

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
<b>WALES</b>			
Nationwide	<b>Helpline 08088-010-800</b> 24 Hour helpline.	Live Fear Free National Line Domestic Abuse and Sexual Violence Helpline.	<a href="http://www.livefearfree.org.uk/">www.livefearfree.org.uk/</a>
Nationwide	<b>Helpline 0300-999-5428</b> <a href="mailto:help@brokenrainbow.org.uk">help@brokenrainbow.org.uk</a> Helpline Mon & Thurs 10am - 8pm Tues and Wed 10am - 5pm We are a LGBT domestic violence service. We offer advice, support and referrals to LGBT who are or have experienced domestic violence.	Broken Rainbow UK Nationwide 08452-605-560 Office	<a href="http://www.brokenrainbow.org.uk">www.brokenrainbow.org.uk</a> <a href="mailto:mail@brokenrainbow.org.uk">mail@brokenrainbow.org.uk</a>
Nationwide	<b>CASS Women's Self Injury Helpline</b> <b>0808-800-8088 Tues &amp; Weds</b> <b>7pm to 10pm, Thurs 3pm to 6pm</b> <b>TESS support for young women up</b> <b>to age 24. 07800-472-908 open</b> <b>Sunday to Friday 7pm to 9pm.</b> 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	<a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a> <a href="mailto:info@selfinjurysupport.org.uk">info@selfinjurysupport.org.uk</a>  Email Support form on website
Nationwide	<b>Helpline 0808-2000-247</b> <a href="mailto:helpline@womensaid.org.uk">helpline@womensaid.org.uk</a>	Women's Aid UK National Domestic Violence Helpline 0808-2000-247 Office / Helpline	<a href="http://www.welshwomensaid.org.uk/">www.welshwomensaid.org.uk/</a> <a href="mailto:info@womensaid.org.uk">info@womensaid.org.uk</a>
Aberdare	<b>Helpline 01685-879-673</b> 24 Hour helpline and refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Drop-in service, call for details. <a href="http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/">www.welshwomensaid.org.uk/information-and-support/find-your-local-service/</a>	CWM CYNON Women's Aid PO Box 22 Aberdare Mid Glamorgan 01685-879-673 Office / Helpline	
Aberystwyth	<b>Helpline 01970-610-124</b>	Mid Wales Rape Support Centre	<a href="http://www.midwalesrsc.org.uk">www.midwalesrsc.org.uk</a>

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

One to one counselling for men and women affected by the trauma caused by rape and sexual abuse. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.

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

[enquiries@midwalesrsc.org.uk](mailto:enquiries@midwalesrsc.org.uk)

#### **Aberystwyth**

##### **Helpline 01970-625-585**

24 Hour helpline

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

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

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

[www.welshwomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/)

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

#### **Amman Valley**

##### **Helpline 01269-597-474**

Helpline is 24 hours

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

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

[www.welshwomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/)

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

[avwa@ammanvalleywomensaid.org](mailto:avwa@ammanvalleywomensaid.org)

#### **Bangor**

##### **Helpline 01248-679-052**

24 Hour helpline

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

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

[www.welshwomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/)

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

[bangorwomensaid@tiscali.co.uk](mailto:bangorwomensaid@tiscali.co.uk)

#### **Barry**

##### **Helpline 01446-746-981**

24 Hour Helpline & referrals

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

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

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

[www.atalfro.org](http://www.atalfro.org)  
[info@atalfro.org](mailto:info@atalfro.org)

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

**Blaina**  
Blaenau Gwent

**Helpline 01495-291-202**  
Helpline Mon - Fri 9.30am-4.30pm  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Blaenau Gwent Domestic Abuse Services  
Blaina  
Blaenau Gwent  
01495-291-202 Office / Helpline

[www.bgdas.co.uk](http://www.bgdas.co.uk)  
[info@bgdas.co.uk](mailto:info@bgdas.co.uk)

**Brecknock**  
Powys

**Helpline 01874-625-146**  
Helpline / Refuge 24 Hours  
Providing specialist domestic abuse services for women and children.  
Prioritising their safety and well being and their right to a life free from abuse.  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
[www.calandvs.org.uk/connect-to-calan/blog/56-brecknock-women-s-aid-merger](http://www.calandvs.org.uk/connect-to-calan/blog/56-brecknock-women-s-aid-merger)  
[www.welshwomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/)

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

[breconwa@btinternet.com](mailto:breconwa@btinternet.com)

**Bridgend**

**Helpline 01656-766-139**  
24 Hour helpline / Refuge  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
[www.welshwomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/)

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

[info@bridgendwa.co.uk](mailto:info@bridgendwa.co.uk)

**Bridgend**

**Helpline 01685-379-310**  
One to one counselling for men and women affected by the trauma caused by rape and sexual abuse.  
Independent Sexual Violence Advisor  
the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and will accompany you to police interviews and to the courts.

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

[www.newpathways.org.uk](http://www.newpathways.org.uk)  
[enquiries@newpathways.org.uk](mailto:enquiries@newpathways.org.uk)  
There is also a contact form on the website

**Caernarfon**

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

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

[info@rasawales.org.uk](mailto:info@rasawales.org.uk)

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

01286-669-267 Office  
[www.rasawales.org.uk/?page\\_id=31&lang=cy](http://www.rasawales.org.uk/?page_id=31&lang=cy)

#### Caerphilly

**Helpline 02920-860-255**  
24 Hour helpline  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people

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

[www.welshomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshomensaid.org.uk/information-and-support/find-your-local-service/)

#### Cardiff

**Helpline 0800-731-8147**  
24 Hour helpline  
We are an all Wales government accredited support provider to people from Black and Ethnic Minority backgrounds who are affected domestic abuse or other forms of abuse.  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

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

[www.bawso.org.uk](http://www.bawso.org.uk)  
[info@bawso.org.uk](mailto:info@bawso.org.uk)

[www.welshomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshomensaid.org.uk/information-and-support/find-your-local-service/)

#### Cardiff

**Helpline 01267-234-725**  
24 Hour helpline / refuge  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people

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

[www.welshomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshomensaid.org.uk/information-and-support/find-your-local-service/)

#### Cardiff

**Helpline 01685-379-310**  
One to one counselling for men and women affected by the trauma caused by rape and sexual abuse.  
Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise your regarding the judicial system and

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

[www.newpathways.org.uk](http://www.newpathways.org.uk)  
[enquiries@newpathways.org.uk](mailto:enquiries@newpathways.org.uk)  
There is also a contact form on the website

will accompany you to police interviews and to the courts.

<b>Clwyd</b>	<b>Helpline 01745-814-494</b> 24 Hour Helpline Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people <a href="http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/">www.welshwomensaid.org.uk/information-and-support/find-your-local-service/</a>	Glyndwr Women's Aid Clwyd 01745-814-494 Office / Helpline <a href="mailto:glyndwrwomensaid@tiscali.co.uk">glyndwrwomensaid@tiscali.co.uk</a>
<b>Colwyn Conwy</b>	<b>Helpline 01492-534-705</b> Local line Mon - Fri 9am - 5pm <b>Helpline 08088-010-800</b> Outside of office hours Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Sexual violence Services Pet fostering agency <a href="http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/">www.welshwomensaid.org.uk/information-and-support/find-your-local-service/</a>	Colwyn Women's Aid Colwyn Conwy 01492-534-705 Office
<b>Conwy</b>	<b>Helpline 01492-872-992</b> Helpline 24 Hours Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Dedicated services for male victims	Aberconwy Domestic Abuse Services Conwy 01492-872-992 Office / Helpline <a href="http://www.cais.co.uk/directory/aberconwy-domestic-abuse-service/">www.cais.co.uk/directory/aberconwy-domestic-abuse-service/</a>
<b>Llanelli</b>	<b>Helpline 01554-741-212</b> 24 Hour helpline and refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people <a href="http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/">www.welshwomensaid.org.uk/information-and-support/find-your-local-service/</a>	Llanelli Women's Aid Ltd Llanelli Carmarthenshire 01554-741-212 Office / Helpline <a href="mailto:enquiries@llanelliwa.org.uk">enquiries@llanelliwa.org.uk</a>
<b>Llangefi Ynys Mon</b>	<b>Helpline 01248-750-903</b> 24 Hour helpline and refuge Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer	Gorwel: Anglesey DA Service Llangefni Ynys Mon 01248-750-903 Office / Helpline <a href="http://www.grwpcynefin.org/en/eich-cymuned/gorwel/">www.grwpcynefin.org/en/eich-cymuned/gorwel/</a> <a href="mailto:enquiries@gorwel.org">enquiries@gorwel.org</a>

practical advice and planning.

<b>Machynlleth</b>	<b>Helpline 0845-456-1657</b> We are a voluntary organisation which exists to offer FREE counselling to adult survivors of childhood sexual abuse. We also offer training for those who work with people who were abused as children. We offer 12 one hour sessions with the same counsellor followed by participation in or monthly workshops. Call us for more information. We serve Lampeter, Cardigan, Carmathen and Narberth in addition to Aberystwyth.	SEREN PO Box 54 Machynlleth SY20 0AJ 01654-700-659 Office	<a href="http://www.seren-wales.org.uk">www.seren-wales.org.uk</a> <a href="mailto:serenaberystwyth@hotmail.com">serenaberystwyth@hotmail.com</a>
<b>Merthyr Tydfil</b>	<b>Helpline 01443-693-737</b> 24 Hour refuge helpline Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Merthyr Women's Services Merthyr Tydfil 01443-693-737 Office / Refuge <a href="http://www.llamau.org.uk/womens-services/">www.llamau.org.uk/womens-services/</a>	
<b>Merthyr Tydfil</b>	<b>Helpline 01685-379-310</b> In 2005 we opened our Sexual Assault Referral Centre in Merthyr Tydfil. This was the first such centre to be opened anywhere in the UK. this represented a major step forward in providing numerous agencies to work together. One to one counselling for men and women affected by the trauma caused by rape and sexual abuse. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.	New Pathways Merthyr Tydfil CF47 0BW 01685-379-310 Office / Helpline	<a href="http://www.newpathways.org.uk">www.newpathways.org.uk</a> <a href="mailto:enquiries@newpathways.org.uk">enquiries@newpathways.org.uk</a> There is also a contact form on the website
<b>Neath</b>	<b>Helpline 01639-633-580</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	CALAN DVS Neath 01639-633-580 Office / Helpline	<a href="http://www.calandvs.org.uk/">www.calandvs.org.uk/</a>
<b>Newport</b>	<b>Helpline 0800-731-8147</b> 24 Hour helpline We are an all Wales government accredited support provider to people from Black and Ethnic Minority backgrounds who are	BAWSO Women's Aid Newport 01633-213-213 Office	<a href="http://www.bawso.org.uk">www.bawso.org.uk</a> <a href="mailto:info@bawso.org.uk">info@bawso.org.uk</a>

affected domestic abuse or other forms of abuse.

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

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

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

## **Newtown**

### **Helpline 01686-629-114**

24 Hour crisis helpline

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

Separate refuges for men, women and their children fleeing domestic violence. The address is not published for safety reasons.

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

Drop in Services, call for details.

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

[www.familycrisis.co.uk](http://www.familycrisis.co.uk)  
[admin@familycrisis.co.uk](mailto:admin@familycrisis.co.uk)

## **Newtown**

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

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

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

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

Daytime and evening appointments are available by appointment.

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

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

[www.ponthafren.org.uk](http://www.ponthafren.org.uk)  
[becky.slade@ponthafren.org.uk](mailto:becky.slade@ponthafren.org.uk)

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

#### **Pontypool**

##### **Helpline 01495-742-052**

24 Hour Helpline

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

Crisis intervention

Family refuge

Refuge for single women

Independent Sexual Violence Advisor  
the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not.

Counselling groups - call for details

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

Resettlement and follow up support

Dedicated services for children and young people

Torfaen Women's Aid

Pontypool

NP4 6JE

01495-742-052 Office / Helpline

[www.torfaenwomensaid.org.uk](http://www.torfaenwomensaid.org.uk)  
[info@torfaenwomensaid.org.uk](mailto:info@torfaenwomensaid.org.uk)

#### **Pontypridd**

##### **Helpline 01443-491-528**

24 hour helpline

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

Resettlement and follow up support

Dedicated services for children and young people

[www.welshwomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/)

Pontypridd Women's Aid

Pontypridd

01443-480-067 Office / Refuge

#### **Port Talbot and Afan**

##### **Helpline 08088-010-800**

24 Hour emergency helpline

##### **Helpline 01639-898-881**

Refuge helpline Mon - Fri 9am-5pm

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

Resettlement and follow up support

Dedicated services for children and young people

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

[www.welshwomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/)

Port Talbot & Afan Women's Aid

Port Talbot

01639-894-864 Office / Support

#### **Radnorshire**

##### **Helpline 01597-824-655**

24 Hour helpline

Radnorshire Women's Aid

Radnorshire

[info@radnorwa.org.uk](mailto:info@radnorwa.org.uk)



Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
[www.welshwomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/)

<b>Risca</b>	<b>Helpline 01685-379-310</b> One to one counselling for men and women affected by the trauma caused by rape and sexual abuse. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.	New Pathways Risca Gwent NP11 4YA 01495-233-971 Office	<a href="http://www.newpathways.org.uk">www.newpathways.org.uk</a> <a href="mailto:enquiries@newpathways.org.uk">enquiries@newpathways.org.uk</a> There is also a contact form on the website
<b>Swansea</b>	<b>Helpline 0800-731-8147</b> 24 Hour helpline We are an all Wales government accredited support provider to people from Black and Ethnic Minority backgrounds who are affected domestic abuse or other forms of abuse. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	BAWSO Women's Aid Swansea 01792-642-003 Office	<a href="http://www.bawso.org.uk">www.bawso.org.uk</a> <a href="mailto:info@bawso.org.uk">info@bawso.org.uk</a>
<b>Swansea</b>	<b>Helpline 01685-379-310</b> One to one counselling for men and women affected by the trauma caused by rape and sexual abuse. Independent Sexual Violence Advisor the ISVA will provide emotional and practical support whether the rape or abuse has been reported to the police or not. They will advise you regarding the judicial system and will accompany you to police interviews and to the courts.	New Pathways Swansea SA2 7NB 01792-206-885 Office	<a href="http://www.newpathways.org.uk">www.newpathways.org.uk</a> <a href="mailto:enquiries@newpathways.org.uk">enquiries@newpathways.org.uk</a> There is also a contact form on the website
<b>Swansea</b>	<b>Helpline 01792-644-683</b> 24 Hour refuge / helpline Refuge for women fleeing domestic violence. The address is not published for safety reasons.	Swansea Women's Aid Swansea 01792-412-221 Office / support	

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

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

[www.welshwomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/)

**Wrexham**

**Helpline 0800-731-8147**

24 Hour helpline

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

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

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

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

[www.welshwomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshwomensaid.org.uk/information-and-support/find-your-local-service/)

BAWSO Women's Aid

Wrexham

01978-355-818 Office

[www.bawso.org.uk](http://www.bawso.org.uk)

[info@bawso.org.uk](mailto:info@bawso.org.uk)

**Wrexham**

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

Stepping Stones - North Wales

PO Box 2

Wrexham

LL1 1WY

01978-352-717 Office

[www.steppingstonesnorthwales.co.uk/](http://www.steppingstonesnorthwales.co.uk/)

[stepping1stones@btconnect.com](mailto:stepping1stones@btconnect.com)

**Wrexham**

**Helpline 01978-310-203**

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

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

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

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

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

Wrexham Women's Aid

Wrexham

01978-310-203 Office / Helpline

[www.welshomensaid.org.uk/information-and-support/find-your-local-service/](http://www.welshomensaid.org.uk/information-and-support/find-your-local-service/)