Calderdale	Helpline 0845-155-1485 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services available to male victims.	Calderdale Domestic Abuse Services Calderdale 0845-155-1485 Office / Refuge	
Cambridge	Helpline 01223-245-888 See website for helpline hours We are a helpline service run by women for women who have survived or are currently experiencing sexual violence. Our helpline is	Cambridge Rape Crisis Centre PO Box R 12 Mill Road Cambridge CB1 2AD 01223-313-551 Office	www.cambridgerapecrisis.co.uk

also open to supporter of survivors
Short term face to face counselling
Independent Sexual Violence Advisor
is available on weekdays to give
information, advice and support
about reporting to the police, and
the criminal justice system.

contact@cambridgerapecrisis.co.uk

For support via email

support@cambridgerapecrisis.co.uk

Cambridge	24 Hour answerphone out of hours We are a confidential counselling service in Cambridge and the surrounding areas for those whose lives are affected by child sexual abuse. We can offer up to two years of counselling for male and female survivors of all ages	Choices Counselling Alex Wood Hall Norfolk Street Cambridge CB1 2LD 01223-358-149 Office choicescounselling@hotmail.co.uk	www.choicescounselling.co.uk
Cambridgeshire	Helpline 01223-460-947 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accommodation for your children.	Cambridge Women's Aid Cambridgeshire 01223-460-947 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/	refuge@cambridgewa.org.uk
Canterbury	Helpline 0800-458-2818 Support line 01227-450-400 We support survivors of rape and childhood sexual abuse by providing an Independent Sexual Violence Advisor. Our ISVA will offer emotional and practical support. FREE face to face counselling for survivors of rape and childhood abuse.	East Kent Rape Line PO Box 353 Canterbury Kent CT2 9WA 01229-451-753 Office	www.eastkentraneline.com info@eastkentraneline.com
Canterbury	Helpline 01227-452-849 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Canterbury Women's Refuge Canterbury Kent 01227-452-849 Office / Refuge	
Canterbury	Helpline 01227-542-852 Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Services for Male victims of abuse.	Rising Sun Domestic Abuse Services Canterbury 01227-452-852 Office / Helpline	www.risingsunkent.com admin@risingsunkent.com
Carlisle	Helpline 01228-515-859 Helpline hours Mon - Fri 9am - 5pm Out of hours answering machine We are a registered charity working with children, young people and families who have experienced	Safety Net Advice & Support Ctr 1 Fisher Street Carlisle Cumbria CA3 8RR 01228-515-859 Office / Helpline	www.safetynetuk.org sncarlisle@btconnect.com

rape, sexual abuse or domestic violence.
Information and referrals
Police and court accompaniment
Therapy and counselling services

Cheshire	Helpline 01270-250-390 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Cheshire Without Abuse Cheshire 01270-250-390 Office / Refuge	
Cherwell	Helpline 0800-731-0055 Freephone Helpline 01295-267-159 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services for Male victims of abuse	Cherwell Women's Refuge Cherwell Oxfordshire 0800-731-0055 Office / Support	
Cheshire	Helpline 01513-554-759 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Access to interpreters	Cheshire Women's Services. Cheshire 01513-554-759 Office / Refuge	
Chester	Helpline 01244-317-922 Helpline hours Mon & Wed 6pm-8pm Saturdays 10am - 1pm We provide FREE face to face counselling as well as a telephone support line for women aged 18+ who have been affected by any form of rape, sexual violence or sexual abuse at any time in their lives, this includes the witnessing of abuse and violence. Although based in the centre of Chester we also cover the Chester West and North Wales areas.	Chester Sexual Violence Support Service PO Box 280 Chester CH1 1FB 01244-317-922 Office / Helpline	www.csass.org.uk/ chestersvss@yahoo.co.uk
Chester	Helpline 01606-871-523 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Offering direct services to male victims of domestic abuse. Facilities for the disabled	Phoenix Domestic Abuse Support Services Chester Cheshire 01606-871-523 Office / advice www.facebook.com/PhoenixDAaSSL	info@phoenixsupport.org.uk
Chesterfield	Helpline 01246-556-114 we serve adult female survivors of rape and sexual abuse by offering information, advocacy, counselling	SAIL Sexual Abuse & Incest Line PO Box 8 Chesterfield Derbyshire	email@sail1.freemove.co.uk

and mutual support groups. S40 1NY
01246-556-114 Office / Helpline

Chichester Helpline 01243-839-376
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Chichester Shared House
Chichester
West Sussex
01243-839-376 Office / refuge

Chichester Adults helpline 08448-477-879
Under 18 helpline 08088-020-808
Text helpline 07717-989-022
Our number one purpose is to provide therapeutic services to survivors of rape and sexual abuse and their supporters. Services are for male and female survivors aged 9 years plus.
Full counselling services
Email helpline on website
Lifecentre
PO Box 58
Chichester
West Sussex
PO19 8UD
01234-786-349 Office
www.lifecentre.uk.com
Email form on website

Cockermouth Helpline 0808-118-6432
See website for helpline hours
The Bridgeway Centre is a charity organization which offers FREE support to any one over the age of 16 years, who have been affected by rape, sexual assault or sexual abuse at any time in their lives.
Face to face support
Counselling with professionally qualified vounteer counsellors during office hours.
The Bridgeway
Cockermouth
Cumbria
CA13 0RJ
0808-118-6432 Office / helpline
www.thebridgeway.org.uk/counselling-and-support/

Colchester Helpline 01206-769-795
24 Hour answer machine
CARA is a confidential and non - judgmental support service for women, children and young people living in north or mid-Essex who have experienced rape, sexual assault or abuse either recently or in the past.
Support id you go to the police
Support through legal processes
information about your rights
Support at the hospital
One to one counselling
Support groups
Services also for boys and men under the age of 19. Not at centre
Centre for Action on Rape and Abuse
PO Box 548
Colchester
CO1 1YP
01206-367-881 Office
www.caraessex.org.uk
info@caraessex.org.uk

Colchester 24 Hour Helpline 07854-653-118
From abroad +44-7854-653-118
DABS is a not-for-profit organisation.
The DABS book list of over 450 titles on the subjects of abuse and sexual violence is still maintained however sales are no longer
DABS
23 Wakefield Close
Colchester
Essex CO1 2SD
07854-653-118 Helpline
www.dabs.uk.com
dabs@btinternet.com

commercially viable for us. DABS produces National Resource Directories of approximately 550 charities, organisations and groups throughout the UK and Ireland that work in various ways to support survivors of abuse and sexual violence. There is a helpline offering a signposting service providing FREE support and information regarding issues to do with childhood abuse, incest and sexual violence. DABS also offers in-house counselling and training to complement the other services it provides.

Congleton

Helpline 01625-439-197

We are a registered charity who are dedicated to support people who have been affected by rape or sexual abuse at any time in their lives. We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts. Counselling for women affected by rape or sexual abuse. Counseling for men affected by rape or sexual abuse. A specialist young person's service Workshops and support groups. Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington.

Rape and Sexual Abuse Support Centre - Cheshire East
Congleton
Cheshire
CW12 4AB
01625-439-197 Office / Helpline

www.rapecentre.org
support@rapecentre.org

Cornwall

01208-77-099 Rape/Sexual Abuse 01208-79-992 Domestic Abuse

WRSAC provides confidential support and is run by women for women. Whether you have experienced childhood sexual abuse, a recent sexual assault or domestic abuse you can contact us through our helplines or the website. We will help you find the right support for you. See more at: www.wrsac.org.uk
Rape and sexual abuse helpline is open Mon - Thurs 10am - 1pm
Thursday evenings 7.30pm - 10pm
Domestic violence helpline is open Monday evenings 7.30pm - 10pm

Women's Rape & Sexual Abuse Centre (Cornwall)
PO Box 39
Bodmin
PL31 1XF
01208-76-466 Office

www.wrsac.org.uk
admin@wrsac.org.uk

Cornwall

Helpline 01872-225-629

Cornwall Women's Refuge Trust

www.cwrt.org.uk

	<p>Helpline 01872-227-814 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Offering direct services to male victims of domestic abuse.</p>	<p>Cornwall 01872-225-629 Office / Helpline</p>	
<p>Cornwall East</p>	<p>Helpline 01726-871-244 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>East Cornwall Women's Refuge East Cornwall 01726-871-244 Helpline/refuge</p>	
<p>Cornwall West</p>	<p>Helpline 01736-367-539 Helpline 01736-332-711 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>West Cornwall Women's Aid Cornwall (West) 01736-367-539 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/</p>	
<p>Coventry</p>	<p>Helpline 02476-444-077 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Drop-in service available</p>	<p>Coventry Haven Coventry 02476-444-077 Office / Refuge</p>	
<p>Coventry</p>	<p>Helpline 02476-277-777 helpline@crasac.org.uk See website for helpline hours We offer a FREE and independent helpline for anyone from 5 years who has been affected by sexual violence no matter when or how it happened. Counselling for 5 to 18 year olds One to one counselling for women Crisis support and advocacy Help reporting to the police Girl's group therapy ages 11-17 Our helpline supports boys & men Weekly therapy groups for women One to one counselling for men now available.</p>	<p>Coventry Rape and Sexual Abuse Centre Ltd PO Box 2464 Coventry CV1 1ZA 02476-277-772 Office</p>	<p>www.crasac.org.uk info@crasac.org.uk</p>
<p>Crawley</p>	<p>Freephone Line 0808-802-9999 Our helpline is open every day at 12.30pm - 2.30pm & 7pm - 9.30pm 365 days of the year for survivors of rape and childhood abuse. Independent Sexual Violence Advisor is available on weekdays to give information, advice and support</p>	<p>Rape Crisis Surrey and Sussex PO Box 1265 Crawley RH10 0JY Office 01293-538-477</p>	<p>www.rasasc.org.uk info@rasasc.org.uk</p>

about reporting to the police and the criminal justice system. Counselling is available Monday to Friday for female survivors over 14 years who live or work in Surrey or Sussex.

Croydon	Helpline 07905-362-011 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Beth Refuge Croydon 07905-362-011 Office / refuge
Croydon	Helpline 02086-880-100 Helpline open Mon - Fri 10am-4pm Resettlement and follow up service IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	Croydon Family Aid Croydon London 02086-880-100 Office Helpline
Croydon	Helpline 0808-802-9999 Freephone Our helpline is open everyday at 12.30pm-2.30pm and 7pm-9.30pm 365 day of the year for survivors of rape and childhood abuse. Independent Sexual Violence Adivsor is available on weekdays to give information, advice and support about reporting to the police, and the criminal justice system. Counselling Monday - Friday for female survivors over 14 years who live and work in London, West Kent and North Surrey. Trauma counselling & group therapy	Rape Crisis South London PO Box 383 Croydon CR9 2AW 0208 683-3311 Office
Croydon	Helpline 0800-121-6060 We have three refuges in the south London area of Croydon for women and their children who are fleeing domestic violence. For safety reasons we do not publish our address. Please contact us if you need any information or are in need of help.	Croydon Refuge Croydon London 0800-121-6060 Office / Helpline
Cumbria	Helpline 07808-772-768 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Let Go - Safe Space Cumbria 07808-772-768 Office / Refuge
Dagenham	Step Up was launched in 2003 as a support service for families where children have been sexually abused or raped. We aim to provide a safe	STEP UP 534 Rainham Road South Dagenham Essex RM10 7XD

www.rasasc.org.uk
info@rasasc.org.uk

www.step-up-charity.co.uk/
step_up_shelley@hotmail.com

place for parents, offering practical and emotional support. If you feel that counselling for yourself or your child would be beneficial please call Shelley on 02085-178-888. We also run a drop in service during term time only Call office for details. 02085-175-888 Office.

Darlington	Helpline 01325-364-486 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Offering direct services to male victims of domestic abuse.	Darlington Women's Refuge Darlington 01325-364-486 Office / Refuge	www.darlingtonrefuge.org.uk familyhelp@btconnect.com
Darlington	Helpline 01325-369-933 Helpline Mon - Thurs 6.30pm - 9pm The Centre offers FREE confidential counselling and support to women who have experienced any form of sexual violence. Providing face to face counselling, support and advice for all women and girls aged 13+ daytimes and evening in the Darlington area. Outreach counselling service in Durham on Wednesdays and on Saturday mornings. Email support coming soon. This entry November 2013	Rape and Sexual Abuse Counselling Centre PO Box 106 Darlington DL3 7YS 01325-354-119 Office	www.rsacc-thecentre.org.uk Email support coming soon
Derby	Helpline 01332-270-101 We run an advice line, outreach services for those who are affected by domestic abuse and a drop-in service in Derby at our advice centre.	Hadhari Nari Women's Project Derby East Midlands 01332-270-101 Office / Helpline	
Derby	Helplin 01773-746-115 24 Hours Email support help@sv2.org.uk We provide support for anyone of any gender who are 14 years + and have been victims of any form of sexual violence at any point in their life. Support for victims wanting forensic medical exams without police involvement. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Face to face supportive counselling	SV2 PO Box 142 Derby DE1 1HF 01773-746-115 Office / Helpline	www.sv2.org.uk info@drconline.org.uk
Derbyshire North	Helpline 01246-540-444 Helpline 0800-019-8668 Freephone We offer a range of services to help support men and women and their	North Derbyshire Women's Aid North Derbyshire 01246-540-444 Office ? Helpline	www.ndwa.org.uk Contact email form on website

children who are affected by domestic abuse. Offering a drop-in service without an appointment on Mondays to Fridays 10am-4pm. We can put you in contact with a safe refuge if you are fleeing from your situation. FREE counselling, art therapy, a 12 week domestic abuse awareness course. And we have the services of an Independent domestic violence Advisor to support you through the courts

Derbyshire
South

Helpline 01283-229-854
Helpline 0800-019-8668 Freephone

We provide practical and emotional support for victims of domestic violence in the South Derbyshire area. We currently have coffee/chat sessions running on a Thursday at 12.30-2.30pm. Self help groups run at various time throughout the year. We have a drop-in service open 9am to noon Mondays to Thursdays. We offer an Outreach services and can visit you in your home or at a safe place. We can give you info on the Lemon Grove safe refuge which provides temporary accomodation for those fleeing violence. We also offer counselling services for men and women.

Next Step
PO Box 6256
Swadlincote
South Derbyshire
01283-229-854 Office / Helpline

www.next-step.org
nextstep2@btconnect.com

Devon

Helpline 01392-204-174
support@devonrapecrisis.org.uk

Covering all Devon except Plymouth We work with women 18+ who have experienced Rape, Childhood Sexual Abuse, Ritual Abuse, Gender based crimes, intimidation and harassment, regardless of how long ago it happened. We offer emotional and practical support via our Helpline, Email Searvice or Face to Face Sessions. We also offer support to friends, partners and family members. For Helpline and Email support the woman my remain Anonymous.

Devon Rape Crisis Service
PO Box 765
Exeter
Devon
01392-208-756 Office/Referrals

www.devonrapecrisis.org.uk
support@devonrapecrisis.org.uk

Devon

Helpline 03030-300-112
Helpline 0800-328-3070 Refuge

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people
Resettlement and follow up support
IDVA: IDVA's work with women by offering support before, during and

STOP Abuse For Everyone
Devon
03030-300-112 Office/Outreach

www.safe-services.org.uk

after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Devon North	Helpline 01271-370-079 Helpline 01271-321-946 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	North Devon Against Domestic Abuse North Devon 01271-370-079 Office/Outreach	
Devon South	Helpline 01626-365-087 Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	Domestic Violence Services Devon (South) 01626-365-087 Office / Helpline	
Doncaster	Helpline 01302-328-555 Helpline hours Tues 9.30 - 10.30am and Thursdays noon to 1pm We are an independent charity that has been helping victims of sexual violence since 1987. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Counselling for children and youth Counselling for adult survivors Group sessions led by one or two facilitators who are qualified and experienced counsellors. counselling@drasacs.org.uk	Doncaster Rape and Sexual Abuse Counselling Service PO Box 470 Doncaster DN1 3XW 01302-341-572 Office	www.drasacs.org.uk admin@drasac.org.uk
Doncaster	Helpline 01302-326-411 Asian advice line 01302-340-063 Outreach and floating support Drop-in service for victims Dedicated services for children and young people	Doncaster Women's Aid Doncaster 01302-326-411 Office / Helpline www.doncaster-womens-aid.co.uk mail@doncaster-womens-aid.co.uk	
Dorset North	Helpline 01747-858-555 Refuge for women fleeing domestic violence. The address is not published for safety reasons.	North Dorset Women's Refuge Dorset (North) 01747-858-555 Office / Refuge	www.bcha.org.uk
Dorset	Helpline 01305-262-444	West Dorset Women's Refuge	

West	<p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Resettlement and follow up support</p> <p>Dedicated services for children and young people</p>	<p>Dorset (West)</p> <p>01305-262-444 Office / Refuge</p>	
Dover	<p>Helpline 0845-072-7625</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p>	<p>Dover Refuge</p> <p>Dover</p> <p>Kent</p> <p>0845-072-7625 Office / Refuge</p>	<p>contactus@amicushorizon.org.uk</p>
Dudley	<p>Helpline 0845-607-6474</p> <p>Helpline 01215-598-477 Refuge</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Resettlement and follow up support</p> <p>IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p> <p>Drop In service avaiable</p> <p>Independent Sexual Violence Advisor</p> <p>the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police inter-views and to the courts</p>	<p>HUMDARD</p> <p>Dudley</p> <p>West Midlands</p> <p>0845-607-6474 Office / Helpline</p>	
Durham	<p>Helpline 01913-865-951</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Resettlement and follow up support</p>	<p>Durham Women's Refuge</p> <p>County Durham</p> <p>01913-865-951 Office / Refuge</p>	
Eastbourne	<p>Helpline 01323-736-796</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Resettlement and follow up support</p>	<p>Refuge - Eastbourne</p> <p>Eastbourne</p> <p>East Sussex</p> <p>01323-736-796 Office / Refuge</p>	<p>www.refuge.org.uk</p> <p>info@refuge.org.uk</p>
East Midlands	<p>Helpline 01159-414-279</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Please call the helpline to ask about accomodation for your children.</p>	<p>Amber House</p> <p>East Midlands</p> <p>01159-414-279 Office / Helpline</p>	
East Midlands	<p>Helpline 01782-287-902</p> <p>We offer outreach services to those affected by domestic violence but who wish to remain in their homes.</p> <p>Counselling, support groups and a drop-in service. Please call our help line for more details.</p>	<p>Family Support Service</p> <p>East Midlands</p> <p>01782-287-902 Office / Helpline</p>	

East Midlands	<p>Helpline 01159-753-254 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Umuada Refuge East Midlands 01159-753-254 Office / Helpline</p>	<p>umuadausers@ncha.org.uk</p>
Ellesmere Port	<p>Helpline 01244-907-710 We are a registered charity who are dedicated to support people who have been affected by rape or sexual abuse at any time in their lives. We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police inter-views and to the courts. Counselling for women affected by rape or sexual abuse. Counseling for men affected by rape or sexual abuse. A specialist young person's service Workshops and support groups. Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington.</p>	<p>Rape and Sexual Abuse Support Centre -Cheshire West & Chester Ellesmere Port Cheshire CH65 9BF 01244-907-710 Office / Helpline</p>	<p>www.rapecentre.org.uk support@rapecentre.org</p>
Essex	<p>Helpline 01206-500-585 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Colchester & Tendring Women's Refuge Essex 01206-500-585 Office / Helpline</p>	<p>www.colchester-refuge.org.uk info@colchester-refuge.org.uk</p>
Exeter	<p>Helpline 01392-204-174 support@devonrapecrisis.org.uk Covering all Devon except Plymouth We work with women 18+ who have experienced Rape, Childhood Sexual Abuse, Ritual Abuse, Gender based crimes, intimidation and harassment, regardless of how long ago it happened. We offer emotional and practical support via our Helpline, Email Searvice or Face to Face Sessions. We also offer support to friends, partners and family members. For Helpline and Email support the woman my remain Anonymous.</p>	<p>Devon Rape Crisis Service PO Box 765 Exeter EX1 9TG 01392-208-756 Office</p>	<p>www.devonrapecrisis.org.uk info@devonrapecrisis.org.uk Email support contact address support@devonrapecrisis.org.uk</p>
Exeter	<p>Helpline 08088-000-188 Tues, Wed, Thurs 7pm - 10pm The service we provide is private, confidential and anonymous but</p>	<p>Rape and Sexual Abuse Helpline PO Box 325 Exeter Devon</p>	

most importantly a listening service. EX1 1WQ
If requested we can give information 08088-000-188 Office / Helpline
about the police and legal processes.
We are a highly specialized service
and endeavour to be as constant
and reliable as possible. So If you
call and do not get through first time
please try again

Fareham	Helpline 07967-387-243 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Fareham & Gosport Family Aid Fareham Hampshire 07967-387-243 Office / Refuge	
Farnham	Christian Healing Ministry offering personal prayer ministry on FREE Healing Retreats and also as part of various teaching courses. suitable for those suffering the trauma of past abuse and desiring help with the subsequent dysfunction in their life.	Ellel Ministries Ellel Pierrepont Frensham Road Frensham Farnham Surrey GU10 3DL 01252-794-060 Office/ Advice info.pierrepont@ellelministries.org	www.ellel.org
Fleetwood	Helpline 07932-898-274 Helpline hours Daily 9am - 6 pm We were established in January 2001 to provide help, support and advice to male survivors of rape, sexual abuse and partner abuse. Group meetings Weds 10am - noon and Thursdays 7pm - 9 pm Therapy group Fridays 7 pm - 9pm Listening sessions by appointment Wed 10am - noon & Fri 1pm - 3pm	The Fylde Coast Men's Support Association PO Box 126 Fleetwood Lancs FY7 6WN 07932-898-274 Office / Helpline	fcmsa@yahoo.co.uk
Folkestone	Helpline 0845-072-7625 Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Folkestone Women's Refuge Folkestone Kent 0845-072-7625 Office / Refuge	
Gateshead	Helpline 01914-779-309 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Gateshead Women's Services and Refuge Gateshead 01914-779-309 Office / Refuge	GWS@homegroup.org.uk
Gloucester	Helpline 01452-526-770 For helpline times see website FREE confidential support for women and children who have been raped or sexually abused at any times in their lives. Advocacy, Practical advice provided regarding medical and legal processes Face to face support at the centre or	Gloucestershire Rape Crisis Ctr PO Box 16 Gloucester GL4 0RU 01452-526-770 Office / Helpline	glosrapecrisis@hotmail.co.uk

at home.

**Gloucestershire
South**

Helpline 01179-612-999

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Survive South Gloucestershire
01179-612-999 Office / Refuge

www.survivedv.org.uk
info@survivedv.org.uk

Gravesend

Helpline 01474-537-392

Helpline open most office hours Family Matters counselling practice is supported by qualified professionals, specialist in the field of childhood sexual abuse and rape. We also cover physical abuse and self esteem issues. Face to face counselling Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Women only space available Support groups coming soon (this entry November 2013).

Family Matters
13 Wrotham Road
Gravesend
Kent
DA11 0PA
01474-536-661 Office

www.familymattersuk.org
admin@familymattersuk.org

Grays Thurrock

Helpline 01375-380-609

SERICC opened in 1984 and covers the area's of Basildon, Brentwood and Thurrock. We provide services to women and girls over 13 years who have been raped, sexually assaulted, experienced childhood sexual abuse or any form of sexual violence. Female sexual violence counsellors FREE short term counselling Long term one to one counselling Support 4 mother's of Child survivors Support at medical appointments Support through the court system Counselling contact 01375-380-609 Counselling by appointment only

South Essex Rape and Incest
Crisis Centre
Grays Thurrock
RM17 6LL
01375-381-322 Office

www.sericc.org.uk
sericc@sericc.org.uk

Grimsby

Helpline 01472-575-757

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services available for male victims

Grimsby Women's Aid
Grimsby
01472-575-757 Office / Refuge

www.womensaid.org.uk/domestic-abuse-directory/

Guernsey	Helpline 01481-721-999 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Guernsey Women's Refuge Guernsey Channel Islands 01481-721-999 Office / Refuge.	
Guildford	Helpline 01483-898-600 Services for male and female survivors of ritual abuse. Telephone support Information and advice.	RAINS (Ritual Abuse Information Network and Support) Guildford Surrey 01483-898-600 Office / Helpline	joanmcoleman@btinternet.com
Guildford	Helpline 01483-546-400 Or 0800-0288-022 Freephone Helpline Sun - Fri 7.30pm - 9.30pm Closed Saturdays & Bank Holidays Individual counselling Family support counselling Pre court support counselling Self help groups Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.	Rape and Sexual Abuse Support Centre (RASASC) PO Box 1009 Guildford Surrey GU1 9EE 01483-568-000 Office	www.rasasc.org admin@rasasc-guildford.org
Halifax	Helpline 01422-323-339 If you are a women who has been affected by any form of domestic abuse, the Calderdale Women's Support Services can provide information, practical and emotional support and safety planning advice. "The Freedom Programme" is a weekly support group run 3 times a year for women affected by abuse whether past or present. Call the helpline for group details.	The Calderdale Women's Support Services Halifax 01422-323-339 Office / Helpline	www.womencentre.org.uk dvteam@womencentre.org.uk
Halton	Helpline 0300-111-1247 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	Halton & District Women's Aid Halton Cheshire 0300-111-1247 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/	
Harlow	Helpline 08450-177-668 We have refuges in Harlow, South-end and Broxbourne. Large or small accomodations offering services to women and their children who are fleeing domestic violence.	Safer Places PO Box 2489 Harlow Essex 08450-177-668 Office / Helpline	www.saferplaces.co.uk info@saferplaces.co.uk
Harrogate	Helpline 01423-530-078 Refuge for women fleeing domestic	Harrogate & District Women's Aid	www.idas.org.uk info@idas.org.uk

violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.

Harrogate
01423-530-078 Office / Refuge

Hartlepool

Helpline 01429-277-508
Helpline 0845-602-7308
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people
Counselling service available

Harbour Refuge
Harlepool
01429-277-508 Office / Refuge

www.myharbour.org.uk

info@myharbour.org.uk

Hartlepool

Helpline 0845-602-7449
Helpline hours Mon - Fri 9 -5pm
We are a specialist domestic abuse charity with over 37 years experience working with families affected by domestic abuse. We offer an Independent DV Advisor for practical and emotional support. Support for children
Group work and support groups

Harbour Support Services
Whitburn House
15 Whitburn Street
Hartlepool
TS24 7 QR
0845-602-7449 Office / Helpline
counsellingservice@myharbour.org.uk

Hastings

Helpline 07795-968-400 Referrals
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support

Refuge - Hastings
Hastings
East Sussex
01424-721-490 Refuge

www.refuge.org.uk

info@refuge.org.uk

Hatfield

Helpline 01707-276-512
24 Hour discreet answering service
Calls answered by a counsellor on Thursdays 7.30 pm - 9.30 pm
If you are a survivor of any kind of sexual violence at any time in your life: We offer FREE confidential counselling for females who are over 16 years no matter how or when the violence occurred.

Herts Area Rape Crisis and Sexual Abuse Centre
PO Box 256
Hatfield
Hertfordshire
AL10 One
01707-276-512 Office / Helpline

www.hertsrapecrisis.org.uk

hertsrapecrisis@btconnect.com

Havant

Helpline 02392-480-246
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people
Services for Male victims of abuse

Southern Domestic Abuse Services
Havant
Hampshire
02392-480-246 Office / Refuge

www.southerndas.org

info@southerndas.org

Herefordshire

Helpline 0800-783-1359
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support
IDVA: IDVA's work with women by offering support before, during and after the court process. They can

West Mercia Women's Aid
Herefordshire
0800-783-1359 Office / Helpline
helpline@westmerciawomensaid.org

www.westmerciawomensaid.org

accompany you to hearings and legal appointments and offer practical advice and planning.

Hertfordshire	Helpline 08088-088-088 Info and helpline for those experiencing domestic violence.	Herts Sunflower Hertfordshire 08088-088-088 Office / Helpline	www.hertssunflower.org
Hexham	Helpline 01434-60-80-30 We are an independent charity based in Hexham, Northumberland. Our aim is to support women who have experienced domestic violence at any time in their lives. We are run by women for women. Our services are FREE of charge and confidential. Practical support and advice Structured group work and courses Counselling www.northumberlandadvicenetwork.org.uk/directory/sixtyeightythree/	Sixty Eighty Thirty PO Box 259 Hexham Northumberland 01434-60-80-30 Office / Helpline	office@608030.com
High Peak	Helpline 0800-019-8668 Refuge for young women 16 -24 Dedicated services for children and young people.	High Peak - Refuge for Young Women. High Peak Derbyshire 0800-019-8668 Office / Advice	www.crossroadsderbyshire.org admin@crossroadsderbyshire.org
High Wycombe	Helpline 01494-462-222 The helpline is staffed at different times during the week, the answer phone has the staffing rota. We are a voluntary organization run by women for women offering: Telephone support & counselling Support in going to the police Support with medical appointments Support with court matters Details of local relevant services Weekly self help group for survivors.	Rape Crisis (Wycombe, Chiltern and South Buckinghamshire) PO Box 1448 Desborough Road High Wycombe HP11 9GW 01494-462-222 Office / Helpline	www.wycomberapecrisis.org.uk
Hitchin	We exist to provide professional counselling and therapeutic group work for women and young people who are unable to pay private fees.	Tilehouse Counselling Coach House 84 Tilehouse Street Hitchin Herts SG5 2DY 01462-440-674 Office.	www.tilehouse.org counselling@tilehouse.org
Hove	Helpline 01273-911-680 Since 2000 we have been delivering specialist support services to men 18+ who have experienced child sexual abuse and/or adult sexual assault at any time in their lives. funded by the Big Lottery we are the only service of it's kind in the South East. We offer counselling services Therapeutic groups facilitated by 2 trained counsellors involving 2 hours once a week for 12 weeks. There is a sliding fee scale for these groups.	Mankind 1 Brunswick Road Hove East Sussex BN3 1DG 01273-911-680 Office / helpline admin@mankindcounselling.org.uk	www.mankindcounselling.org.uk

Hoylake	<p>Helpline 01516-661-392 Staffed Fridays 2pm - 4pm there is an answer machine all other times We strive to provide a safe and welcoming environment for male and female survivors of all sexual violence. We offer support for women in female only safe places. Specialist counselling support We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.</p>	<p>Rape and Sexual Abuse Centre (RASA) - West Wirral Hoylake Wirral CH47 3BH 01516-661-392 Office / Helpline</p>	<p>www.rasamerseyside.org westwirral@rasamerseyside.org</p>
Huddersfield	<p>Helpline 0800-052-7222 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people Resettlement and follow up support Services for male victims of abuse please contact 01484-304-318</p>	<p>Huddersfield Women's Aid Huddersfield 0800-052-7222 Office / Helpline</p>	<p>huddersfieldwa@pdvg.co.uk</p>
Huddersfield	<p>Helpline 01484-450-040 Since 1989 we have provided support to survivors of sexual violence and more recently domestic violence. We are a FREE and confidential support and counselling service for survivors aged 16 + We offer up to 10 weekly counselling sessions. We provide an ISVA an Independent Sexual Violence Advisor The ISVA will advise and inform around reporting and the court proceedings. They will also escort you to police and solicitor appointments. Always supporting you in your choices whether you wish to report or not.</p>	<p>Kirklees Survivors Counselling Project PO Box 230 Huddersfield HD1 1AA 01484-540-730 Office</p>	<p>www.krasacc.co.uk anything@krasacc.co.uk</p>
Hull	<p>Helpline 01482-329-990 Helpline hours Mon-Fri 9am-5pm Answerphone for our of hours help We offer FREE confidential support and counselling services for women and girls aged 14+ who are survivors of rape and sexual abuse in Hull and the East Riding of Yorkshire. Our centre is a women only zone.</p>	<p>Hull Rape Crisis and Sexual Abuse Service Hull HU3 1AN 01482-329-990 Office / Helpline hullrapecrisis@hullrapecrisis.karoo.co.uk</p>	
Hull	<p>Helpline 01482-446-099 Childrens services 01482-474-133</p>	<p>Hull Women's Aid Hull</p>	

	<p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Resettlement and follow up support</p> <p>Dedicated services for children and young people</p>	01482-446-099 Office / Refuge	
Hull	<p>Helpline 01482-226-677</p> <p>Helpline hours Mon-Fri 9.30-5pm</p> <p>Originally our organization was only for male survivors. Now we have become a place that all men and women over 16 can contact and come to, tell their story and begin to heal their wounds.</p> <p>Male and female counsellors</p> <p>Support if you are experiencing any form of domestic violence</p> <p>Legal advocacy and assistance</p>	<p>Survivors - Hull & East Riding Hull</p> <p>East Yorkshire</p> <p>01482-226-677 Office / Helpline</p>	www.survivorshull.org.uk
Humberside	<p>Helpline 0845-960-6011</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Resettlement and follow up support</p>	<p>ANAH Project</p> <p>Humberside</p> <p>0845-960-6011 Office / referrals</p>	
Huntingdon	<p>Our Trauma and Abuse Support Centre provides a web based resource for adult survivors of child sexual abuse.</p> <p>Find a therapist resource.</p>	<p>START</p> <p>83a High Street</p> <p>Huntingdon</p> <p>Cambridgeshire</p> <p>PE29 3DP</p> <p>01480-878-409 Office</p>	<p>www.start-online.org.uk</p> <p>mail@start-online.org.uk</p>
Ipswich	<p>Helpline 01473-745-111</p> <p>We are a charitable organisation based in Suffolk providing emotional support to women and their children experiencing domestic abuse.</p> <p>Temporary refuge accomodation</p> <p>One to one refuge support</p> <p>We offer a IDVA service which is a one to one support service for those who at high risk of further harm of domestic abuse. The IDVA team will work with the victim through the court process.</p> <p>support groups available.</p>	<p>Lighthouse</p> <p>Westgate House</p> <p>Museum Street</p> <p>Ipswich</p> <p>IP1 1HQ</p> <p>01473-220-770 Office</p>	<p>www.lighthousewa.org.uk</p> <p>admin@lighthousewa.org.uk</p>
Ipswich	<p>Helpline 0800-0850-520</p> <p>Our helpline is open Tuesdays and Thursdays 7pm - 9pm</p> <p>Confidential telephone support and information service</p> <p>Advocacy and self help support groups available in the near future</p> <p>This entry Nov 13</p>	<p>Suffolk Rape Crisis</p> <p>Ipswich</p> <p>IP1 3BE</p> <p>01473-231-200 Office</p> <p>enquiries@suffolkrapecrisis.org.uk</p>	www.suffolkrapecrisis.org.uk
Keighley	<p>Helpline 01535-210-999</p> <p>Outreach services and support</p> <p>Dedicated services for children and</p>	<p>Domestic Violence Services</p> <p>Keighley</p> <p>01535-210-999 Office / Outreach</p>	

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

Keighley	Helpline 01535-667-352 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Keighley Women's Aid Keighley 01535-667-352 Office / Refuge	
Kings Lynn	FREE Support Group for Female Survivors of Childhood Sexual Abuse Our group is strictly confidential and non judgemental. Our aim is to listen and talk through problems with others who have been through similar experiences. We meet on the 1st Tuesday each month at 7 pm to 9 pm for more details call 07788-196-138.	STOP-START Group PO Box 1138 Kings Lynn PE30 4WX 07788-196-138 Contact No.	www.stop-start-group.co.uk stopstart@live.co.uk
Kingston upon Thames	Helpline 02083-993-640 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Kingston Asian Women's Refuge Kingston upon Thames London 02083-993-640 Office / Helpline	www.hestia.org info@hestia.org
Kirklees	Helpline 0800-052-7222 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services available for male victims please call 01484-304-318	Kirklees Asian & Black Women's Welfare Kirklees 0800-052-7222 Office / Helpline.	kabwwa@ntlbusiness.com
Kirklees	Helpline 01484-353-521 Helpline 01924 465-238 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	North Kirkless Women's Refuge Kirklees 01484-353-521 Office / Outreach	
Knowsley	Helpline 01515-548-333 We have been providing domestic abuse services in Knowsley since	The First Step The First Step Centre Peatwood Avenue	www.thefirststep.org.uk enquiries@thefirststep.org.uk

1996. We have a "First Step" centre for victims and survivors to meet and access emotional and practical support. We offer one-to-one work, both face to face and via the telephone, we also have a variety of groups offering varied support - from the Freedom Program to holistic therapies.

We run a purpose built refuge for women and their children who are fleeing domestic abuse. This is staffed 24/7, providing a safe and secure environment.

Our Independent Domestic and Sexual Violence Advocates work with women offering support before, during and after the court process. They can accompany them to hearings and legal appointments and offer practical advice and safety planning.

Kirkby
Merseyside L32 7PR
0151-548-3333 Helpline

Lancaster

Christian Healing Ministry offering personal prayer ministry on FREE Healing Retreats and also as part of various teaching courses. Suitable for those suffering the trauma of past abuse and desiring help with the subsequent dysfunction in their life.

Ellel Ministries
Ellel Grange
Bay Horse
Lancaster
Lancs LA2 0HN
01524 751-651 Office / Advice

www.ellel.org
info.grange@ellelministries.org

Lancaster

Helpline 01524-389-637
Helpline 0800-612-1507 Freephone
referrals@ldwa-support.org

We are a local charity supporting women and families who are affected by domestic abuse. We serve the districts of Lancaster and Morcombe and we deliver support services to local rural areas.

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

Lancaster and District Women's Aid.
Lancaster
01524-389-637 Office / Helpline
www.empowermentcharity.org.uk/
www.womensaid.org.uk/domestic-abuse-directory/

referrals@ldwa-support.org

Lancaster

Helpline 01524-581-490
Refuge for women fleeing domestic violence. The address is not published for safety reasons.

SAFENET Refuge
Lancaster
01524-581-490 Office / Helpline

Leeds

Helpline 0800-599-9247
Karma Nirvana is a registered charity that supports victims and survivors of forced marriage and honour based abuse. Advocacy and

Karma Nirvana
PO Box 148
Leeds
LS13 9DB
0800-599-9247 Office / Helpline

educational roadshows to promote awareness.

Leeds	Helpline 01133-863-520 Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Leeds Refuge Leeds 01133-863-520 Office / Refuge	
Leeds	Helpline 0808-802-3344 Freephone Text line 07797-803-211 Email support@sarsvl.org.uk See website for helpline hours We provide FREE helpline, text, email and face to face support services to women and girls who have been affected by sexual violence.	Support After Rape and Sexual Abuse - Leeds PO Box 827 Leeds LS1 9PN 01132-439-102 Office www.supportafterrapeleeds.org.uk	info@sarsvl.org.uk Email support support@sarsvl.org.uk
Leeds	Helpline 01132-460-401 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Leeds Women's Aid Leeds 01132-460-401 Office / Refuge administration@leedswomensaid.org.uk	www.leedswomensaid.org.uk
Leicester	We are a registered charity based in Leicester working towards reducing rape, sexual assault and domestic violence in Leicestershire.	FREE VA PO Box 7675 Leicester 01162-550-003 Office	www.freeva.org.uk Contact email form on the website
Leicester	Helpline 01162-558-852 24 Hour answering machine See website for helpline details We offer support to all women aged 16 years and over in Leicestershire and Rutland who have experienced any form of sexual violence recently or in the past. Telephone support Face to face counselling Support through the courts process	Jasmine House, Leicester Rape Crisis PO Box 7402 Leicester LE1 6WD 01162-555-962 Office	www.jasminehouse.org.uk admin@jasminehouse.org.uk
Leicester	Helpline 01162-533-383 Helpline Mon & Tues 7pm-9pm and Fridays 10am - 12 noon We aim to support women recovering from the trauma of childhood sexual abuse by offering crisis counselling and one to one counselling. Our website is currently being updated, for help or information call our office or helpline.	Quetzal 14-16 Talbot Lane Leicester LE1 4LR 01162-539-103 Office	www.quetzal.org.uk help@quetzal.org.uk
Leicestershire	Helpline 03003-031-844 Helpline Mon - Fri 9am - 4pm We are a non profit organisation established in 1974 aiming to empower women and children who have experienced domestic abuse	Women's Aid - Leicestershire 03003-031-844 Office / Helpline	www.wa-leicester.org.uk Contact email form on website.

to take control of their lives.
Safe temporary accomodation
Outreach services for those who
require support and may be still
living with the perpetrator.
Childrens services and advocacy
IDVA: IDVA's work with women by
offering support before, during and
after the court process. They can
accompany you to hearings and
leagal appointments and offer
practical advice and planning.
JADA one to one support.

Leigh	Helpline 01942-262-270 Services for victims of domestic abuse. Advice line open 24 hours IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. Services for Male victims also.	WAVE Domestic Abuse Centre Leigh Lancashire 01942-262-290 Office / Helpline www.wavedvcentre.com/advanced_info.html	chris@wavedvcentre.com
Lewes	Helpline 07795-968-400 Referrals Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Refuge - Lewes Lewes East Sussex 01323-892-731 Refuge	www.refuge.org.uk info@refuge.org.uk
Leyland	Helpline 01772-435-865 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Clare House - South Ribble Leyland Lancashire 01772-435-865 Office / Refuge	clarehouse@newprogress.co.uk
Leyton	The counselling support service for survivors of sexual violence, abuse and domestic violence. Founded in 1982 by Chris Casey herself an abuse survivor we aim to reduce the many effects of suffering that victims endure after abuse. Counselling for men and women aged 15 plus.	Waltham Forest Haven Leyton London E10 6AE 02085-394-157 Office	www.havennetwork.org.uk/ info@wfhaven.org.uk
Lincolnshire	Helpline 01507-609-830 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	East Linsey Domestic Abuse Lincolnshire 01507-609-830 Office / Helpline	
Lincolnshire North	Helpline 01724-289-299 Refuge for women fleeing domestic violence. The address is not	North Lincolnshire Refuge 01724-289-299 Office / Refuge	

published for safety reasons.
Resettlement and follow up support

Lincolnshire
West

Helpline 01427-616-219
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.

West Lincolnshire Domestic Abuse Service
Lincolnshire
01427-616-219 Office / Helpline

Liverpool

Helpline 01517-340-083
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support
Dedicated services for children and young people

Amadudu Refuge
Liverpool
01517-340-083 Office / Refuge

Liverpool

Helpline 01512-637-474
Drop in service
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.

Liverpool Domestic Abuse Service
Liverpool
01512-637-474 Office / Drop in

Liverpool

Helpline 01517-704-313
Staffed Fridays 2pm - 4pm there is an answer machine all other times
We strive to provide a safe and welcoming environment for male and female survivors of all sexual violence. We offer support for women in female only safe places.
Specialist counselling support
We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police inter-views and to the courts.

RASA - Liverpool
Liverpool
L1 5AA
01517-704-313 Office / Helpline

www.rasamerseyside.org
liverpool@rasamerseyside.org

Liverpool

Helpline 01514-942-222
Helpline 0800-083-7114 Freephone
Services for those fleeing domestic violence. Women may self refere using the Freephone helpline. This can be done anonymously

South Liverpool Domestic Violence Services
Liverpool
01514-480-720 Office / Advice

services@ldas.co.uk

Liverpool

21 Step Self Help Group
We are a Merseyside based organization offering a self help group to aid recovery from the often traumatic effects of childhood sexual abuse. The programme is facilitated by qualified professionals who are

Steps to Freedom
Liverpool
L4 5RT
07803-059-337 Office

www.steps2freedom.org.uk
jackie@steps2freedom.org.uk

themselves survivors of childhood abuse. We also run a one to one counselling service.

Liverpool

Helpline 01517-071-025

Email help sos@ypas.org.uk

The YPAS has been working with children and young people in Liverpool since 1966.

Our SOS programme provides one to one counselling and group work for young people aged 10 - 25 who have been affected by sexual abuse.

Young Person's Advisory Service

36 Bolton Street

Liverpool

L3 5LX

01517-071-025 Office / Helpline

www.ypas.org.uk

sos@ypas.org.uk

London

Balham

02087-723-241 Voice/textphone

07970-350-366 SMS TEXT

Our Deafhope service provides practical and emotional support to deaf women who are experiencing, or are survivors of domestic violence.

We also run a programme for young people giving them the knowledge and skills to develop healthy relationships.

DeafHope

Balham

London

SW12 9SJ

02087-723-241 Office / Helpline

www.signhealth.org.uk

deafhope@signhealth.org.uk

London

Barking and Dagenham

Helpline 02085-507-400 Refuge

Helpline 02085-913-498 IDVA

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

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

Barking & Dagenham Refuge

London

02085-507-400 Office / Refuge

London

Barnet

Helpline 02084-492-591

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

Dedicated services for children and young people.

Solace Women's Aid

Barnet

London

02084-492-591 Office / Refuge

www.solacewomensaid.org

info@solacewomensaid.org

London

Brent

Helpline 07912-555-600

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

Please call the helpline to ask about accommodation for your children.

Brent Asian Women's Refuge

Brent

London

07912-555-600 Office / Helpline

London

Brent

Helpline 02084-595-414

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

Please call the helpline to ask about accommodation for your children.

Brent Women's Refuge

Brent

London

02084-595-414 Office / Helpline

London

Camden

Helpline 02073-881-500

Refuge for women fleeing domestic

Camden - Hestia Domestic

Abuse Service

violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people

Camden
London
02073-881-500 Office / Helpline

London
Camden

Helpline 08453-131-868
We provide support to female survivors who are subject to the risk of domestic or sexual violence in the London area. Our Sunflower Programme aims to help children and young people affected by the witnessing of domestic abuse Our Legal Surgery is open Mondays from 11am to 1.30 call our helpline on 08453-131-868 ext 211 to book an appointment. Translation and interpretation service available.

Chinese Information and Advice Centre
London
08453-131-868 Office / Helpline

www.ciac.co.uk
info@ciac.co.uk

London
Camden

franceshouse@solacewomensaid.org
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Please contact us via email

Frances House
Camden
London

franceshouse@solacewomensaid.org

www.solacewomensaid.org

London
Ealing

Helpline 02089-911-007
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people

Maendeleo House
Ealing
London
02089-911-007 Office / Helpline

www.hestia.org
info@hestia.org

London
Enfield

Helpline 02089-203-565
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.

Enfield Muslim Women's Aid
Enfield
02089-203-565 Office / Helpline

emwa@btinternet.com

London
Enfield

Helpline 02089-201-470
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people

Olive House
Enfield
London
02089-201-470 Office / Refuge

www.solacewomensaid.org
info@solacewomensaid.org

London
Greenwich

Helpline 02032-607-715
HER centre was set up in 1997 to support women who live, work or study in the Greenwich area and who are seeking advice on domestic violence issues, sexual abuse, legal issues, counselling or info on a safe refuge from domestic violence. All our services are FREE and strictly confidential

HER Centre
Greenwich
London
SE18 6PF
02032-607-715 Office / Helpline

www.hercentre.org
info@hercentre.org

<p>London Greenwich</p>	<p>Helpline 02082-939-990 0800-980-1958 National Freephone MOSAC was formed when four mothers came together after their children had been abused to draw strength from each other and to share experiences. Advice and advocacy Client counselling Child centred play therapy Workshops and training Support groups</p>	<p>MOSAC 20 Egerton Drive Greenwich London SE10 8JS 02082-939-990 Office / Helpline</p>	
<p>London Hackney</p>	<p>Helpline 02088-007-263 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Hackney Asian Women's Refuge Hackney London 02088-007-263 Office / Refuge</p>	
<p>London Hackney</p>	<p>Helpline 02085-336-211 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Hackney - Hestia Domestic Abuse Service Hackney London 02085-336-211 Office / Helpline</p>	
<p>London Hammersmith</p>	<p>Helpline 02087-438-518 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Hammersmith North - Hestia Women's Aid Hammersmith North London 02087-438-518 Office / Helpline</p>	<p>www.hestia.org info@hestia.org</p>
<p>London Hammersmith</p>	<p>Helpline 02088-344-862 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Hammersmith South - Hestia Women's Aid Hammersmith South London 02088-344-862 Office / Helpline</p>	<p>www.hestia.org info@hestia.org</p>
<p>London Haringey</p>	<p>Helpline 02083-483-917 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Solace Women's Aid Haringey London 02083-483-917 Office / Refuge</p>	<p>www.solacewomensaid.org info@solacewomensaid.org</p>
<p>London Harrow</p>	<p>Helpline 02083-570-126 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children. IDVA: IDVA's work with women by offering support before, during and</p>	<p>Harrow - Hestia Domestic Abuse Service Harrow London 02083-570-126 Office / Helpline</p>	

after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

London Hillingdon	Helpline 01895-813-174 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Hillingdon - Hestia Domestic Abuse Service Hillingdon London 01895-813-174 Office / Helpline	
London Hounslow	Helpline 02089-953-471 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Hounslow Refuge Hounslow London 02089-953-471 Office / Refuge	
London Islington	Helpline 02076-071-898 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Mary Robinson House Islington London 02076-071-898 Office / Refuge	www.solacewomensaid.org info@solacewomensaid.org
London Islington	Helpline 02072-815-800 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	SeaCole House Islington London 02072-815-800 Office / Refuge	www.solacewomensaid.org info@solacewomensaid.org
London Lambeth	Helpline 02086-778-196 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accommodation for your children.	Asha Refuge Lambeth London 02086-778-196 Office / helpline	
London Lambeth	Helpline 02087-616-022 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Call helpline for more details.	Lambeth Refuge Lambeth London 02087-616-022 Office / Refuge	
London Lambeth	Helpline 02086-716-558 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Emmeline House Lambeth London 02086-716-558 Office / Refuge	www.solacewomensaid.org info@solacewomensaid.org
London	Helpline 02086-646-289	Solas Anois	www.solacewomensaid.org

Lambeth	Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Lambeth London 02086-646-289 Office / Refuge	info@solacewomensaid.org
London Lewisham	Helpline 07920-769-470 Refuge Helpline 02084-690-864 IDVA Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	Lewisham Refuge London 07920-769-470 Office / Refuge	
London Lewisham	Helpline 07905-362-011 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Noah Refuge Lewisham London 07905-362-011 Office / Refuge	
London Merton	Helpline 02085-428-791 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Merton Refuge Ltd London 02085-428-791 Office / Helpline	
London Newham	Helpline 02074-732-813 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Beverley Lewis House Newham London 02074-732-813 Office / Helpline	
London Redbridge	Helpline 07946-872-734 Advice Line Helpline 07984-677-384 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Redbridge Women's Refuge Redbridge London 07946-872-734 Office / Helpline	outreach@raada.org
London Richmond	Helpline 02089-792-335 Refuge Helpline 02089-438-188 IDVA Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer	Richmond Refuge London 02089-792-335 Office / Refuge	

practical advice and planning.

London S. Kensington	Helpline 02073-523-341 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	South Kensington - Hestia Domestic Abuse Service South Kensington London 02073-523-341 Office / Helpline
London Southwark	Helpline 02086-933-905 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Southwark Refuge London 02086-933-905 Office / Refuge
London Sutton	Helpline 02086-697-608 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Sutton Women's Aid Sutton London 02086-697-608 Office / Refuge
London Tower Hamlets	Helpline 02078-586-500 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Tower Hamlets - Hestia Domestic Abuse Service Tower Hamlets London 02078-586-500 Office / Helpline
London Waltham Forest	Helpline 02085-581-986 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	The Kiran Project Waltham Forest London 02085-581-986 Office / Refuge
London Wandsworth	Helpline 02088-747-262 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Shanti Asian Women's Aid Wandsworth London 02088-747-262 Office / Refuge
London Wandsworth	Helpline 02088-712-664 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Wandsworth - Hestia Domestic Abuse Service Wandsworth London 02088-712-664 Office / Helpline
London Westminster	Helpline 02089-690-606 Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Asby House Westminster London 02089-690-606 Office / Helpline

www.hestia.org
info@hestia.org

Resettlement and follow up support
Dedicated services for children and
young people

London
Westminster

Helpline 02072-211-308
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

Harlinham House
Westminster
London
02072-211-308 Office / Helpline

London
Westminster

Helpline 02078-281-635
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

Radella House
Westminster
London
02078-281-635 Office / Helpline

London
Westminster

Helpline 02072-211-308
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

Rukiya House
Westminster
London
02072-211-308 Office / Helpline

London

Helpline 02085-390-427
We believe everyone has the right
to live free from violence and fear.
Our aim is to help Asian, Turkish
and Iranian women when they need
it. We help to empower women
experiencing domestic violence by
offering safe housing and sensitive
support.

Ashiana Network
London
01085-390-427 Office / Helpline

www.ashiana.org.uk
info@ashiana.org.uk

London

We are a specialist therapy centre
offering a unique combination of
talking and bodywork therapies
called "The Aurora Approach".
Our mission is to help people who
experienced abuse in childhood to
heal and move on with their lives.
Counselling and psychotherapy
Bodydynamic massage and Reiki
Support groups - groups are usually
four or more participants and are
facilitated by a trained counsellor.
Mens' and a mixed group are
planned for the near future. This
entry November 2013.

Aurora Health Foundation
London
SW15 3RT
02085-411-951 Office
02031-741-490 Alternative No.
www.aurorahealthfoundation.org.uk
info@aurorahealthfoundation.org.uk

London

0808-2000-247 Domestic violence
0207-6831-210 Sexual violence
We aim to prevent all forms of
violence against women and
children.
Rape Crisis services such as

East London Rape Crisis and
NIA
PO Box 58203
London
N1 3XP
020-7683-1270 Office

counselling, advocacy and support
Domestic violence advocacy
One to one counselling for women
and girls upwards of 14 years
supportive groups and workshops
Information-referrals for boys & men

London	<p>Our vision is for a society in which all women live free from violence, exploitation, objectification and discrimination. Eaves leads the way in exposing and addressing these issues in the UK.</p> <p>The "Poppy Project" was set up in 2003 to provide high quality support, advocacy and accomodation to trafficked women.</p> <p>Amina is a ground breaking peer led service for women aged 18+ who have experienced sexual violence. Through it's befriending scheme Amina provides support for women who have been raped, assaulted or sexually abused at any time in their lives. See website for more details.</p>	<p>EAVES London SW9 6DE 02077-352-062 Office</p>	
London	<p>Helpline 02083-178-273 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.</p>	<p>Greenwich Women's Aid PO Box 799 London SE7 8JD 02083-178-273 Office / Helpline www.gdva.org.uk/</p>	
London	<p>Helpline 01708-728-759 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Havering Women's Aid London 01708-728-759 Office / Helpline</p>	
London	<p>Helpline 02088-885-362 Information and advice regarding any issues on domestic violence</p>	<p>Hearthstone DV Advice and Support Centre London 02088-885-362 Office / Helpline</p>	
London	<p>ICAP is a registered charity providing high quality counselling services and psychotherapy to help people heal their lives and deal with emotional trauma. Originally founded to meet the needs of Irish immigrants now resident in Britain, today we support people from other communities. We have 2 clinical centres - London and The West Midlands.</p>	<p>ICAP - Immigrant Counselling and Psychotherapy. London 02072-727-906 Office</p>	
London	<p>Helpline 08088-010-500 We are the only specialist organisation in the UK supporting</p>	<p>Jewish Women's Aid PO Box 2670 London</p>	<p>www.jwa.org.uk Contact email form on website</p>

Jewish women affected by domestic violence. We offer:
Safe secure refuge
FREE counselling with a trained professional
A children's support worker
Community support.

N12 92E
02084-458-060 Office

London

Helpline 02072-750-321
We support Latin American and other Spanish/Portuguese speaking women and children who are fleeing from domestic violence. All services are FREE and confidential.
Advice and information service
Safe secure women only refuge

Latin American Women's Aid
London
02072-750-321 Office / helpline

www.lawadv.org.uk
advice@lawadv.org.uk

London

LCPS is a registered charity with over 25 years experience of providing personal safety and self defence training.
Safer choices for children workshop
Safer choices for young people - this workshop deals with preventing sexual abuse.
City Bridge Project - work to prevent sexual violence & the fear of violence.

London Centre for Personal Safety (LCPS)
PO Box 38883
London
W12 9XP
02087-437-827 Office
02087-401-114 Alternative No.

London

Helpline 02071-887-710
Helpline 02071-889-181
We are a domestic violence advocacy service that provides FREE and confidential support services and advice to women experiencing domestic violence. We cover the Boroughs of Lambeth, Southwark and Lewisham.

Mozaic
London
02071-887-710 Office / Helpline
www.familymosaic.co.uk/care-and-support-services/index.html

London

Helpline 0800-085-3330
Helpline 0808-801-0331
support@napac.org.uk
See website for helpline hours and mobile call charges.
We are the only national organization focused on supporting adults who have been abused in anyway as children. We provide a local support and specialist search facility so you can find help in your area.

National Association for People Abused in Childhood (NAPAC)
PO Box 63632
London
SW9 1BF
02031-760-560 Office

London

Helpline 0808-802-5565 Freephone
We are a London based charity with a primary focus on supporting women and children affected by domestic and sexual violence. We help over 5,00 survivors a year.
Legal services - Injunctions ect
Advice and advocacy - we support you in your decisions to stay safe
Individual and group support

North London Rape Crisis and Solace Women's Aid.
Unit 5-7 Blenheim court
62 Brewery Road
London
N7 9NY
020 7619-1350 Office

One to one counselling = 16 FREE
weekly sessions of 50 mins
Workshops 4 times a year for five
weeks.

London **02086-972-112 South East London** One in Four
07580-733-271 North London 2 Shelburne Road
Helplines Mon to Thurs 9.30 - 9 pm London
Fri 9.30 - 6pm and Sat 10am - 4pm N7 6DL
One in Four offers a voice to and 02086-972-112 SE Office
support for males and females who 07580-733-271 N london office
have experienced sexual abuse and
sexual violence.
One to one counselling
Counselling for couples
Counselling for family members.

London **Helpline 0808-808-0700** Respond
Respond exists to lessen the effect 3rd Floor
of trauma and abuse on people 24-32 Stephenson Way
with learning disabilities and their London
family and supporters. NW1 2 HD
Adult therapy service 0808-808-0700 Office / Helpline
Women's group for women who
have been raped or sexually
assaulted.

London **Helpline 08451-221-201** SurvivorsUK
Helpline Mon & Tues 7pm - 9.30pm Ground Floor
Thursdays 12 noon - 2.30pm 34 Great James Street
We help men who have been London
sexually violated, this includes those WC1N 3HB
who have experienced childhood 02074-046-234Office
sexual abuse and adult sexual
assault or rape. Offering both
individual and group therapy from
our base in Holborn, London. Our
groups are for men 18 years plus
and run for a 12 weeks. We also
offer a supportive workshop for
family and supporters. The next
workshop April 5th 2014. Call our
office or helpline for more details.

London **Helpline 0808-801-0770** West London Rape Crisis Ctr
See website for helpline hours PO Box 13095
We provide a holistic range of London
intergrated services for women with W14 0FE
experience of sexual violence aimed 020-7610-4678 Office
at promoting recovery. Services for
survivors of recent or historic sexual
violence.
Individual counselling from sixteen
sessions up to one year
Group work and workshops
Advocacy
Refugee women's project.

London **Helpline 08088-010-770** Women and Girls Network
Helpline hours on website PO Box 13095

Women and Girls Network offers counselling and support for women who have experienced gendered violence. Including childhood sexual abuse, domestic violence, trafficking and rape. All our services are FREE and provided by a women only staff. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.
One to one counselling
Body therapies and workshops
Therapeutic group work
Domestic violence advice service.

London
W14 0FE
02076-104-678 Office
02076-104-678 Counselling

London

Helpline 02078-281-635
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

Yanaba House
Westminster
London
02078-281-635 Office / Helpline

Luton

Helpline 01582-391-856
We provide safe, secure and a confidential accomodation for women and children escaping domestic violence and abuse.
One to one and group support sessions in a range of languages common to the Luton area.
Services for witnesses of abuse
Resettle ment worker to support you after you leave the refuge.

Women's Aid in Luton
Luton
Bedfordshire LU1 3BE
01582-876-636 Office

www.womensaidinluton.org
info@womensaidinluton.org

Maidenhead

Helpline 01753-549-865
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.

Berkshire East & South Bucks
Women's Aid
Maidenhead
01753-549-865 Office / Refuge

Manchester

Helpline 01616-367-525
Domestic Violence Helpline
Help, support and advice, plus a local and national directory of support services.
Closed 25th & 26th Dec & 1st Jan
Christmas Eve 10am to 3pm
Christmas week 10am - 4pm
National Helpline 0800-2000-247

End the Fear
Greater Manchester
01616-367-525 Office / helpline

www.endthefear.co.uk

Manchester	<p>Helpline 01612-734-500 Helpline hours Mon to Fri 10am-4pm Wed and Thurs 6pm - 9pm For all other times 24 hour answering service. We are a confidential support service, run by women for women and girls who have been raped or sexually abused including women who have been or are involved in sex work. Face to face counselling for over 17's Weekly therapy group on Wed eves Support group for women who have completed counselling.</p>	<p>Manchester Rape Crisis PO Box 335 Manchester M60 2BS 01612-734-591 Office</p>	<p>www.manchesterrapecrisis.co.uk mrcrasacs@btconnect.com</p>
Manchester	<p>Helpline 01619-454-187 We were established in 1976 to provide advice, support and services for Asian women fleeing domestic violence and forced marriages. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people</p>	<p>Saheli Ltd PO Box 44 Manchester 01619-454-517 Office</p>	<p>www.saheli.org.uk saheliltd@btconnect.com</p>
Manchester	<p>Helpline 01616-607-999 ext 700 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Services also for male victims</p>	<p>Sojourners House Refuge Manchester 01616-607-999 Office</p>	<p>www.manchesterwomensaid.org info@manchesterwomensaid.org</p>
Manchester	<p>Helpline 01612-326-182 support@survivorsmanchester.org.uk Helpline 24 hour voicemail We are a survivor-led, survivor-run voluntary organization that aims to create a safe space for male survivors of sexual abuse and rape. "The Safe Room" support group meets every other Tuesday 7 - 9pm The group is facilitated by a qualified therapist, meetings are limited to 12 men at any one time. A minimum donation of £2.50 for room rental is required.</p>	<p>Survivors Manchester PO Box 4325 Manchester M61 0BG 01612-369-025 Office</p>	<p>www.survivorsmanchester.org.uk info@manchesterwomensaid.org</p>
Manchester	<p>Therapy Line 0161-236-2182 LGF Helpline 08453-303030 Survivors Manchester and The Gay and Lesbian Foundation are launching a new therapy group for adult male survivors of childhood sexual abuse, who also identify as gay, bisexual or questioning. The group will be the first of it's</p>	<p>Therapy Group Survivors Manchester & LGF Manchester area Therapy Line 0161-236-2182 LGF Helpline 08453-303030</p>	<p>www.survivorsmanchester.org.uk tom@survivorsmanchester.org.uk counselling@lgf.org.uk</p>

kind in the North West of the UK. The first ten sessions will focus on awareness and understanding of the common symptoms and experiences associated with CSA Childhood Sexual Abuse. Please see our website for further details or call or email the contact details given.

Manchester	Helpline 01616-367-525 We are a confidential helpline for those experiencing domestic abuse. We also run an Urdu and Punjabi helpline. See website for our help line hours.	Women's Domestic Abuse Helpline Manchester 01616-367-525 Helpline / Office helpline@independentchoices.org.uk	www.wdchoices.org.uk
Middlesbrough	Helpline 01642-822-331 A FREE and confidential service for anyone (male or female) who have suffered rape or sexual abuse at any time in their lives. The service offers counselling and an ISVA an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Female only days on Fridays. We operate from our main centre in Middlesbrough and have outreach ISVA services in Hartlepool and Stockton.	ARCH North East (Abuse, Rape Counselling and Help) 22 Hoylake Road Saltersgill Middlesbrough TS4 3JL 01642-822-335 Office	www.archnortheast.org/ admin@archnortheast.org
Middlesbrough	Helpline 01642-861-788 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Harbour Refuge Middlesbrough 01642-861-788 Office / Refuge	www.myharbour.org.uk info@myharbour.org.uk
Middlesbrough	Helpline 01642-241-864 We are an independent "One Stop Shop" for women aged 16+ who have been affected by domestic violence. We offer: DV support workers & safety plans FREE one to one counselling Disabled outreach therapy service Choices programme: 6 weekly 2 hours sessions to help you make positive changes to your life. Call 01642-256-036 for more details.	My Sister's Place Middlesbrough 01642-241-864 Office	www.mysistersplace.org.uk hello@mysistersplace.co.uk
Milton Keynes	Helpline 08443-754-307 Helpline 01908-523-720 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Milton Keynes (MK ACT) Milton Keynes 08443-754-307 Office / Helpline	

Dedicated services for children and young people

IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Services for male victims provided separately from women's services.

**Mole Valley
Surrey**

Helpline 01737-771-350

We offer services to those affected by any form of domestic violence. Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

East Surrey Domestic Abuse Services. - Mole Valley Surrey
01737-77-350 Office / Support

www.esdas.org.uk
support@esdas.org.uk

Newark

Helpline 01636-610-313

ISAS is currently offering one to one and group therapy for males and females aged 16+ who have been affected by sexual violence in their lives. City Service is available to any one who lives in Nottingham city. We also run a County service for survivors in the County of Nottingham and Bassetlaw.
Male therapeutic group - facilitated on a weekly basis, the sessions last for 2 hours
The Rape Project - 8 sessions of one to one counselling, access to female only venues, choice of male or female counsellor. For more information on any of the above call the office on 01636-610314.

ISAS- Incest & Sexual Abuse Survivors
67 North Gate
Newark
Nottinghamshire
NG24 1HD
01636-610-314 Office

www.isas-notts.org.uk

Newark

Our mission is to provide a variety of help based support for female victims and survivors of childhood sexual abuse.
Survivor led support groups
Facilitated creative therapy groups
Personal development groups
We also offer information to male survivors of childhood abuse.

S.H.E.
1 Magnus Street
Newark
Nottinghamshire
NA24 1JX
01636-611-107 Office

www.she-uk.org.uk
info@she-uk.org.uk

Newark-on-Trent

Helpline 01636-679-687

We provide safe accommodation with support services for women who are experiencing or have experienced any form of abuse. We have services for children who witness abuse. Outreach services for those who can

Newark Women's Aid
PO Box 28
Newark -on-Trent
Nottinghamshire
01636-679-687 Office / Helpline

nwa@womens.freeserve.co.uk

www.facebook.com/NewarkWomensAid/about/?ref=page_internal

not at this time leave their homes.

Newcastle upon Tyne	Helpline 0800-035-2794 Freephone Helpline hours Tuesday, Wednesday Thursday evenings 6pm - 8.30pm Our aim is to provide counselling at as many different venues as possible so you don't have too far to travel. We currently have counselling bases in Alnwick, Berwick, Blyth, Hexham and Morpeth. GRACE takes referrals direct from women as well as from rape crisis services. To make a referral please call 01912-220-272.	GRACE PO Box 1320 Newcastle upon Tyne NE99 5DX 01912-220-272 Office	www.gracenrc.org.uk enquiries@rctn.org.uk
Newcastle upon Tyne	Helpline 01912-652-148 Refuge Helpline 0800-923-2622 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Newcastle Women's Aid Newcastle 0800-923-2622 Office / Helpline www.newcastlewomensaid.org.uk office@newcastlewomensaid.org.uk	
Newcastle upon Tyne	Helpline 0800-035-2794 Freephone Helpline hours Tuesday, Wednesday Thursday evenings 6pm - 8.30pm We are an organization run by women for women which aims to provide information, support and counselling for women 16 years and over who have been raped or abused sexually. We are offering women survivors the opportunity to come together to develop positive supportive peer relationships in a group environment Six Tuesday evening sessions from 5pm to 8pm in December and in January in Newcastle. For further group details call 01912-220-272. Face to face counselling available in Newcastle and at our outreach office in south Tyneside.	Tyneside Rape Crisis Centre PO Box 1320 Newcastle upon Tyne NE99 5DX 01912-220-272 Office	www.tynesidercc.org.uk enquiries@rctn.org.uk
New Forest	Helpline 07921-483-688 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	New Forest Women's Refuge New Forest Southern England 07921-483-688 Office / Helpline	
Norfolk	Helpline 08454-634-142 Emergency shelter for women and their children who are fleeing a domestic violence situation.	Blossom House Norfolk 08454-634-142 Office / Helpline	
Norfolk	Helpline 08454-631-314 Refuge for women fleeing domestic	Lily House Norfolk	

violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children. 08454-631-314 Office / Helpline

Northampton Helpline 01604-230-311
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.
Nene Valley Christian Family Refuge
Northampton
01604-230-311 Office / Helpline

Northampton Helpline 01604-250-721
Helpline hours Mondays to Fridays 9am to 3pm and 7pm - 9pm
We offer counselling and support for anybody who has been abused sexually whether it was 2 weeks ago or 40 years ago.
One to one counselling
Appointments that allow for women only space
Northampton Rape and Incest Crisis Centre
Northampton
NN1 5RU
01604-250-721 Office / Helpline
www.nricc.com
info@nricc.com

Northamptonshire Helplin 08451-232-311
NWA can support you if you or someone in your family is a victim of domestic violence.
Northampton Women's Aid
Northamptonshire
08451-232-311 Office / Helpline
www.northamptonwomensaid.org.uk
info@northamptonwomensaid.org.uk

North Tyneside Helpline 01912-513-305
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
Harbour Refuge
North Tyneside
01912-513-305 Office / Refuge
www.myharbour.org.uk
info@myharbour.org.uk

Northumberland Helpline 01670-280-199
Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.
Northumberland Women's Refuge
Northumberland
01670-280-199 Office / Refuge

Norwich Helpline 08452-412-717
We are a specialist domestic violence charity supporting adults, children and young people across Norfolk and Suffolk. We have three emergency refuges, a drop in center for support in both counties, call the helpline for locations and times.
We offer a IDVA service which is a one to one support service for those who at high risk of further harm of domestic abuse. The IDVA team will work with the victim through the court process.
Leeway - domestic Violence and Abuse Services.
PO Box Leeway
City Hall
Norwich
NR2 1NH
08452-412-171 Office / Helpline
www.leewayssupport.org
admin@leewaynwa.org.uk

Norwich Helpline 0808-808-4321
Mpower
www.suelamberttrust.org/

Helpline hours Mondays 6pm-8pm
Fridays 12 noon to 2 pm
We offer face to face counselling for men who have been abused. The service is offered by qualified and specially trained male, female and transgender counsellors. An initial assessment is required taking around 45 minutes. The service is FREE but if you are a wage earner and can spare it, we would appreciate a contribution to our running costs.

The Sue Lambert Trust
St. Julians Hall
6 Music House Lane
Norwich
NR1 1QL
01603-622-406 Office

admin@suelamberttrust.org

Norwich

We are a women only, non religious, self help group for female survivors of childhood sexual abuse. We offer a FREE, relaxed, safe and confidential environment for you to come and talk and listen to other survivors. Our daytime meetings are on 1st & 2nd Thursdays of month at 11 am to 1 pm. Our evening meetings are on 1st & 3rd Wednesdays of the month at 7 pm to 9 pm. Don't feel isolated anymore, find the courage to call and we promise to call you back.

Surviving Together
The Sue Lambert Trust
St. Julians Hall
6 Music House Lane
Norwich
NR1 1QL
07796-296-922 Contact No.
07425-849-491 Contact No.

www.survivingtogether.org.uk

Nottingham

Helpline 01773-719-111
We were set up in 2001 to provide an information and support service for women living in the north of Broxtowe borough and Stapleford who are experiencing or have had experience of domestic violence. Telephone & face to face support
Internet - survivors support forum

Broxtowe Women's Project
PO Box 6660
Nottingham
NG16 3ZE
01773-719-111 Office Helpline

Nottingham

Helpline 01636-610-313
ISAS is currently offering one to one and group therapy for males and females aged 16+ who have been affected by sexual violence in their lives. City Service is available to any one who lives in Nottingham city. We also run a County service for survivors in the County of Nottingham and Bassetlaw.
Male therapeutic group - facilitated on a weekly basis, the sessions last for 2 hours
The Rape Project - 8 sessions of one to one counselling, access to to female only venues, choice of male or female counsellor. For more information on any of the above call us on 01636-610314

ISAS- Incest & Sexual Abuse Survivors
St. Nicholas Court
27 Castle Gate
Nottingham
NG1 7AR
01158-240-314 Office

www.isas-notts.org.uk

Nottingham

Helpline 01159-607-943

Nottingham Central Women's

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.

Aid
Nottingham
01159-607-943 Office / Helpline

Nottingham

Please don't feel that you are all alone - The Sexual Abuse Project is here to help. Our short term counselling group runs for 2 hours on a Monday morning and lasts for ten weeks. An on-going counselling group runs for an hour and a half on a Wednesday morning. Women joining this group can have up to 18 months of group therapy. Each group is facilitated by two therapists who are professionals and very experienced in working with survivors of childhood sexual abuse.

NCS - Sexual Abuse Project
Kent Street
Nottingham
NG1 3LZ
01159-501-743 Office
www.nottinghamcounsellingcentre.org.uk
info@nottinghamcounsellingcentre.org.uk

Nottingham

Helpline 01159-410-440
See website / facebook for helpline opening hours. We are a registered charity that supports men and women aged 13+ in the Nottingham and Nottinghamshire area who have suffered any form of sexual violence. We offer face-to-face counselling and helpline support. We also offer women only therapeutic group support. Independent Sexual Violence Advicors are also available to give information, advice and support with reporting to the police and criminal justice system

Nottingham Rape Crisis Centre
30 Chaucer Street
Nottingham
NG1 5LP
01159-470-064 Office
admin@nottinghamrapecrisis.org.uk
www.facebook.com/nottinghamrapecrisiscentre

Nottingham

Helpline 08088-000-340 Freephone
Textphone 08088-000-341
We are a FREE, confidential and independent charity working with women and their children who have been affected by domestic abuse. Our helpline is staffed 24/7 and our texphone is staffed Mon-Fri 9-5pm
Zola Refuge: Safe contained flats offer temporary accomodation.
Sanctuary Scheme for those who will remain in their homes, support security alarms, reinforced doors and windows and locks and links to the emergency services offered.
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.
Outreach services for children and young people.

Women's Aid Integrated Services
30 Chaucer Street
Nottingham
NG1 5LP
01159-475-257 Office
www.wais.org.uk
enquiries@wais.org.uk

Freedom: a 12 week course to learn about healthy and non healthy relationships.

Nottinghamshire	Helpline 07905-362-011 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children.	Jericho Refuge Nottinghamshire 07905-362-011 Office/ Helpline	
Oldham	Helpline 01616-284-991 Our key aims are the prevention of social exclusion, homelessness and domestic abuse. At the heart of our services is the Women's Refuge which is staffed 24 hours a day. Resettlement and follow up support	Threshold Women's Services Oldham 01616-284-991 Office / Helpline	www.thp.org.uk/ outreach@ofcg.org
Oxford	Helpline 01865-726-295 (24 hours) Or 0800-783-6294 Freephone Email help support@osarcc.org.uk We run a support group service to provide a safe and inclusive space where survivors of sexual abuse and rape can work together towards their recovery. Women 18 years and over only. For more support group details call 07506-412-422 or email us at groups@osarcc.org.uk	Oxford Sexual Abuse & Rape Crisis Centre PO Box 20 St. Aldates Post Office Oxford OX2 6GB 01865-725-311 Office / Helpline	www.oxfordrapecrisis.net support@osarcc.org.uk admin@osarcc.org.uk
Pendle	Helpline 01282-661-989 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Please call the helpline to ask about accomodation for your children	Angel House Pendle Lancashire 01282-661-989 Office / refuge	
Pendle	Helpline 01282-726-000 A Male worker may answer phone Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. Services for Male victims	Pendle Domestic Violence Initiative Pendle Lancashire 01282-726-000 Office / advice	
Peterborough	Helpline 01733-317-899 If you have just been raped SARC's specialist medical and forensic services will offer their support to you whether or not you wish to report the assault to the police. If your assault is historic (more than 7 days) Our volunteer helpline is available Wednesday nights 7-9pm or Saturday mornings 10 - 12 noon	Peterborough Rape Crisis Care Oasis@Rivergate Vierson Platz Peterborough PE1 1SE 01733-317-899 Office / Helpline www.peterboroughrapecrisis.co.uk peterboroughrapecrisis@nhs.net	

We always offer anonymous individual and confidential support.

Peterborough	Helpline 08454-103-123 Outreach 01733-894-455 We provide safe temporary accomodation for women and their children, who are experiencing domestic violence. Resettlement and aftercare Children's services Weekly workshops Outreach services across Peterboro Freedom program - 10-12 weekly sessionexploring the issues relating to domestic violence.	Peterborough Women's Aid Peterborough 08454-103-123 Office / Helpline www.peterboroughwomensaid.co.uk	
Peterlee	Helpline 01915-868-890 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Harbour Refuge Peterlee County Durham 01915-868-890 Office / Refuge	www.myharbour.org.uk info@myharbour.org.uk
Pevensey	Christian Healing Ministry offering personal prayer ministry on FREE Healing Retreats and also as part of various teaching courses. suitable for those suffering the trauma of past abuse and desiring help with the subsequent dysfunction in their life.	Ellel Ministries Ellel Glyndley Manor Stone Cross Pevensey East Sussex BN24 5BS 01323-440-440 Office / Advice	www.ellel.org info.glyndley@ellelministries.org
Plymouth	Helpline 01752-562-286 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.	Plymouth Women's Refuge Plymouth 01752-562-286 Office / Refuge	
Plymouth	Helpline 08458-12-12-12 Our expert team has over 80 years combined experience providing high quality support to men, women, children and young people, who have been affected by rape and serious sexual assault. We acknowledge all forms of sexual violence including, rape, sexual assault, childhood sexual abuse, rape in marriage, trafficking, sexual exploitation and ritual abuse.	SARC - Twelves Company Metropolitan House The Millfields Plymouth PL1 3JB 08458-12-12-12 Office / Helpline www.northdevonhealth.nhs.uk/sexual-assault-centre/	admin@twelvescompany.co.uk

Plymouth	<p>Helpline 01752-600-599 Helpline Mon & Wed 10am - 1pm We are a Plymouth based Christian voluntary organization offering direct services to adult survivors of childhood sexual abuse. Therapeutic listening sessions for both male and female survivors. Coffee drop-in facilitated by 2 female listeners for female clients on Thursdays once a month. Groups work available, please see website for more details.</p>	<p>SALT South West 142 Union Street Plymouth Devon PL1 3HL 01752-600-599 Office / Helpline</p>	<p>www.saltsouthwest.co.uk email@saltsouthwest.co.uk</p>
Poole	<p>Helpline 01202-308-855 ISVA 01202-308-858 Dorset Rape Crisis is a charity based in Poole which began 24 years ago as a helpline for girls and women who have been raped or sexually abused. Telephone support Face to face counselling - 6 weekly appointments initially then reviewed at regular intervals. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Email support forms can be found under contacts on website.</p>	<p>Dorset Rape Crisis Support Ctr. PO Box 7697 Poole Dorset BH15 9GN 01202-308848 Office / Helpline</p>	<p>www.dorsetrapecrisis.org Email support form on website</p>
Poole	<p>Helpline 01202-748-488 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support www.bcha.org.uk/our-services/support-to-stay-safe/domestic-abuse/</p>	<p>Poole Refuge Poole Dorset 01202-748-488 Office / Refuge</p>	
Portsmouth	<p>Women's Helpline 02392-669-511 Men's Helpline 02392-669-516 Helpline hours Monday 1pm - 3pm Wednesdays & Fridays 7pm - 10pm PARCS was set up in 1981 and since that time we have grown to become an effective charity working with survivors of rape and childhood sexual abuse and those affected by domestic violence. Our helpline provides emotional support for survivors 18 years plus and for their family and supporters. We also have dedicated staff trained to work with young people. Counselling services Support groups being developed as of this entry November 2016</p>	<p>PARCS - Portsmouth Abuse and Rape Counselling Services. PO Box 3 Portsmouth Hampshire PO2 8RX 02392-669-513 Office</p>	<p>www.parcs.org.uk admin@parcs.org.uk</p>
Portsmouth	<p>Helpline 02392-291-034 Refuge for women fleeing domestic</p>	<p>Portsmouth women's Refuge Portsmouth</p>	

violence. The address is not published for safety reasons. Resettlement and follow up support

Hampshire
02392-291-032 Office/ Refuge

Portsmouth

Helpline 02392-210-352

Helpline open 7 days 8am - 6pm
We provide a team of staff to help victims deal with the trauma of rape and sexual assault. Specially trained doctors and project workers. Signposting to other services

The Treetops Centre
Northern Road
Cosham
Portsmouth
PO6 3EP
02392-210-352 Office / Helpline
www.saferportsmouth.org.uk/help-in-portsmouth/?catid=0&id=105

Preston

Helpline 01772-201-601

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support
Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Services for Male victims, these are services separate to the services for women.

Preston - Domestic Violence Services.
Preston
Lancashire
01772-201-701 Office / advice

www.pdvs.org.uk
enquiries@pdvs.org.uk

Rawtenstall

Helpline 01706-830-600

Since 1996 we have been providing support services for women and their families who have experienced domestic violence. We are very committed to supporting the safety of women and children, however we recognise that men can be victims of domestic violence too. IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Services for male victims call our helpline for more details, help or advice.

The Star Centre
PO Box 33
Rawtenstall
Lancashire
01706-830-600 Office / Helpline

www.thestarcentreuk.org
office@thestarcentre.org

Reading

Helpline 01189-504-003

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support
Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer

Berkshire Women's Aid
Reading
01189-504-003 Office / Helpline

practical advice and planning.

Redcar

Helpline 01642-835-079

Email support help@eva.org.uk

See website for helpline hours.

We provide a range of quality and supportive services for women and girls who have experienced any form of sexual violence at any time in their lives.

Providing FREE and confidential counselling from our centre in Redcar. You will be offered 50 mins each week, reviewed every 6 weeks to a maximum of 48 sessions, seeing the same counsellor each week.

we also offer advocacy

We explain the judicial process

Support you when you are in court
Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support
Dedicated services for children and young people

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

Eva- Emerging from Violence and Abuse

Redcar

North East

01642-490-677 Office

www.eva.org.uk

info@eva.org.uk

Email support address

help@eva.org.uk

Reigate

Helpline 01737-771-831

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

Resettlement and follow up support
Dedicated services for children and young people

Reigate & Banstead Women's Aid

Reigate

Surrey

01737-771-831 Office / Refuge

support@rbw-aid.org.uk

Rochdale

Helpline 03445-151-850

Refuge for men and women fleeing domestic violence. Our address is not published for safety reasons.

Resettlement and follow up support

Housing Action Group - DV

Servives.

Rochdale

03445-151-850 Office / Refuge

centralaccess@shelter.org.uk

Romford

Helpline 01708-765-200

Helpline hours: Call for details

Supportline offers a confidential telephone, postal and email support service to help people before they reach the point of crisis.

We are open to callers of any age and are able to take calls on a wide range of issues such as child abuse, bullying, rape, domestic violence sexual assault and stalking.

SupportLine

PO Box 2860

Romford

Essex RM7 1JA

01708-765-222 Office

www.supportline.org.uk

info@supportline.org.uk

Rotherham

Helpline 07914-768-473 MOBILE

Rotherham Women's

rwcs@live.co.uk

Please feel free to TEXT
Helpline hours Thurs 9.30 - Noon
Fridays 12.30pm - 3pm
Counselling services for men and
women who are affected by sexual
violence and abuse.
Group session available.

Counselling Service
Thornbank
38 Moorgate
Rotherham
S60 2AG
01709-835-482 Office

Rotherham

Helpline 08442-254-411
Helpline 08708-502-247 Refuge
Rotherham Rise (Refuge, Information
Support, Equality) provides refuge
for woman and their children
fleeing domestic abuse. Advice and
Support to women and their children
is also provided through our outreach
services. We also offer support for
people affected by child sexual
exploitation, a dedicated Young
Peoples Domestic Abuse Outreach
Service, Counselling Service and
work with male victims of Domestic
and CSE abuse.

Rotherham RISE
Rotherham
08442-254-411 Office / Outreach

[www.rotherhamrise.org.uk/
enquiries@rothwr.co.uk](http://www.rotherhamrise.org.uk/enquiries@rothwr.co.uk)

Rugby

Helpline 01788-551-151
Helpline hours Mon, Wed, Thurs,
Fri 10am-2pm Tues 3pm-7pm and
Saturdays 10am to 12 noon
We are a local independent charity
offering support to victims of rape,
sexual violence and sexual abuse.
We work with both males and
females survivors from the age of 5.
Specialist counselling for children
Dedicated helpline for all survivors
Independent Sexual Violence Advisor
the ISVA will provide emotional and
practical support whether the rape
or abuse has been reported to the
police or not.
Group and family counselling
All services are FREE of charge

RoSA
Rugby
01788-551-150 Office

www.rosasupport.org
rosa.support@btconnect.com

Rugby

Helpline 07769-140-879
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support

Refuge - Rugby
Warwickshire
07769-140-879 Office / Refuge

Runcorn

Helpline 10928-477-980
We are a registered charity who are
dedicated to support people who
have been affected by rape or sexual
abuse at any time in their lives.
We also offer the services of an
Independent Sexual Violence Advisor
the ISVA will provide emotional and
practical support whether the rape
or abuse has been reported to the
police or not. They will advise your

Rape and Sexual Abuse Support
Centre - Halton
Runcorn
WA7 1DF
01928-477-980 Office / Helpline

[www.rapecentre.org.uk/
support@rapecentre.org](http://www.rapecentre.org.uk/support@rapecentre.org)

regarding the judicial system and will accompany you to police interviews and to the courts.

Counselling for women affected by rape or sexual abuse.

Counseling for men affected by rape or sexual abuse.

A specialist young person's service Workshops and support groups.

Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington

Salford	Helpline 01617-360-737 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Direct services for male victims	Salford Women's Aid Salford 01617-360-737 Office / Advice	
Salisbury	Helpline 01722-324-348 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Salisbury Women's Refuge Salisbury Wiltshire 01722-324-348 Office / Refuge	
Sandown Isle of Wight	Helpline 01983-825-981 A Male worker may answer phone Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	Island Women's Refuge PO Box 5 Sandown Isle of Wight 01983-825-981 Office / Helpline	info@islandrefuge.org.uk
Sandown Isle of Wight	Helpline 01983-400-123 Providing services for male and female survivors of rape and sexual abuse, along with support for partners of survivors. Telephone counselling Information and advice Counselling and therapy groups.	Jig Saw Sandown Isle of Wight Hampshire 01983-400-123 Office / Helpline	johnellison_5@hotmail.com
Scarborough	Helpline 01723-365-609 Refuge for women fleeing domestic violence. The address is not	foundation Domestic Abuse Services Scarborough	

published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people
Services available for male victims.

01723-365-609 Office / Refuge

Scarborough

Helpline 01723-391-811
support@hopesurvivors.org.uk
Helpline Mon 5.30 to 8.30pm
Excluding Bank Holidays
Self help and support services for
adult survivors of childhood and or
adult sexual abuse

Healing Our Past Experiences
Scarborough
01723-381-811 Office / Helpline

www.hopesurvivors.org.uk
office@hopesurvivors.org.uk

Scunthorpe

Helpline 0800-197-4787 Freephone
We offer services and support to
adult male and female survivors of
rape and sexual violence/abuse.
One to one counselling
Independent Sexual Violence Advisor
the ISVA will provide emotional and
practical support whether the rape
or abuse has been reported to the
police or not.

Grimsby & Scunthorpe Rape
Crisis Limited
The Ironstone Centre
West Street
Scunthorpe
DN15 6HX
01724-292-173 Office

www.itsmyright.co.uk
www.thebluedoor.org/
info@itsmyright.co.uk

Sefton

Helpline 01519-228-606
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Dedicated services for children and
young people

Sefton Women and Children's
Aid
Sefton
01519-228-606 Office / Helpline

Sheffield

Helpline 01142-555-740
Helpline 07946-333-963 Mobile
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support

Ashiana - Sheffield
Sheffield
01142-555-740 Office

www.ashianasheffield.org/
info@ashianasheffield.org

Sheffield

Helpline 01142-726-021
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

Burngreave Domestic Violence
Project
Sheffield
01142-726-021 Office / Helpline

Sheffield

Helpline 01142-739-126
Helpline 07753-748-885 Mobile
Refuge for women fleeing domestic
violence. The address is not
published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people

Haven House Project
Sheffield
01142-739-126 Office / Refuge

Sheffield

Helpline 01142-447-936
Helpline hours Tues & Thurs 1-8pm
We are a specialist women only
service offering FREE confidential
support to empower women and
girls over 13 years old who have
experienced rape or sexual abuse

Sheffield Rape and Sexual
Abuse Centre
PO Box 34
Sheffield Rape and Sexual
S1 1UD
01142-618-990 Office

www.sheffieldrapecrisis.org.uk
info@sheffieldrapecrisis.org.uk

at anytime in their lives.
Upto 20 FREE counselling sessions
with a possibility to extend these.
Male survivors can be signposted
to services more tailored to needs.

Sheffield	Helpline 01142-752-157 Mobile 07742-533-603 Helpline hours office hours only We offer a much needed, FREE counselling service to women in Sheffield who have experienced trauma or abuse.	Sheffield Women's Counselling and Therapy Service 44 Daniel Hill Uppertorpe Sheffield S6 3JF 01142-752-157 Office / Helpline	www.swcts.org.uk office@swcts.org.uk
Sheffield	Helpline 01142-362-518 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.	Sheffield Women's Aid Sheffield 01142-366-423 Office www.womensaid.org.uk/domestic-abuse-directory/	
Shrewsbury	We were formed in 1993 as a charity to meet the growing need to help people in Shropshire, Telford and Wrekin. We provide a confidential counselling service for men and women aged 11 years and over. Self Help support group is offered to survivors that have completed their one to one counselling. We have separate groups for men and women. We also have available the services of an Independent Sexual Violence Advisor that will give emotional and practical support whether or not you choose to report the abuse.	Axis Counselling Fletcher House 15 College Hill Shrewsbury SY1 1LY 01743-357-777 Office	www.axiscounselling.org.uk
Shropshire	Helpline 01691-679-491 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Refuge - Shropshire 01691-679-491 Office / Refuge	
Shropshire South	Helpline 01694-722-440 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	South Shropshire Women's Refuge 01694-722-440 Office / Refuge	
Skelmersdale	Helpline 0808-100-3062 Our mission is to reduce the harm done by domestic violence and to improve the safety and health of all survivors and their children.	Domestic Violence Support Services - West Lancashire Skelmersdale 0808-100-3062 Office / Helpline	www.dvsswl.org.uk enquiries@wlwref.org.uk
Slough	Helpline 01753-549-865	Berkshire East & South Bucks	

Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Women's Aid
Slough
01753-549-865 Office / Refuge

Somerset

Helpline 0800-694-9999
Mon - Fri 8am-8pm Not Bank Hols
Domestic abuse helpline Somerset

Domestic Abuse Helpline
Somerset
0800-694-9999 Office/ Helpline

Southampton

Helpline 02380-338-080
We provide services for women 18 years and over who are survivors of rape and/or childhood sexual abuse. We will support you whether the perpetrator was a member of the family or not and whether it happened yesterday or years ago. We also support partners and parents of survivors.
Mutual support groups available please call for more details.

CIS'ters (Surviving Rape and or Sexual Abuse).
PO Box 119
Southampton
Hampshire
SO50 9LF
02380-338-080 Office / Helpline

admin@cisters.org.uk

Southampton

Helpline 02380-636-313
Helpline Sunday 7pm to 10pm
Tues 10am-1pm & Thurs 1pm-4pm
We offer counselling to both males and females who have experienced childhood sexual abuse/adult sexual abuse or both. Young persons counselling to those aged 12-18 who have experienced any form of sexual abuse including rape.
Independent Sexual Violence Advisor is available on weekdays to give information, advice and support about reporting to the police, and the criminal justice system.
STAR education program

Southampton Rape Crisis
PO Box 1401
Southampton
SO18 9AD
02380-636-312 Office

www.southamptonrapecrisis.com
info@sotonrc.org.uk

Southampton

Helpline 08088-010-334
Outreach services and support
Dedicated services for children and young people

Southampton Women's Aid
Southampton
02380-338-881 Office / Outreach
www.southamptonwomensaid.org.uk
info@southamptonwomensaid.org.uk

South Tyneside

Helpline 01914-548-257
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

Places for People
South Tyneside
01914-548-257 Office / Refuge

Stafford	<p>Helpline 01785-225-991 Helpline hours Mon 7.30pm - 10pm Wed 7pm-10pm & Thurs 10am-5pm EMERGE is a registered charity operating as a voluntary sector service in partnership with South Staffordshire & Shropshire Health Care NHS Trust. We provide support to male and female adult survivors of sexual abuse and violence. Support groups available.</p>	<p>EMERGE Stafford West Midlands 01785-225-991 Office / Helpline</p>	
Staffordshire	<p>Helpline 01782-205-500 Helpline 01782-713-737 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people Services for male victims of abuse.</p>	<p>Elizabeth House Staffordshire 01782-205-500 Office / Helpline</p>	
Staffordshire	<p>Helpline 01543-676-800 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts. Drop In service available</p>	<p>Pathways Project Staffordshire 01543-676-800 Office / Helpline</p>	<p>www.pathway-project.co.uk talktoeve.pathway@virgin.net</p>
Staffordshire	<p>01782- 433-204 Message Line 24 Hour message line Savana provides info, support and confidential counselling for those aged from four years old who have been affected by sexual violence whether recently or in the past. We serve survivors in South Cheshire and Staffordshire. We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system. Our ISVA provides practical and advocacy whether or not the</p>	<p>SAVANA Wood House Etruria Road Hanley Stoke on Trent ST1 5NQ 01782-433-205 Office</p>	<p>www.savana.org.uk info@savana.org.uk</p>

offence has been reported.

Staffordshire	Helpline 0870-270-0123 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts. Services for male victims available	Staffordshire Women's Aid 01785-782-758 Office	www.staffordshirewomensaid.org
Staffordshire	Helpline 01782-222-421 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	The Lighthouse Staffordshire 01782-222-421 Office / Helpline dv.services@archnorthstaffs.org.uk	
St. Albans	Helpline 08082-000-247 We aim to provide a safe, conflict-free and comfortable environment for women and their children who are suffering domestic abuse. Emergency refuge Outreach services Services for male victims Drop-in service, call 01727-824-425 for times and location.	St. Albans and Hertsmere Women's Refuge St. Albans 01727-824-425 St. Albans 01923-855-662 Hertsmere 01727-826-431 Office www.stalbansandhertsmere womensrefuge.org.uk	info@sahwr.org
Stevenage	01438-742-742 (Women only) 01438-316-359 (Male victims) Helpline hours Monday to Friday 9 am to 4 pm One to one support for all victims of rape, sexual abuse or any form of sexual violence. Rooms available for appointments with our local ISVA. Independent Sexual Violence Advisor	Herts Women's Center 37-39 The Hyde Shephall Stevenage SG2 9SB 01438-742-742 Office / Helpline www.facebook.com/Hertswomenscentre	

is available on weekdays to give information, advice and support about reporting to the police, and the criminal justice system.

Short and long term counselling

Personal advocacy

Domestic abuse info and support

FREE legal advice

Courses, workshops and groups

Stevenage

Helpline 01438-350-243

We run a women's refuge in both Stevenage and Dacorum, where we offer safe temporary accommodation for women and children fleeing domestic abuse.

Stevenage Women's Refuge
PO Box 110
Stevenage
Herts
01438-350-243 Office / Helpline

www.hpcha.org.uk

St. Helens

Helpline 01925-226-796

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support

Helena Refuge
St. Helens
01925-226-796 Office / Advice
womensrefuge@helenapartnership.co.uk

St. Helens

Helpline 01744-877-987

Info line hours Mon - Fri 9am - 5pm
We are a registered charity who are dedicated to support people who have been affected by rape or sexual abuse at any time in their lives. We also offer the services of an Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police interviews and to the courts. Counselling for women affected by rape or sexual abuse. Counseling for men affected by rape or sexual abuse. A specialist young person's service Workshops and support groups. Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington.

Rape and Sexual Abuse Centre
St Helens
WA10 1DH
01744-877-987 Office / Helpline

www.rapecentre.org
support@rapecentre.org

Stockport

Helpline 01614-774-271

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer

Stockport Without Abuse
Stockport
01614-774-271 Office / Helpline
www.stockportwithoutabuse.org.uk
info@stockportwithoutabuse.org.uk

practical advice and planning.
Services for male victims of abuse

Stockton on Tees	Helpline 01642-553-323 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Harbour Refuge Stockton on Tees 01642-553-323 Office / Refuge stocktonrefuge@myharbour.org.uk	www.myharbour.org.uk
Stoke on Trent	Helpline 01782-817-055 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Julia House Stoke on Trent 01782-817-055 Office / Refuge juliahouse@archnorthstaffs.org.uk	www.archnorthstaffs.org.uk
Stoke on Trent Staffordshire	01782-433-204 Message Line 24 Hour message line Savana provides info, support and confidential counselling for those aged from four years old who have been affected by sexual violence whether recently or in the past. We serve survivors in South Cheshire and Staffordshire. We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system. Our ISVA provides practical and advocacy whether or not the offence has been reported.	SAVANA Wood House Etruria Road Hanley Stoke on Trent ST1 5NQ 01782-433-205 Office	www.savana.org.uk info@savana.org.uk
Stroud	Helpline 01453-764-385 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Stroud Women's Refuge Stroud Gloucestershire 01453-764-385 Office / refuge	www.stroudwomensrefuge.org office@beresfordgroup.org
Sunderland	Helpline 01914-163-550 Helpline 0800-066-5555 Freephone Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	Wearside Women In Need Sunderland 01914-163-550 Head office	
Swale	Helpline 01795-420-042 A male worker may answer phone Refuge for women fleeing domestic	Swale Women's Refuge Swale Kent	

violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

01795-420042 Referrals

Swindon

Helpline 01793-514-339
Mobile 07547-680-839
Breaking Free is a dedicated and professionally run registered charity. We are run by female survivors who are qualified and trained therapists. We provide an opportunity for female survivors 18+ who have experienced rape and/or sexual abuse to break free from victimhood and become a survivor. Residential survivor weekends
The weekend is highly participative, providing workshops, insight and healing with a focus on groups work. We also offer support groups
One to one therapy
Referrals and info on other projects
Prison and court support.

Breaking Free
Swindon
Wiltshire
01793-514-339 Office / Hotline

www.breakingfreesupport.co.uk
info@breakingfreesupport.co.uk

Swindon

TAG promotes education and raises awareness in the field of trauma, dissociation, attachment and abuse recovery. Please see website for articles on the above and membership details.

TAG - Trauma and Abuse Group
The Willows Centre
11 Prospect Place
Swindon
SN1 3LQ

www.tag-uk.net
chairman@tag-uk.net

Swindon

Helpline 01789-773-579
Women for Change offers services and information to survivors of sexual abuse. We recently linked with The Willows Counselling Centre in Swindon in a new project that will offer extended counselling services to survivors of sexual abuse.

Women for Change
Blunsdon Abbey Park
Blunsdon St. Andrew
Swindon
SN25 2DU
01789-773579 Office / Helpline
www.counselling-swindon.co.uk/sexual_abuse.htm

Tameside

Helpline 0800-328-0967
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

Tameside Women's Project Ltd
Tameside
01613-398-755 Office / Refuge

Telford

We were formed in 1993 as a charity to meet the growing need to help people in Shropshire, Telford and Wrekin. We provide a confidential counselling service for men and women aged 11 years and over. Self Help support group is offered to survivors that have completed their one to one counselling. We have separate groups for men and

Axis Counselling
The Glebe Centre
Glebe Street
Wellington
Telford
TF1 1JP
01952-278-000 Office

www.axiscounselling.org.uk

women. We also have available the services of an Independent Sexual Violence Advisor that will give emotional and practical support whether or not you choose to report the abuse.

Thurrock

Helpline 01375-845-899

We provide a safe haven for women and children fleeing domestic abuse. Outreach support services for women living in the Thurrock area. We can visit your home or meet at a safe location. Drop-in service in Grays Wed morn Support groups twice a year running for 15 weeks. Support for children who witness abuse in the home.

Thurrock Women's Aid
Thurrock
01375-845-899 Office / Helpline

www.thurrock-wa.org
info@thurrock-wa.org

Torbay

Helpline 01803-524-594

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people

Torbay Refuge
Torbay
Devon
01803-524-594 Office / Refuge
torbayrefuge@westcountryha.org.uk

Trafford

Helpline 0845-241-1117

Helpline 0845-450-0789 Refuge

We are a registered charity offering support services to individuals and families affected by domestic abuse. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people

Trafford Domestic Abuse
Services
Trafford
Manchester
0845-241-1117 Office / Helpline

www.tdas.org.uk

Trowbridge

Referral line 01225-358-568

support@revival-wiltshirerasac.org.uk

We provide a non judgemental, confidential, safe and supportive atmosphere in which you will be given time and space to explore your present in relation to your past. One to one counselling On-line forum and email support See website for more details.

REVIVAL - Wiltshire RASAC
PO Box 4157
Trowbridge
Wiltshire
BA14 4AW
01225-358-567 Office
www.revival-wiltshirerasac.org.uk
n@revival-wiltshirerasac.org.uk

Truro

Our mission is to provide a service to address the issues of abused children and young people through a supportive and therapeutic environment. Group work with peers enables children to have some fun and experience some positive feedback as they share their concerns with others who have had similar experiences. Please use the contact

CLEAR
PO Box 706
Truro
Cornwall
TR4 9FN

www.clearsupport.net
Email support form on website.

form on the website for more info about these peer led groups.

Truro	Helpline 01872-262-100 Helpline Mon & Tues 9am-5pm Wed, Thurs & Fri hours variable Please leave message on machine Our centre offers counselling to any one who is being sexually abused or has been sexually abused or raped in the past. We can talk to you over the phone or face to face. We offer accompaniment to police interviews, at doctor or hospital and through the court system.	Cornwall Rape and Sexual Abuse Centre. Truro Cornwall 01872262-100 Office / Helpline	www.crasaccornwall.co.uk/vision@crasac.co.uk
Wakefield	Helpline 07843-344-457 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Marie House Wakefield 07843-344-457 Office / Refuge	
Walsall	Helpline 01922-746-574 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning	Aven House Women's Refuge Walsall 01922-721-859 Office/Outreach	
Walsall	Helpline 01922-476-153 Helpline open during office hours We have been working with and delivering specialist support to victims of sexual crime since 2000. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. Psychotherapy and counselling Group counselling - A professionally trained counsellor will facilitate the group.	Crisis Point Blakenall Village Centre 2nd Floor 79 Thames Road Walsall WS3 1LZ 01922-476-153 Office / Helpline	www.crisispoint.org.uk/info@crisispoint.org.uk
Warrington	Information line 01925-221-546 Info line hours Mon - Fri 9am - 5pm We are a registered charity who are dedicated to support people who have been affected by rape or sexual abuse at any time in their lives. We also offer the services of an	Rape and sexual Abuse Support Centre (Cheshire & Merseyside) PO Box 35 Warrington WA1 1DW 01925-221-546 Office / Info	www.rapecentre.org/support@rapecentre.org

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

Counselling for women affected by rape or sexual abuse.

Counseling for men affected by rape or sexual abuse.

A specialist young person's service
Workshops and support groups.

Offices in Chester, Congleton, Ellesmere Port, Halton, Northwich, St Helens and Warrington.

Warrington

Helpline 01925-417-138

We are a charitable organisation that provides services to women and their children who are or have experienced any form of abuse. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support
Dedicated services for children and young people

Warrington Women's Aid
Warrington
01925-417-138 Office / Refuge

office@warringtonwomensaid.fsnet.co.uk

Warwick

Helpline 0300-123-2028 Freephone

Helpline Mon - Fri 7.30pm-9.30pm
Safeline services are delivered in the main by a team of volunteers who support staff in providing a professional service to all survivors of sexual violence and abuse aged 11 years and over. Support groups for survivors who have experienced trauma of rape or sexual abuse recently or in the past.

Safeline
6a New Street
Warwick
CV34 4RX
01926-402-498 Office

www.safeline.org.uk
office@safeline.org.uk

Warwickshire

Helpline 01788-537-112

Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people

Families First
Warwickshire
01788-537-112 Office/Outreach

outreach@warksdvss.org.uk

Warwickshire

Helpline 07920-799-720

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

Refuge - Warwickshire
07920-799-720 Office / Refuge

Watford

Helpline 01923-249-511 or 0845-301-1165

We are a women centered voluntary organization offering help and non judgemental support to women who have been raped or sexually abused

Watford Rape Crisis and Sexual Abuse Helpline
PO Box 2356
Watford
WD18 1QD
01923-249-511 Office / Helpline

www.wrc-info.org
info@wrc-info.org

no matter when or how it happened.
We are a referral centre for survivors
of satanic and ritualistic abuse.
Face to face & telephone support
Listening service to male survivors
who are over 16 years.

Wellingborough	Helpline 07879-844-451 Helpline 07767-302-742 Our refuge was the first refuge to open in the country back in 1972. We offer crisis accomodation for those fleeing domestic violence. One to one counselling On-going support	Wellingborough Women's Aid PO Box 47 Wellingborough 07879-844-451 Office / Helpline	www.wenwomensaid.co.uk info@wenwomensaid.co.uk
Welwyn Garden City	Helpline 01707-373-743 Our women's refuge offers temporary crisis accomodation for women fleeing domestic violence and abuse	Welwyn Hatfield Women's Refuge PO Box 486 Welwyn Garden City Herts AL7 9GN 01707-373-743 Office / Helpline	www.whwr.org.uk
West Bromwich	01215-530-090 Sexual Violence 01215-526-448 Domest Violence 07581-492-806 Text Line Domestic violence refuge Individual flats in the refuge Support and safety planning Assistance with legal issues Idependent DV Advisor (IDVA) to help with legal and court proceedings Domestic violence support groups One to one counselling We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system. Support programme for the young Teenage relationship and education programme.	Sandwell Women's Aid 1st Floor Lanchard House Victoria Street West Bromwich B70 8HY 01215-530-090 Office / helpline	www.sandwellwomensaid.co.uk info@sandwellwomensaid.co.uk
Westcliff-on-Sea	Helpline 01702-302-333 Women Helpline 01702-343-868 Men Children and Faimilies Helpline 01702-343-868 We are a registered charity, supporting those in our community affected by domestic abuse. We provide crisis support for women, a telephone helpline, counselling for adult victims of abuse, workshops with children and families affected by domestic abuse and training for professionals.	SOS Domestic Abuse Projects 4 West Road Westcliff-on-Sea Essex SS0 9DA 01702-868-026 Office	enquiries@sosdap.org
Westcliff-on-Sea	Helpline 01702-303-232 Helpline hours Wednesdays 2pm - 4pm and Fridays 10am - 12 noon	SOS Rape Crisis Westcliff-on-Sea Essex	www.sosrc.org.uk info@sosrc.org.uk

We are run by a small group of women who are committed to supporting survivors of rape and sexual abuse in their recovery. We serve Southend on Sea and the surrounding area's.

Children's/young women's services
Support for females aged 11-18
Women's support worker for survivors 18 years and over
Face to face counselling for women 16 years + up to 20 sessions FREE

SS0 9DA
01702-667-590 Office

Wigan

Helpline 01942-867-986
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

Arena Options - Domestic Abuse Services
Wigan
01942-867-986 Office / Refuge

Wiltshire

Helpline 01380-723-815
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

Kennet House Refuge
Wiltshire
01380-723-815 Helpline/Refuge

sally.wright@asterliving.co.uk

Wiltshire North

Helpline 0800-707-6561
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support

North Wiltshire Women's Refuge
Wiltshire North
0800-707-6561 Office / Refuge

Wiltshire West

Helpline 01225-776-955
Helpline 07866-556-398 Refuge
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people.

West Wiltshire Women's Refuge
Wiltshire (West)
01225-776-955 Office / Refuge

Winchester

Helpline 01962-871-717
Helpline 01962-871-718
Helpline Mon 11.30am to 1.30pm
Tuesdays 7pm - 9.30pm
Thursdays 7pm - 9.30pm
Calls answered by both men and women. We also offer face to face counselling for anyone who wants to talk about the effects of an unwanted sexual encounter.
Hampshire ISVA available
Independent Sexual Violence Advisor
the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.

RASAC
The Colebrook Centre
Winchester
Hampshire
SO23 3LH
01962-871-716 Office

www.rasac.org.uk
rasac@waca.org.uk

Windsor	<p>Helpline 01753-549-865 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Berkshire East & South Bucks Women's Aid Windsor 01753-549-865 Office / Refuge</p>	
Woking	<p>Helpline 01483-776-822 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Your Sanctuary Woking Surrey 01483-776-822 Office / Helpline</p>	admin@yoursanctuary.org.uk
Wokingham	<p>Helpline 01189-504-003 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Berkshire Women's Aid Wokingham 01189-504-003 Office / Helpline</p>	
Wolverhampton	<p>We run a group for survivors of childhood sexual abuse. The group is run solely by survivors. We meet three times a week in a safe and friendly environment.</p>	<p>Abused People's Help in Sexual Trauma (APHIST) Wolverhampton WV10 0UL 01902-445-628 Contact number</p>	
Wolverhampton	<p>We are a national survivor-led association for Dissociative Disorder We work exclusively for and on behalf of survivors of childhood trauma most offen sexual violence.</p>	<p>First Person Plural PO Box 2537 Wolverhampton WV4 4ZL</p>	<p>www.firstpersonplural.org.uk fpp@firstpersonplural.org.uk</p>
Wolverhampton	<p>Helpline 01902-713-001 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>The Haven Wolverhampton 01902-572-140 Office referralpoint@havenrefuge.org.uk</p>	www.havenrefuge.org.uk

Worcester	<p>Helpline 01905-724-514 See website for helpline hours WRSASC is a FREE, confidential and non-judgemental support service for survivors who have experienced rape, assault, incest, sexual abuse or any form of sexual attack whether it happened days or years ago. Face to face counselling support We provide an Independent Sexual Violence Advisor. Our ISVA provides support and advocacy to victims and survivors through the criminal court system. Signposting services for survivors Telephone helpline support for men Information for male survivors Our ISVA service available to men</p>	<p>Worcestershire Rape & Sexual Abuse Support Centre. PO Box 240 Worcester WR1 2LF 01905-611-655 Office.</p>	<p>www.wrsasc.org.uk office@wmrsasc.org.uk</p>
Worcestershire	<p>Helpline 0800-980-3331 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.</p>	<p>West Mercia Women's Aid Worcestershire 0800-980-3331 Office / Hotline Helpline@westmerciawomensaid.org</p>	
Worcestershire	<p>Helpline 0845-155-0395 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>Worcestershire Domestic Abuse Services Worcestershire 0845-155-0395 Office / Referrals worcesterrreferrals@homegroup.org.uk www.homegroup.org.uk/Care-and-Support</p>	
Worthing	<p>Helpline 01903-231-939 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Drop-in service for Male victims</p>	<p>Worthing Women's Aid Worthing West Sussex 01903-231-939 Office / Helpline</p>	<p>refuge@ww-aid.org.uk</p>
Wycombe	<p>Helpline 01494-461-367 Helpline 01494-446-366 Asian Line Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and</p>	<p>Wycombe Women's Aid Wycombe Buckinghamshire 01494-461-367 Office / Refuge</p>	

after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

York	<p>Helpline 01904-642-830 Helpline hours Weds 12 -4 pm We seek to support both men and women who have experienced rape, sexual assault as adults or sexual abuse in childhood. One to one support meetings Support group for women survivors of childhood sexual abuse. This group is for 6-8 women and is led by an experienced counsellor. For more group details 01904-638-813.</p>	<p>Survive - North Yorkshire 15 Priory Street York YO1 6ET 01904-638-813 Office survive@survive-northyorks.org.uk</p>	<p>www.survive-northyorks.org.uk</p>
York	<p>Helpline 01904-646-036 Helpline 01904-646-630 Refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts. Services are also available for male victims of domestic abuse.</p>	<p>York Women's Aid York 01904-646-036 Office / Outreach</p>	<p>www.idas.org.uk info@idas.org.uk</p>
Yorkshire	<p>Helpline 0845-960-6011 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>ANAH Project Yorkshire 0845-960-6011 Office / Refuge</p>	
Yorkshire North	<p>Helpline 01756-794-400 Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.</p>	<p>Craven Independent Domestic Abuse Services North Yorkshire 01756-794-400 Office/ advice</p>	<p>www.idas.org.uk/advice@cdvs.org</p>