

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. www.facebook.com/NationalAssociationforPeopleAbusedinChildhood</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</p>	<p>Victim Support England 01453-030-900 Office/ Helpline</p>	<p>www.victimsupport.org.uk supportline@victimsupport.org.uk</p>

charity for victims and witnesses of 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 dorothytrc@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
www.andovercrisisandsupportcentre.org.uk/

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.facebook.com/avrapecrisis/

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>	<p>www.netmums.com/barnsley/local/view/support-groups/domestic-violence/judith-house-refuge</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 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.</p>	<p>Basildon Women's Aid PO Box 51 Basildon Essex 01268-581-591 Office / Helpline</p>	<p>www.basildonwa.org enquiries@basildonwa.org</p>
Basingstoke	<p>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</p>	<p>Basingstoke Rape and Sexual Abuse Crisis Centre The Orchard White Hart Lane Basingstoke RG21 4AF 01256-423-810 Office.</p>	<p>www.brasacc.com admin@brasacc.com</p>
Basingstoke	<p>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</p>	<p>Basingstoke Shared House Basingstoke 01256-478-888 Office / Support BasingstokeRefuge@homegroup.org.uk</p>	
Bath	<p>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.</p>	<p>Next Link - Domestic Violence Services Bath 01225-466-989 Office / Refuge bath.enquiries@nextlinkhousing.co.uk</p>	<p>www.nextlinkhousing.co.uk</p>
Bath	<p>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.</p>	<p>Survivors After Rape and Abuse (SARA) PO Box 4404 Bath Avon BA1 0JS 07947-277-848 Office / Helpline</p>	<p>sara-survivors@hotmail.co.uk</p>
Bedford	<p>Helpline 01234-261-228 Our objective is to inform, organise and ivole women in Bedfordshire on issues relating to domestic violence and abuse.</p>	<p>Santosh Asian Women's Foundation Bedford 01234-405-916 Office</p>	<p>www.balaknath.org</p>
Bedfordshire	<p>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 accomodation.</p>	<p>Butterfly House Bedfordshire 01234-353-592 Office / helpline www.bedford.gov.uk/advice_and_benefits/domestic_abuse.aspx</p>	
Bedfordshire	<p>08451-410-073 South Bedfordshire 08451-410-074 North Bedfordshire</p>	<p>Central Bedfordshire Refuges 08451-410-073 Office / Helpline</p>	

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

08451-410-074 Office / Helpline

www.bedford.gov.uk/advice_and_benefits/domestic_abuse.aspx

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

www.zerocentre.org.uk/

Birmingham

The Arch Project in Birmingham works with children and young people between 5 - 14 years old who have emerging emotional and

Banardo's - Arch Project

42 rupert Street

Nechells

Birmingham

www.barnardos.org.uk

arch.project@barnardos.org.uk

behavioural difficulties. Individual 12 week programmes where each child is allocated a key worker.

B7 4PS
01213-595-333 Office.

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
www.reachdomesticabusesupport.org/refuge/refuge-jasmine-grove.php

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

Roshni Women's Refuge
Birmingham
08707-070-098 Office / Refuge
admin@roshnibirmingham.org.uk

www.roshnibirmingham.org.uk

Dedicated services for children and young people

Birmingham

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

The Birmingham Crisis Centre

Birmingham

01215-546-059 Office

enquiries@birminghamcrisis.org.uk

www.birminghamcrisis.org.uk

Blackburn

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 legal appointments and offer practical advice and planning.

Blackburn, Dawen & District

Women's Aid

Blackburn

01254-260-465 Office / refuge

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

Blackpool

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 legal appointments and offer practical advice and planning.

Fylde Coast Women's Aid

Blackpool

01253-596-699 Office / refuge

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

Bolton

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

Beacon Bolton Counselling

The Hub

Bold Street

Bolton

BL1 1LS

01204-546-100 Office

www.beaconcounselling.org

enquire@beaconcounselling.org

Bolton

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.

Fort Alice

Bolton

01204-365-677 Office / Refuge

www.fortalice.org.uk

info@fortalice.co.uk

Bootle	<p>Helpline 01519-229-385 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) Sefton Bootle Liverpool L20 4NR 01519-229-385 Office / Helpline</p>	<p>www.rasamerseyside.org sefton@rasamerseyside.org</p>
Boston	<p>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.</p>	<p>Boston Mayflower - Domestic Abuse Service Boston Lincolnshire 01205-361-232 Office / Helpline dasupport@bostonmayflower.org.uk www.womensaid.org.uk/domestic-abuse-directory/</p>	
Boston	<p>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.</p>	<p>Boston Women's Aid PO Box 5 Boston PE21 01205-311-272 Office / Helpline</p>	<p>www.bostonwomensaid.org.uk admin@bostonwa.co.uk</p>
Bournemouth	<p>Helpline 01202-547-755 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Bournemouth Women's Refuge Bournemouth 01202-547-755 Helpline/Refuge www.womensaid.org.uk/domestic-abuse-directory/</p>	
Bracknell	<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 legal appointments and offer</p>	<p>Berkshire Women's Aid Bracknell 01189-504-003 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/</p>	

practical advice and planning.

Bradford	<p>Helpline 01274-308-270 Helpline open Mon, Tues, Weds, 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.</p>	<p>BRC&SASS C/O 19/25 Sunbridge Road Bradford BD1 2AY 01274-308-271 Office www.facebook.com/brcg.co.uk/</p>	<p>contactus@brcg.org.uk</p>
Bradford	<p>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</p>	<p>Mosaic II The Mayfield Centre Broadway Avenue Bradford BD5 9NP 01274-734-561 Office / Helpline</p>	<p>www.mosaic2.org.uk info@mosaic2.org.uk</p>
Bradford	<p>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</p>	<p>Oasis BME Domestic Abuse Services Bradford 01274-634-850 Office / Refuge</p>	
Bradford	<p>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.</p>	<p>Staying Put Bradford 01274-667-104 Office/Outreach</p>	
Bradford	<p>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</p>	<p>Bradford Women's Aid Bradford 01274-660-052 Office / Refuge</p>	<p>www.bradfordwomensaid.org office@bradfordwomensaid.org</p>
Brighton	<p>Helpline 01273-622-822</p>	<p>RISE - Brighton & Hove</p>	<p>www.riseuk.org.uk</p>

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 of abuse

Brighton
East Sussex
01273-622-822 Referrals .

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

hopeprojectbristol@gmail.com

Bristol

Helpline 01179-087-712
Email contact@kinergy.org.uk
We have been providing services to

KINERGY
Mary Carpenter House
Kingswood Foundation Estate

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

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 counsellors.

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.

Britannia Road
Kingswood
Bristol
BS15 8DB
01179-087-712 Office / Helpline

Bristol

Helpline 01179-250-680

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.

Next Link Domestic Abuse
Services
Bristol
01179-250-680 Office/ Refuge
enquiries@nextlinkhousing.co.uk

www.nextlinkhousing.co.uk

Bristol

Helpline 01179-298-868

Freephone 0808-801-0456

support@sarsas.org.uk

Our specially trained volunteers are here to listen and support women 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 space for you to express yourself.

From January 2014 we are offering a specialist trauma counselling service.

SARSAS
PO Box 2942
Bristol
BS1 9EU
01179-299-556 Office

www.sarsas.org.uk
info@sarsas.org.uk

Bristol

caseholder@the-green-house.org.uk

info@the-green-house.org.uk

The Green House Bristol is a registered charity. We offer a range of specialist professional counselling 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.

The Green House - Bristol
PO Box 665
Bristol
BS99 1XY
01179-351-707 Office

www.the-green-house.org.uk
info@the-green-house.org.uk

Bristol

Helpline 01179-166-461

Helpline 08454-582-914

See website for helpline hours

Our Bristol women's therapy centre

Womankind
3rd floor
Brunswick Court
Brunswick Square

www.womankindbristol.org.uk
info@womankindbristol.org.uk

was established in 1986 as a registered charity. We provide counselling and on-going group 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.

Bristol
BS2 8PE
01179-166-461 Office / Helpline

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

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.

East Lancashire Women's
Refuge Association
PO Box 9
Burnley
Lancashire
01282-414-130 Office
www.womensaid.org.uk/domestic-abuse-directory/
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 saftety reasons.
Resettlement and follow up support

Housing Action Group - DV Sercives.
Bury
03445-151-850 Office / Refuge
www.womensaid.org.uk/domestic-abuse-directory/
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
www.womensaid.org.uk/domestic-abuse-directory/

Cambridge

Helpline 01223-245-888
See website for helpline hours
We are a helpline service run by

Cambridge Rape Crisis Centre
PO Box R
12 Mill Road
www.cambridgerapecrisis.co.uk

women for women who have survived or are currently experiencing sexual violence. Our helpline is 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.

Cambridge
CB1 2AD
01223-313-551 Office
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.eastkentrapeline.com info@eastkentrapeline.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 www.womensaid.org.uk/domestic-abuse-directory/	
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	Safety Net Advice & Support Ctr 1 Fisher Street Carlisle	www.safetynetuk.org sncarlisle@btconnect.com Website maintained October 2017

We are a registered charity working with children, young people and families who have experienced rape, sexual abuse or domestic violence.
Information and referrals
Police and court accompaniment
Therapy and counselling services

Cumbria CA3 8RR
01228-515-859 Office / Helpline

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

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

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

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

SAIL Sexual Abuse & Incest Line email@sail1.freeserve.co.uk

we serve adult female survivors of rape and sexual abuse by offering information, advocacy, counselling and mutual support groups.

PO Box 8
Chesterfield
Derbyshire
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 www.womensaid.org.uk/domestic-abuse-directory/
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	DABS 23 Wakefield Close Colchester Essex CO1 2SD www.dabs.uk.com dabs@btinternet.com

titles on the subjects of abuse and sexual violence is still maintained however sales are no longer 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.

07854-653-118 Helpline

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

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

Monday evenings 7.30pm - 10pm

Cornwall	Helpline 01872-225-629 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.	Cornwall Women's Refuge Trust Cornwall 01872-225-629 Office / Helpline www.cwrt.org.uk
Cornwall East	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	East Cornwall Women's Refuge East Cornwall 01726-871-244 Helpline/refuge www.womensaid.org.uk/domestic-abuse-directory/
Cornwall West	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	West Cornwall Women's Aid Cornwall (West) 01736-367-539 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/
Coventry	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	Coventry Haven Coventry 02476-444-077 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/
Coventry	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.	Coventry Rape and Sexual Abuse Centre Ltd PO Box 2464 Coventry CV1 1ZA 02476-277-772 Office www.crasac.org.uk info@crasac.org.uk
Crawley	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.	Rape Crisis Surrey and Sussex PO Box 1265 Crawley RH10 0JY Office 01293-538-477 www.rasasc.org.uk info@rasasc.org.uk

Independent Sexual Violence Advisor is available on weekdays to give information, advice and support 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
www.womensaid.org.uk/domestic-abuse-directory/

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

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

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

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

Dagenham Step Up was launched in 2003 as STEP UP www.step-up-charity.co.uk/

a support service for families where children have been sexually abused or raped. We aim to provide a safe 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.

534 Rainham Road South
Dagenham
Essex RM10 7XD
02085-175-888 Office.

step_up_shelley@hotmail.com

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

**Helpline 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

Helpline 01246-540-444

North Derbyshire Women's Aid

www.ndwa.org.uk

North	<p>Helpline 0800-019-8668 Freephone We offer a range of services to help support men and women and their 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</p>	<p>North Derbyshire 01246-540-444 Office ? Helpline</p>	<p>Contact email form on website</p>
<p>Derbyshire South</p>	<p>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.</p>	<p>Next Step PO Box 6256 Swadlincote South Derbyshire 01283-229-854 Office / Helpline</p>	<p>www.next-step.org nextstep2@btconnect.com</p>
Devon	<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 Devon 01392-208-756 Office/Referrals</p>	<p>www.devonrapecrisis.org.uk support@devonrapecrisis.org.uk</p>
Devon	<p>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</p>	<p>STOP Abuse For Everyone Devon 03030-300-112 Office/Outreach</p>	<p>www.safe-services.org.uk</p>

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.

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

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

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

North Dorset Women's Refuge
Dorset (North)
01747-858-555 Office / Refuge

www.bcha.org.uk

published for safety reasons.

Dorset West	Helpline 01305-262-444 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 Dorset Women's Refuge Dorset (West) 01305-262-444 Office / Refuge	
Dover	Helpline 0845-072-7625 Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Dover Refuge Dover Kent 0845-072-7625 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/	contactus@amicushorizon.org.uk
Dudley	Helpline 0845-607-6474 Helpline 01215-598-477 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 legal appointments and offer practical advice and planning. Drop In service 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. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts	HUMDARD Dudley West Midlands 0845-607-6474 Office / Helpline www.sandwellwomensaid.co.uk/support-for-asian-women.html	
Durham	Helpline 01913-865-951 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Durham Women's Refuge County Durham 01913-865-951 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/	
Eastbourne	Helpline 01323-736-796 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Refuge - Eastbourne Eastbourne East Sussex 01323-736-796 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/	info@refuge.org.uk
East Midlands	Helpline 01159-414-279 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.	Amber House East Midlands 01159-414-279 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/	
East Midlands	Helpline 01782-287-902 We offer outreach services to those affected by domestic violence but	Family Support Service East Midlands 01782-287-902 Office / Helpline	

who wish to remain in their homes. Counselling, support groups and a drop-in service. Please call our help line for more details.

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

East Midlands

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.

Umuada Refuge

East Midlands

01159-753-254 Office / Helpline

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

umuadausers@ncha.org.uk

Ellesmere Port

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 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 West & Chester
Ellesmere Port

Cheshire

CH65 9BF

01244-907-710 Office / Helpline

www.rapecentre.org.uk

support@rapecentre.org

Essex

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.

Colchester & Tendring Women's

Refuge

Essex

01206-500-585 Office / Helpline

www.colchester-refuge.org.uk

info@colchester-refuge.org.uk

Exeter

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

EX1 9TG

01392-208-756 Office

www.devonrapecrisis.org.uk

info@devonrapecrisis.org.uk

Email support contact address

support@devonrapecrisis.org.uk

Exeter	<p>Helpline 08088-000-188 Tues, Wed, Thurs 7pm - 10pm The service we provide is private, confidential and anonymous but most importantly a listening service. If requested we can give information 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</p>	<p>Rape and Sexual Abuse Helpline PO Box 325 Exeter Devon EX1 1WQ 08088-000-188 Office / Helpline www.therapeandsexualabusehelpline.co.uk/</p>	
Fareham	<p>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</p>	<p>Fareham & Gosport Family Aid Fareham Hampshire 07967-387-243 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/</p>	
Farnham	<p>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.</p>	<p>Ellel Ministries Ellel Pierrepont Frensham Road Frensham Farnham Surrey GU10 3DL 01252-794-060 Office/ Advice info.pierrepont@ellelministries.org</p>	<p>www.ellel.org</p>
Fleetwood	<p>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</p>	<p>The Fylde Coast Men's Support Association PO Box 126 Fleetwood Lancs FY7 6WN 07932-898-274 Office / Helpline</p>	<p>fcmsa@yahoo.co.uk</p>
Folkestone	<p>Helpline 0845-072-7625 Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p>	<p>Folkestone Women's Refuge Folkestone Kent 0845-072-7625 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/</p>	
Gateshead	<p>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.</p>	<p>Gateshead Women's Services and Refuge Gateshead 01914-779-309 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/</p>	<p>GWS@homegroup.org.uk</p>
Gloucester	<p>Helpline 01452-526-770 For helpline times see website FREE confidential support for women and children who have been</p>	<p>Gloucestershire Rape Crisis Ctr PO Box 16 Gloucester GL4 0RU</p>	<p>glosrapecrisis@hotmail.co.uk www.glosrasac.org/</p>

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 at home.

01452-526-770 Office / Helpline

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

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

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

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

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.womensaid.org.uk
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

Safer Places
PO Box 2489
Harlow
www.saferplaces.co.uk
info@saferplaces.co.uk

accommodations offering services to women and their children who are fleeing domestic violence. Essex
08450-177-668 Office / Helpline

Harrogate

Helpline 01423-530-078
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.

Harrogate & District Women's Aid
Harrogate
01423-530-078 Office / Refuge

www.idas.org.uk
info@idas.org.uk

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
Hartlepool
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
www.facebook.com/harboursupportservices/

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

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

West Mercia Women's Aid
Herefordshire

www.westmerciawomensaid.org

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.

0800-783-1359 Office / Helpline
helpline@westmerciawomensaid.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 Wekly 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	Mankind 1 Brunswick Road Hove East Sussex BN3 1DG 01273-911-680 Office / helpline admin@mankindcounselling.org.uk	www.mankindcounselling.org.uk New Website being tested Oct 2017

once a week for 12 weeks. There is a sliding fee scale for these groups.

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 www.womensaid.org.uk/domestic-abuse-directory/</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. www.rapecrisis.org.uk/centreslist.php?area=Yorkshire%20and%20Humberside</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 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>Hull Women's Aid Hull 01482-446-099 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/</p>
Hull	<p>Helpline 01482-226-677 Helpline hours Mon-Fri 9.30-5pm 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. Male and female counsellors Support if you are experiencing any form of domestic violence Legal advocacy and assistance</p>	<p>Survivors - Hull & East Riding Hull East Yorkshire 01482-226-677 Office / Helpline www.havoca.org/placemarks/survivors-hull/</p>
Humberside	<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 Humberside 0845-960-6011 Office / referrals www.womensaid.org.uk/domestic-abuse-directory/</p>
Huntingdon	<p>Our Trauma and Abuse Support Centre provides a web based resource for adult survivors of child sexual abuse. Find a therapist resource.</p>	<p>START 83a High Street Huntingdon Cambridgeshire PE29 3DP 01480-878-409 Office www.start-online.org.uk mail@start-online.org.uk</p>
Ipswich	<p>Helpline 01473-745-111 We are a charitable organisation based in Suffolk providing emotional support to women and their children experiencing domestic abuse. Temporary refuge accomodation One to one refuge support 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. Support groups available.</p>	<p>Lighthouse Westgate House Museum Street Ipswich IP1 1HQ 01473-220-770 Office www.lighthousewa.org.uk admin@lighthousewa.org.uk</p>
Ipswich	<p>Helpline 0800-0850-520 Our helpline is open Tuesdays and Thursdays 7pm - 9pm Confidential telephone support and information service Advocacy and self help support groups available in the near future This entry Nov 13</p>	<p>Suffolk Rape Crisis Ipswich IP1 3BE 01473-231-200 Office www.suffolkrapecrisis.org.uk enquiries@suffolkrapecrisis.org.uk</p>

Keighley	<p>Helpline 01535-210-999 Outreach services and 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>Domestic Violence Services Keighley 01535-210-999 Office / Outreach www.womensaid.org.uk/domestic-abuse-directory/</p>	
Keighley	<p>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</p>	<p>Keighley Women's Aid Keighley 01535-667-352 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/</p>	
Kings Lynn	<p>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 simular experiences. We meet on the 1st Tuesday each month at 7 pm to 9 pm for more details call 07788-196-138.</p>	<p>STOP-START Group PO Box 1138 Kings Lynn PE30 4WX 07788-196-138 Contact No.</p>	<p>www.stop-start-group.co.uk stopstart@live.co.uk</p>
Kingston upon Thames	<p>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.</p>	<p>Kingston Asian Women's Refuge Kingston upon Thames London 02083-993-640 Office / Helpline</p>	<p>www.hestia.org info@hestia.org</p>
Kirklees	<p>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</p>	<p>Kirklees Asian & Black Women's Welfare Kirklees 0800-052-7222 Office / Helpline. www.womensaid.org.uk/domestic-abuse-directory/</p>	<p>kabwwa@ntlbusiness.com</p>
Kirklees	<p>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.</p>	<p>North Kirkless Women's Refuge Kirklees 01484-353-521 Office / Outreach www.womensaid.org.uk/domestic-abuse-directory/</p>	

Knowsley	<p>Helpline 01515-548-333 We have been providing domestic abuse services in Knowsley since 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.</p> <p>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.</p> <p>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.</p>	<p>The First Step The First Step Centre Peatwood Avenue Kirkby Merseyside L32 7PR 0151-548-3333 Helpline</p>	<p>www.thefirststep.org.uk enquiries@thefirststep.org.uk</p>
Lancaster	<p>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.</p>	<p>Ellel Ministries Ellel Grange Bay Horse Lancaster Lancs LA2 0HN 01524 751-651 Office / Advice</p>	<p>www.ellel.org info.grange@ellelministries.org</p>
Lancaster	<p>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</p>	<p>Lancaster and District Women's Aid. Lancaster 01524-389-637 Office / Helpline www.empowermentcharity.org.uk/ www.womensaid.org.uk/domestic-abuse-directory/</p>	<p>referrals@ldwa-support.org</p>
Lancaster	<p>Helpline 01524-581-490 Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p>	<p>SAFENET Refuge Lancaster 01524-581-490 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/</p>	
Leeds	<p>Helpline 0800-599-9247 Karma Nirvana is a registered</p>	<p>Karma Nirvana PO Box 148</p>	

charity that supports victims and survivors of forced marriage and honour based abuse. Advocacy and educational roadshows to promote awareness.

Leeds
LS13 9DB
0800-599-9247 Office / Helpline

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

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

Women's Aid - Leicestershire
03003-031-844 Office / Helpline

www.wa-leicester.org.uk
Contact email form on website.

established in 1974 aiming to empower women and children who have experienced domestic abuse 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 www.womensaid.org.uk/domestic-abuse-directory/	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 www.womensaid.org.uk/domestic-abuse-directory/	

Lincolnshire North	Helpline 01724-289-299 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	North Lincolnshire Refuge 01724-289-299 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/ 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	Steps to Freedom Liverpool L4 5RT 07803-059-337 Office www.steps2freedom.org.uk jackie@steps2freedom.org.uk

traumatic effects of childhood sexual abuse. The programme is facilitated by qualified professionals who are 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

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

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

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

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

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

London Camden	Helpline 02073-881-500 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	Camden - Hestia Domestic Abuse Service Camden London 02073-881-500 Office / Helpline	www.hestia.org/
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 www.womensaid.org.uk/domestic-abuse-directory/	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.	HER Centre Greenwich London SE18 6PF 02032-607-715 Office / Helpline	www.hercentre.org info@hercentre.org

All our services are FREE and strictly confidential

London Greenwich	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	MOSAC 20 Egerton Drive Greenwich London SE10 8JS 02082-939-990 Office / Helpline	www.mosac.org.uk/
London Hackney	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	Hackney Asian Women's Refuge Hackney London 02088-007-263 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/	
London Hackney	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	Hackney - Hestia Domestic Abuse Service Hackney London 02085-336-211 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/	
London Hammersmith	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	Hammersmith North - Hestia Women's Aid Hammersmith North London 02087-438-518 Office / Helpline	www.hestia.org info@hestia.org
London Hammersmith	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	Hammersmith South - Hestia Women's Aid Hammersmith South London 02088-344-862 Office / Helpline	www.hestia.org info@hestia.org
London Haringey	Helpline 02083-483-917 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Solace Women's Aid Haringey London 02083-483-917 Office / Refuge	www.solacewomensaid.org info@solacewomensaid.org
London Harrow	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	Harrow - Hestia Domestic Abuse Service Harrow London 02083-570-126 Office / Helpline	

accommodation for your children.
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.womensaid.org.uk/domestic-abuse-directory/

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

www.hestia.org

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

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

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

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

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

Emmeline House
Lambeth
London
02086-716-558 Office / Refuge

www.solacewomensaid.org
info@solacewomensaid.org

young people

London Lambeth	Helpline 02086-646-289 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	Solas Anois Lambeth London 02086-646-289 Office / Refuge	www.solacewomensaid.org 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 legal appointments and offer practical advice and planning.	Lewisham Refuge London 07920-769-470 Office / Refuge	www.womensaid.org.uk/domestic-abuse-directory/
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	www.womensaid.org.uk/domestic-abuse-directory/
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 accommodation for your children.	Merton Refuge Ltd London 02085-428-791 Office / Helpline	www.womensaid.org.uk/domestic-abuse-directory/
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 accommodation 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 www.womensaid.org.uk/domestic-abuse-directory/
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	Richmond Refuge London 02089-792-335 Office / Refuge	www.womensaid.org.uk/domestic-abuse-directory/

after the court process. They can accompany you to hearings and legal appointments and offer 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 www.hestia.org/how-we-help/domestic-abuse/
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 www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/
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 www.hestia.org/how-we-help/domestic-abuse/
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 www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/
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 www.hestia.org info@hestia.org
London	Helpline 02089-690-606	Asby House

Westminster	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	Westminster London 02089-690-606 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/
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	East London Rape Crisis and NIA PO Box 58203

violence against women and children.
Rape Crisis services such as 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
N1 3XP
020-7683-1270 Office
www.niaendingviolence.org.uk/rape/

London 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.
The "Poppy Project" was set up in 2003 to provide high quality support, advocacy and accomodation to trafficked women.
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.

EAVES
London
SW9 6DE
02077-352-062 Office
www.eavesforwomen.org.uk/

London **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.

Greenwich Women's Aid
PO Box 799
London
SE7 8JD
02083-178-273 Office / Helpline
www.gdva.org.uk/

London **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

Havering Women's Aid
London
01708-728-759 Office / Helpline
www.womensaid.org.uk/domestic-abuse-directory/

London **Helpline 02088-885-362**
Information and advice regarding any issues on domestic violence

Hearthstone DV Advice and Support Centre
London
02088-885-362 Office / Helpline
www.haringey.gov.uk/community/community-safety-and-engagement/domestic-violence/hearthstone

London 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.
London
02072-727-906 Office
www.icap.org.uk/

London	<p>Helpline 08088-010-500 We are the only specialist organisation in the UK supporting Jewish women affected by domestic violence. We offer: Safe secure refuge FREE counselling with a trained professional. A children's support worker Community support.</p>	<p>Jewish Women's Aid PO Box 2670 London N12 92E 02084-458-060 Office</p>	<p>www.jwa.org.uk Contact email form on website</p>
London	<p>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</p>	<p>Latin American Women's Aid London 02072-750-321 Office / helpline</p>	<p>www.lawadv.org.uk advice@lawadv.org.uk</p>
London	<p>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.</p>	<p>London Centre for Personal Safety (LCPS) PO Box 38883 London W12 9XP 02087-437-827 Office 02087-401-114 Alternative No.</p>	<p>www.londoncentreforpersonalsafety.org.uk/</p>
London	<p>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.</p>	<p>Mozaic London 02071-887-710 Office / Helpline</p>	<p>www.familymosaic.co.uk/care-and-support-services/index.html</p>
London	<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/</p>
London	<p>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.</p>	<p>North London Rape Crisis and Solace Women's Aid. Unit 5-7 Blenheim court 62 Brewery Road London N7 9NY</p>	

Legal services - Injunctions ect
Advice and advocacy - we support
you in your decisions to stay safe
Individual and group support
One to one counselling = 16 FREE
weekly sessions of 50 mins
Workshops 4 times a year for five
weeks.

020 7619-1350 Office

www.solacewomensaid.org/get-help/north-london-rape-crisis/

London

02086-972-112 South East London
07580-733-271 North London

Helplines Mon to Thurs 9.30 - 9 pm
Fri 9.30 - 6pm and Sat 10am - 4pm

One in Four offers a voice to and
support for males and females who
have experienced sexual abuse and
sexual violence.

One to one counselling

Counselling for couples

Counselling for family members.

One in Four
2 Shelburne Road
London
N7 6DL

02086-972-112 SE Office
07580-733-271 N london office

www.oneinfour.org.uk/

London

Helpline 0808-808-0700

Respond exists to lessen the effect
of trauma and abuse on people
with learning disabilities and their
family and supporters.

Adult therapy service

Women's group for women who
have been raped or sexually
assaulted.

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

0808-808-0700 Office / Helpline

www.respond.org.uk/

London

Helpline 08451-221-201

Helpline Mon & Tues 7pm - 9.30pm
Thursdays 12 noon - 2.30pm

We help men who have been
sexually violated, this includes those
who have experienced childhood
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.

SurvivorsUK
Ground Floor
34 Great James Street
London
WC1N 3HB
02074-046-234Office

www.survivorsuk.org/

London

Helpline 0808-801-0770

See website for helpline hours
We provide a holistic range of
intergrated services for women with
experience of sexual violence aimed
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

West London Rape Crisis Ctr
PO Box 13095
London
W14 0FE
020-7610-4678 Office

Refugee women's project.

www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/service.page?id=3vFbKciJ3vE

London	<p>Helpline 08088-010-770 Helpline hours on website 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. www.thelondonvawgconsortium.org.uk/partners/women-and-girls-network/</p>	<p>Women and Girls Network PO Box 13095 London W14 0FE 02076-104-678 Office 02076-104-678 Counselling</p>	
London	<p>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.</p>	<p>Yanaba House Westminster London 02078-281-635 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/</p>	
Luton	<p>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 langauges common to the Luton area. Services for witnesses of abuse Resettle ment worker to support you after you leave the refuge.</p>	<p>Women's Aid in Luton Luton Bedfordshire LU1 3BE 01582-876-636 Office</p>	<p>www.womensaidinluton.org info@womensaidinluton.org</p>
Maidenhead	<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 Maidenhead 01753-549-865 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/</p>	
Manchester	<p>Helpline 01616-367-525 Domestic Violence Helpline Help, support and advice, plus a</p>	<p>End the Fear Greater Manchester 01616-367-525 Office / helpline</p>	<p>www.endthefear.co.uk</p>

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

Manchester

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.

Manchester Rape Crisis

PO Box 335

Manchester

M60 2BS

01612-734-591 Office

www.manchesterrapecrisis.co.uk

mrcrasacs@btconnect.com

Manchester

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

Saheli Ltd

PO Box 44

Manchester

01619-454-517 Office

www.saheli.org.uk

saheliltd@btconnect.com

Manchester

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

Sojourners House Refuge

Manchester

01616-607-999 Office

www.manchesterwomensaid.org

info@manchesterwomensaid.org

Manchester

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.

Survivors Manchester

PO Box 4325

Manchester

M61 0BG

01612-369-025 Office

www.survivorsmanchester.org.uk

info@manchesterwomensaid.org

Manchester

Therapy Line 0161-236-2182

LGF Helpline 08453-303030

Survivors Manchester and The Gay

Therapy Group

Survivors Manchester & LGF

Manchester area

www.survivorsmanchester.org.uk

tom@survivorsmanchester.org.uk

counselling@lcf.org.uk

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 its 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.

Therapy Line 0161-236-2182
LGF Helpline 08453-303030

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

Saltergill

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	<p>Helpline 08443-754-307 Helpline 01908-523-720 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. Services for male victims provided separately from women's services.</p>	<p>Milton Keynes (MK ACT) Milton Keynes 08443-754-307 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/</p>	
Mole Valley Surrey	<p>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.</p>	<p>East Surrey Domestic Abuse Services. - Mole Valley Surrey 01737-77-350 Office / Support</p>	<p>www.esdas.org.uk support@esdas.org.uk</p>
Newark	<p>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 the office on 01636-610314.</p>	<p>ISAS- Incest & Sexual Abuse Survivors 67 North Gate Newark Nottinghamshire NG24 1HD 01636-610-314 Office</p>	<p>www.isas-notts.org.uk</p>
Newark	<p>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.</p>	<p>S.H.E. 1 Magnus Street Newark Nottinghamshire NA24 1JX 01636-611-107 Office</p>	<p>www.she-uk.org.uk info@she-uk.org.uk</p>
Newark-on-Trent	<p>Helpline 01636-679-687</p>	<p>Newark Women's Aid</p>	

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 not at this time leave their homes.

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

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

Norfolk

Helpline 08454-634-142

Blossom House

	Emergency shelter for women and their children who are fleeing a domestic violence situation.	Norfolk 08454-634-142 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/	
Norfolk	Helpline 08454-631-314 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.	Lily House Norfolk 08454-631-314 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/	
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 www.womensaid.org.uk/domestic-abuse-directory/	
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 someonein 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 www.womensaid.org.uk/domestic-abuse-directory/	
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	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

who at high risk of further harm of domestic abuse. The IDVA team will work with the victim through the court process.

Norwich

Helpline 0808-808-4321

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.

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

[www.suelamberttrust.org/
admin@suelamberttrust.org](http://www.suelamberttrust.org/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

www.broxtowewomensproject.org.uk/

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

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

www.isas-notts.org.uk

to female only venues, choice of male or female counsellor. For more information on any of the above call us on 01636-610314

Nottingham	Helpline 01159-607-943 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.	Nottingham Central Women's Aid Nottingham 01159-607-943 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/
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 www.nottssvss.org.uk/ admin@nottinghamrapecrisis.org.uk
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	Women's Aid Integrated Services 30 Chaucer Street Nottingham NG1 5LP 01159-475-257 Office www.wais.org.uk enquiries@wais.org.uk

after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Outreach services for children and young people.
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 accommodation for your children.	Jericho Refuge Nottinghamshire 07905-362-011 Office/ Helpline www.womensaid.org.uk/domestic-abuse-directory/	
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 accommodation for your children.	Angel House Pendle Lancashire 01282-661-989 Office / refuge www.womensaid.org.uk/domestic-abuse-directory/	
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 legal appointments and offer practical advice and planning. Services for Male victims	Pendle Domestic Violence Initiative Pendle Lancashire 01282-726-000 Office / advice	www.pdvi.org.uk/
Peterborough	Helpline 01733-317-899 If you have just been raped SARC's specialist medical and forensic services will offer their support to	Peterborough Rape Crisis Care Oasis@Rivergate Vierson Platz Peterborough	

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 We always offer anonymous individual and confidential support.

PE1 1SE
01733-317-899 Office / Helpline
www.peterboroughrapecrisis.co.uk
peterboroughrapecrisis@nhs.net

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

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

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

forms of sexual violence including, rape, sexual assault, childhood sexual abuse, rape in marriage, trafficking, sexual exploitation and ritual abuse.

Plymouth

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.

SALT South West
142 Union Street
Plymouth
Devon
PL1 3HL
01752-600-599 Office / Helpline

www.saltsouthwest.co.uk
email@saltsouthwest.co.uk

Poole

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.

Dorset Rape Crisis Support Ctr.
PO Box 7697
Poole
Dorset
BH15 9GN
01202-308848 Office / Helpline

www.dorsetrapecrisis.org
Email support form on website

Poole

Helpline 01202-748-488

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

Poole Refuge
Poole
Dorset
01202-748-488 Office / Refuge

www.womensaid.org.uk/domestic-abuse-directory/
www.bcha.org.uk/our-services/support-to-stay-safe/domestic-abuse/

Portsmouth

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.

PARCS - Portsmouth Abuse and Rape Counselling Services.
PO Box 3
Portsmouth
Hampshire
PO2 8RX
02392-669-513 Office

www.parcs.org.uk
admin@parcs.org.uk

Counselling services
Support groups being developed
as of this entry November 2016

Portsmouth	Helpline 02392-291-034 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Portsmouth women's Refuge Portsmouth Hampshire 02392-291-032 Office/ Refuge www.womensaid.org.uk/domestic-abuse-directory/
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.facebook.com/thestarcentrossendale/ 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	Berkshire Women's Aid Reading 01189-504-003 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/

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.

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

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 Services.
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

SupportLine
PO Box 2860
Romford
Essex RM7 1JA
01708-765-222 Office

www.supportline.org.uk
info@supportline.org.uk

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

Rotherham	Helpline 07914-768-473 MOBILE 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.	Rotherham Women's Counselling Service Thornbank 38 Moorgate Rotherham S60 2AG 01709-835-482 Office www.rotherhamwomenscounsellingservice.webs.com/	rwcs@live.co.uk
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
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 www.womensaid.org.uk/domestic-abuse-directory/	
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.	Rape and Sexual Abuse Support Centre - Halton Runcorn WA7 1DF 01928-477-980 Office / Helpline	www.rapecentre.org.uk/support@rapecentre.org

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

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 www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/ 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	Jig Saw Sandown Isle of Wight Hampshire 01983-400-123 Office / Helpline www.jigsawfamilysupport.com/ johnellison_5@hotmail.com

Information and advice
Counselling and therapy groups.

Scarborough	Helpline 01723-365-609 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.	Foundation Domestic Abuse Services Scarborough 01723-365-609 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/	
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 www.womensaid.org.uk/domestic-abuse-directory/	
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	Burngreave Domestic Violence Project Sheffield 01142-726-021 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/	
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 www.womensaid.org.uk/domestic-abuse-directory/	

Sheffield	<p>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 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.</p>	<p>Sheffield Rape and Sexual Abuse Centre PO Box 34 Sheffield Rape and Sexual S1 1UD 01142-618-990 Office</p>	<p>www.sheffieldrapecrisis.org.uk info@sheffieldrapecrisis.org.uk</p>
Sheffield	<p>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.</p>	<p>Sheffield Women's Counselling and Therapy Service 44 Daniel Hill Uppertorpe Sheffield S6 3JF 01142-752-157 Office / Helpline</p>	<p>www.swcts.org.uk office@swcts.org.uk</p>
Sheffield	<p>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.</p>	<p>Sheffield Women's Aid Sheffield 01142-366-423 Office</p>	<p>www.womensaid.org.uk/domestic-abuse-directory/</p>
Shrewsbury	<p>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.</p>	<p>Axis Counselling Fletcher House 15 College Hill Shrewsbury SY1 1LY 01743-357-777 Office</p>	<p>www.axiscounselling.org.uk</p>
Shropshire	<p>Helpline 01691-679-491 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Refuge - Shropshire 01691-679-491 Office / Refuge</p>	<p>www.womensaid.org.uk/domestic-abuse-directory/</p>
Shropshire South	<p>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</p>	<p>South Shropshire Women's Refuge 01694-722-440 Office / Refuge</p>	<p>www.womensaid.org.uk/domestic-abuse-directory/</p>

Skelmersdale	<p>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.</p>	<p>Domestic Violence Support Services - West Lancashire Skelmersdale 0808-100-3062 Office / Helpline</p>	<p>www.dvsswl.org.uk enquiries@wlwref.org.uk</p>
Slough	<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 legal appointments and offer practical advice and planning.</p>	<p>Berkshire East & South Bucks Women's Aid Slough 01753-549-865 Office / Refuge</p>	<p>www.womensaid.org.uk/domestic-abuse-directory/</p>
Somerset	<p>Helpline 0800-694-9999 Mon - Fri 8am-8pm Not Bank Hols Domestic abuse helpline Somerset</p>	<p>Domestic Abuse Helpline Somerset 0800-694-9999 Office/ Helpline</p>	
Southampton	<p>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.</p>	<p>CIS'ters (Surviving Rape and or Sexual Abuse). PO Box 119 Southampton Hampshire SO50 9LF 02380-338-080 Office / Helpline</p>	<p>admin@cisters.org.uk www.cisters.org.uk/</p>
Southampton	<p>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</p>	<p>Southampton Rape Crisis PO Box 1401 Southampton SO18 9AD 02380-636-312 Office</p>	<p>www.southamptonrapecrisis.com info@sotonrc.org.uk</p>
Southampton	<p>Helpline 08088-010-334 Outreach services and support Dedicated services for children and young people</p>	<p>Southampton Women's Aid Southampton 02380-338-881 Office / Outreach</p>	<p>www.southamptonwomensaid.org.uk info@southamptonwomensaid.org.uk</p>

South Tyneside	<p>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</p>	<p>Places for People South Tyneside 01914-548-257 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/</p>
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 www.havoca.org/placemarks/emerge/</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 www.womensaid.org.uk/domestic-abuse-directory/</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 leagal 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 your regarding the judicial system and will accompany you to police inter-views and to the courts. Drop In service available</p>	<p>Pathways Project Staffordshire 01543-676-800 Office / Helpline 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</p>	<p>SAVANA Wood House Etruria Road Hanley Stoke on Trent ST1 5NQ 01782-433-205 Office www.savana.org.uk info@savana.org.uk</p>

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.

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

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
info@sahwr.org
www.stalbansandhertsmere womensrefuge.org.uk

Stevenage

01438-742-742 (Women only)
01438-316-359 (Male victims)
Helpline hours Monday to Friday

Herts Women's Center
37-39 The Hyde
Shephall

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 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
SG2 9SB
01438-742-742 Office / Helpline
www.facebook.com/Hertswomenscentre

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 www.hpcha.org.uk
PO Box 110
Stevenage
Herts
01438-350-243 Office / Helpline
www.womensaid.org.uk/domestic-abuse-directory/

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

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 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 Centre www.rapecentre.org
St Helens support@rapecentre.org
WA10 1DH
01744-877-987 Office / Helpline

Stockport

Helpline 01614-774-271
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support

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

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 01782-433-204 Message Line
Staffordshire 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

Wearside Women In Need

Sunderland

01914-163-550 Head office

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

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

Swale	Helpline 01795-420-042 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	Swale Women's Refuge Swale Kent 01795-420042 Referrals www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/
Telford	We were formed in 1993 as a charity to meet the growing need to help people in Shropshire, Telford and	Axis Counselling The Glebe Centre Glebe Street www.axiscounselling.org.uk

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.

Wellington
Telford
TF1 1JP
01952-278-000 Office

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

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

CLEAR
PO Box 706
Truro

www.clearsupport.net
Email support form on website.

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

Cornwall
TR4 9FN

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

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

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

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

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	<p>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 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.</p>	<p>Rape and sexual Abuse Support Centre (Cheshire & Merseyside) PO Box 35 Warrington WA1 1DW 01925-221-546 Office / Info</p>	<p>www.rapecentre.org support@rapecentre.org</p>
Warrington	<p>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</p>	<p>Warrington Women's Aid Warrington 01925-417-138 Office / Refuge</p>	<p>www.womensaid.org.uk/domestic-abuse-directory/office@warringtonwomensaid.fsnet.co.uk</p>
Warwick	<p>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.</p>	<p>Safeline 6a New Street Warwick CV34 4RX 01926-402-498 Office</p>	<p>www.safeline.org.uk office@safeline.org.uk</p>
Warwickshire	<p>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</p>	<p>Families First Warwickshire 01788-537-112 Office/Outreach</p>	<p>outreach@warksdvss.org.uk www.womensaid.org.uk/domestic-abuse-directory/</p>
Warwickshire	<p>Helpline 07920-799-720 Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p>	<p>Refuge - Warwickshire 07920-799-720 Office / Refuge</p>	<p>www.womensaid.org.uk/domestic-abuse-directory/</p>

Watford	Helpline 01923-249-511 or 0845-301-1165	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	
We are a women centered voluntary organization offering help and non judgemental support to women who have been raped or sexually abused 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	Wellingborough Women's Aid PO Box 47 Wellingborough 07879-844-451 Office / Helpline www.northamptonwomensaid.org.uk/	info@wenwomensaid.co.uk
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	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.womensaid.org.uk/domestic-abuse-directory/	www.whwr.org.uk
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.	Westcliff-on-Sea	Helpline 01702-302-333 Women Helpline 01702-343-868 Men Children and Faimilies Helpline 01702-343-868	SOS Domestic Abuse Projects 4 West Road Westcliff-on-Sea Essex SS0 9DA 01702-868-026 Office	enquiries@sosdap.org
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.

www.savsmembers.org/sosdomesticabuseprojects/?file=kop1.php

Westcliff-on-Sea	Helpline 01702-303-232 Helpline hours Wednesdays 2pm - 4pm and Fridays 10am - 12 noon 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	SOS Rape Crisis Westcliff-on-Sea Essex SS0 9DA 01702-667-590 Office	www.sosrc.org.uk info@sosrc.org.uk
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	www.womensaid.org.uk/domestic-abuse-directory/
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 www.womensaid.org.uk/domestic-abuse-directory/
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	www.womensaid.org.uk/domestic-abuse-directory/
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	www.womensaid.org.uk/domestic-abuse-directory/
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	RASAC The Colebrook Centre Winchester Hampshire SO23 3LH 01962-871-716 Office	www.rasac.org.uk rasac@waca.org.uk

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.

Windsor	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 legal appointments and offer practical advice and planning.	Berkshire East & South Bucks Women's Aid Windsor 01753-549-865 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/
Woking	Helpline 01483-776-822 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Your Sanctuary Woking Surrey 01483-776-822 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/ admin@yoursanctuary.org.uk
Wokingham	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 practical advice and planning.	Berkshire Women's Aid Wokingham 01189-504-003 Office / Helpline www.womensaid.org.uk/domestic-abuse-directory/
Wolverhampton	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.	Abused People's Help in Sexual Trauma (APHIST) Wolverhampton WV10 0UL 01902-445-628 Contact number www.sandwellvcs.info/browse/details/abused-peoples-help-in-sexual-trauma-aphist/item/593.html
Wolverhampton	We are a national survivor-led association for Dissociative Disorder We work exclusively for and on behalf of survivors of childhood trauma most often sexual violence.	First Person Plural PO Box 2537 Wolverhampton WV4 4ZL www.firstpersonplural.org.uk fpp@firstpersonplural.org.uk
Wolverhampton	Helpline 01902-713-001 Refuge for women fleeing domestic violence. The address is not	The Haven Wolverhampton 01902-572-140 Office www.havenrefuge.org.uk

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.

referralpoint@havenrefuge.org.uk

Worcester

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

Worcestershire Rape & Sexual Abuse Support Centre.
PO Box 240
Worcester
WR1 2LF
01905-611-655 Office.

www.wmrsasc.org.uk/office@wmrsasc.org.uk

Worcestershire

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.

West Mercia Women's Aid
Worcestershire
0800-980-3331 Office / Hotline
Helpline@westmerciawomensaid.org
www.womensaid.org.uk/domestic-abuse-directory/

Worcestershire

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

Worcestershire Domestic Abuse Services
Worcestershire
0845-155-0395 Office / Referrals
worcesterrreferrals@homegroup.org.uk
www.homegroup.org.uk/Care-and-Support
www.womensaid.org.uk/domestic-abuse-directory/

Worthing

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

Worthing Women's Aid
Worthing
West Sussex
01903-231-939 Office / Helpline
www.womensaid.org.uk/domestic-abuse-directory/

refuge@ww-aid.org.uk

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 after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>Wycombe Women's Aid Wycombe Buckinghamshire 01494-461-367 Office / Refuge www.womensaid.org.uk/domestic-abuse-directory/</p>
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 - Noth Yorkshire 15 Priory Street York YO1 6ET 01904-638-813 Office www.survive-northyorks.org.uk survive@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 leagal 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 your regarding the judicial system and will accompany you to police inter-views and to the courts. Services are also avaiable for male victims of domestic abuse.</p>	<p>York Women's Aid York 01904-646-036 Office / Outreach 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 www.womensaid.org.uk/domestic-abuse-directory/</p>
Yorkshire	<p>Helpline 01756-794-400</p>	<p>Craven Independent Domestic www.idas.org.uk/</p>

North

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.

Abuse Services
North Yorkshire

01756-794-400 Office/ advice

advice@cdvs.org