

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
WALES			
Nationwide	Helpline 08088-010-800 24 Hour helpline.	Live Fear Free National Line Domestic Abuse and Sexual Violence Helpline.	www.livefearfree.org.uk/
Nationwide	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.	Broken Rainbow UK Nationwide 08452-605-560 Office	www.brokenrainbow.org.uk mail@brokenrainbow.org.uk
Nationwide	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
Nationwide	Helpline 0808-2000-247 helpline@womensaid.org.uk	Women's Aid UK National Domestic Violence Helpline 0808-2000-247 Office / Helpline	www.welshwomensaid.org.uk/ info@womensaid.org.uk
Aberdare	Helpline 01685-879-673 24 Hour helpline and 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 Drop-in service, call for details. www.welshwomensaid.org.uk/information-and-support/find-your-local-service/	CWM CYNON Women's Aid PO Box 22 Aberdare Mid Glamorgan 01685-879-673 Office / Helpline	
Aberystwyth	Helpline 01970-610-124	Mid Wales Rape Support Centre	www.midwalesrsc.org.uk

We strive to provide the best possible services for people who have been affected by rape and sexual assault.

One to one counselling for men and women affected by the trauma caused by rape and sexual abuse. 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.

Aberystwyth
SY23 1DE
01970-610-124 Office / Helpline

enquiries@midwalesrsc.org.uk

Aberystwyth

Helpline 01970-625-585

24 Hour helpline
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.

www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

West Wales Women's Aid
Aberystwyth
01970-612-225 Office

Amman Valley

Helpline 01269-597-474

Helpline is 24 hours
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

www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Amman Valley Women's Aid
Amman Valley
01269-597-474 Office / Helpline

avwa@ammanvalleywomensaid.org

Bangor

Helpline 01248-679-052

24 Hour helpline
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

www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Bangor & District Women's Aid
Bangor
Gwynedd
01248-679-077 Office and info

bangorwomensaid@tiscali.co.uk

Barry

Helpline 01446-746-981

24 Hour Helpline & referrals
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

Atal Y Fro
Barry
Vale of Glamorgan
01446-744-755 Office / Outreach

www.atalfro.org
info@atalfro.org

Drop-in Monday - Friday 10am-3pm
Counselling services available
Separate services for male victims

Blaina
Blaenau Gwent

Helpline 01495-291-202
Helpline Mon - Fri 9.30am-4.30pm
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.

Blaenau Gwent Domestic Abuse Services
Blaina
Blaenau Gwent
01495-291-202 Office / Helpline
www.phoenixdas.co.uk/

www.bgdas.co.uk
info@bgdas.co.uk

Brecknock
Powys

Helpline 01874-625-146
Helpline / Refuge 24 Hours
Providing specialist domestic abuse services for women and children.
Prioritising their safety and well being and their right to a life free from 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
www.calandvs.org.uk/connect-to-calan/blog/56-brecknock-women-s-aid-merger
www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Brecknock Women's Aid
Brecknock
Powys
01874-614-404 Office

breconwa@btinternet.com

Bridgend

Helpline 01656-766-139
24 Hour helpline / 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
www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Bridgend Women's Aid
Bridgend
01656-766-139 Office / Refuge

info@bridgendwa.co.uk

Bridgend

Helpline 01685-379-310
One to one counselling for men and women affected by the trauma caused by rape and sexual abuse.
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.

New Pathways
Bridgend
CF31 1BD
01656-750-115 Office.

www.newpathways.org.uk
enquiries@newpathways.org.uk
There is also a contact form on the website

Caernarfon

Helpline 01286-669-266
Helpline hours Mon - Fri 7pm - 9pm
Sundays 7pm - 9pm & Office hours
We are a specialist support service for survivors of sexual violence. We cover the whole of North Wales.

North Wales Rape and Sexual Abuse Support Centre
PO Box 87
Caernarfon
Gwynedd
LL55 9AA

info@rasawales.org.uk

Our services are for men, women and young people aged 11+. We provide supportive counselling Accompaniment to court & hospital Awareness workshops. Please call for information about group counselling.

01286-669-267 Office
www.rasawales.org.uk/?page_id=31&lang=cy

Caerphilly

Helpline 02920-860-255
24 Hour helpline
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

Caerphilly Women's Aid
Caerphilly
02920-856-691 Office

www.welshomensaid.org.uk/information-and-support/find-your-local-service/

Cardiff

Helpline 0800-731-8147
24 Hour helpline
We are an all Wales government accredited support provider to people from Black and Ethnic Minority backgrounds who are affected domestic abuse or other forms 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
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.

BAWSO Women's Aid
Cardiff
02920-644-633 Office

www.bawso.org.uk
info@bawso.org.uk

www.welshomensaid.org.uk/information-and-support/find-your-local-service/

Cardiff

Helpline 01267-234-725
24 Hour helpline / 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

Cardiff Women's Aid
Cardiff
01267-238-410 Office / Outreach

www.welshomensaid.org.uk/information-and-support/find-your-local-service/

Cardiff

Helpline 01685-379-310
One to one counselling for men and women affected by the trauma caused by rape and sexual abuse.
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

New Pathways
Cardiff
SA31 2AF
01267-235-464 Office

www.newpathways.org.uk
enquiries@newpathways.org.uk
There is also a contact form on the website

will accompany you to police interviews and to the courts.

Clwyd	Helpline 01745-814-494 24 Hour Helpline 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 www.welshwomensaid.org.uk/information-and-support/find-your-local-service/	Glyndwr Women's Aid Clwyd 01745-814-494 Office / Helpline glyndwrwomensaid@tiscali.co.uk
Colwyn Conwy	Helpline 01492-534-705 Local line Mon - Fri 9am - 5pm Helpline 08088-010-800 Outside of office hours 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 Sexual violence Services Pet fostering agency www.welshwomensaid.org.uk/information-and-support/find-your-local-service/	Colwyn Women's Aid Colwyn Conwy 01492-534-705 Office
Conwy	Helpline 01492-872-992 Helpline 24 Hours 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 Dedicated services for male victims	Aberconwy Domestic Abuse Services Conwy 01492-872-992 Office / Helpline
Llanelli	Helpline 01554-741-212 24 Hour helpline and 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 www.welshwomensaid.org.uk/information-and-support/find-your-local-service/	Llanelli Women's Aid Ltd Llanelli Carmarthenshire 01554-741-212 Office / Helpline enquiries@llanelliwa.org.uk
Llangefi Ynys Mon	Helpline 01248-750-903 24 Hour helpline and 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	Gorwel: Anglesey DA Service Llangefni Ynys Mon 01248-750-903 Office / Helpline www.grwpcynefin.org/en/eich-cymuned/gorwel/ enquiries@gorwel.org

practical advice and planning.

Machynlleth	Helpline 0845-456-1657 We are a voluntary organisation which exists to offer FREE counselling to adult survivors of childhood sexual abuse. We also offer training for those who work with people who were abused as children. We offer 12 one hour sessions with the same counsellor followed by participation in or monthly workshops. Call us for more information. We serve Lampeter, Cardigan, Carmathen and Narberth in addition to Aberystwyth.	SEREN PO Box 54 Machynlleth SY20 0AJ 01654-700-659 Office	www.seren-wales.org.uk serenaberystwyth@hotmail.com
Merthyr Tydfil	Helpline 01443-693-737 24 Hour refuge helpline 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	Merthyr Women's Services Merthyr Tydfil 01443-693-737 Office / Refuge	
Merthyr Tydfil	Helpline 01685-379-310 In 2005 we opened our Sexual Assault Referral Centre in Merthyr Tydfil. This was the first such centre to be opened anywhere in the UK. this represented a major step forward in providing numerous agencies to work together. One to one counselling for men and women affected by the trauma caused by rape and sexual abuse. 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.	New Pathways Merthyr Tydfil CF47 0BW 01685-379-310 Office / Helpline	www.newpathways.org.uk enquiries@newpathways.org.uk There is also a contact form on the website
Neath	Helpline 01639-633-580 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	CALAN DVS Neath 01639-633-580 Office / Helpline	www.calandvs.org.uk/
Newport	Helpline 0800-731-8147 24 Hour helpline We are an all Wales government accredited support provider to people from Black and Ethnic Minority backgrounds who are	BAWSO Women's Aid Newport 01633-213-213 Office	www.bawso.org.uk info@bawso.org.uk

affected domestic abuse or other forms 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

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.

Newtown

Helpline 01686-629-114

24 Hour crisis helpline

We were established in 1980 to support and safeguard families experiencing domestic abuse.

Separate refuges for men, women and their children 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 Services, call for details.

Montgomeryshire Family Crisis Centre
Newtown
Powys
01686-629-114 Office / Helpline

www.familycrisis.co.uk
admin@familycrisis.co.uk

Newtown

Ponthafren is a registered Mental Health Charity, catering for people who experience mental health issues or social isolation / exclusion.

The group offers facilities where people can call in, relax, chat and have a chance to participate in a wide range of workshops, activities and courses, if they so wish.

In-house support and information is available and the association can signpost to other organisations and specialist support services.

Most of us have times in our lives when things are difficult. Talking to someone confidentially who is trained to support you can make all the difference. Counselling can help you explore your troubles and feelings, perhaps helping you to see things more clearly or from a different perspective. We offer a free counselling service in both our Newton and Welshpool Centres. Daytime and evening appointments are available by appointment.

We also offer a free one to one Support Worker, this project is designed to empower you to live a good life, achieve your goals and to move forward. We aim to overcome

Ponthafren Association
Longbridge Street
Newtown
Powys SY16 2DY
01686-621-586 Office

becky.slade@ponthafren.org.uk

the barriers that are stopping you fulfilling your dreams. If you would like to engage in any of our services please feel free to give us a call on 01686-621-586.

Pontypool

Helpline 01495-742-052

24 Hour Helpline

We are an independent local charity based in Pontypool. Providing a range of services and support throughout Torfaen to women (and their children) who are experiencing domestic abuse.

Crisis intervention

Family refuge

Refuge for single women

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 groups - call for details

Freedom program - 10-12 weekly sessions exploring the issues relating to domestic violence.

Resettlement and follow up support

Dedicated services for children and young people

Torfaen Women's Aid

Pontypool

NP4 6JE

01495-742-052 Office / Helpline

www.torfaenwomensaid.org.uk
info@torfaenwomensaid.org.uk

Pontypridd

Helpline 01443-491-528

24 hour helpline

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

www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Pontypridd Women's Aid

Pontypridd

01443-480-067 Office / Refuge

Port Talbot and Afan

Helpline 08088-010-800

24 Hour emergency helpline

Helpline 01639-898-881

Refuge helpline Mon - Fri 9am-5pm

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.

www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

Port Talbot & Afan Women's Aid

Port Talbot

01639-894-864 Office / Support

Radnorshire

Helpline 01597-824-655

24 Hour helpline

Radnorshire Women's Aid

Radnorshire

info@radnorwa.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
www.welshomensaid.org.uk/information-and-support/find-your-local-service/

Risca	Helpline 01685-379-310 One to one counselling for men and women affected by the trauma caused by rape and sexual abuse. 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.	New Pathways Risca Gwent NP11 4YA 01495-233-971 Office	www.newpathways.org.uk enquiries@newpathways.org.uk There is also a contact form on the website
Swansea	Helpline 0800-731-8147 24 Hour helpline We are an all Wales government accredited support provider to people from Black and Ethnic Minority backgrounds who are affected domestic abuse or other forms 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 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.	BAWSO Women's Aid Swansea 01792-642-003 Office	www.bawso.org.uk info@bawso.org.uk
Swansea	Helpline 01685-379-310 One to one counselling for men and women affected by the trauma caused by rape and sexual abuse. 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.	New Pathways Swansea SA2 7NB 01792-206-885 Office	www.newpathways.org.uk enquiries@newpathways.org.uk There is also a contact form on the website
Swansea	Helpline 01792-644-683 24 Hour refuge / helpline Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Swansea Women's Aid Swansea 01792-412-221 Office / support	

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.welshomensaid.org.uk/information-and-support/find-your-local-service/

Wrexham

Helpline 0800-731-8147

24 Hour helpline

We are an all Wales government accredited support provider to people from Black and Ethnic Minority backgrounds who are affected domestic abuse or other forms 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

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.welshomensaid.org.uk/information-and-support/find-your-local-service/

BAWSO Women's Aid

Wrexham

01978-355-818 Office

www.bawso.org.uk

info@bawso.org.uk

Wrexham

We were established in 1984 and became a charity in 1995 offering individual counselling and group work to adult survivors of childhood sexual abuse. We employ around 20 counsellors, all of which are professionally qualified. We serve Wrexham, Denbigshire, Flintshire and Conwy.

Stepping Stones - North Wales

PO Box 2

Wrexham

LL1 1WY

01978-352-717 Office

www.steppingstonesnorthwales.co.uk/

stepping1stones@btconnect.com

Wrexham

Helpline 01978-310-203

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.

Drop-In service available on Tues and Thurs at 10am to 2pm

Separate sevices for male victims of domestic abuse 01978-291-555

Wrexham Women's Aid

Wrexham

01978-310-203 Office / Helpline

www.welshomensaid.org.uk/information-and-support/find-your-local-service/