

# Directory of Domestic and Sexual Abuse Services

There are a number of agencies that can offer help on domestic and sexual abuse. The following list of national services is grouped in to sections where support is offered on specific issues. This is not a comprehensive list of all available services and is meant to be a starting point for people seeking help.

Before giving out a number, it is important to ask them if it is safe to take the number. Some abusers are very controlling and the person may be worried that their situation will get worse if the abuser learns that they are seeking help.

If someone is in immediate danger, they should be advised to ring 999

## **Domestic Abuse**

**National Domestic Violence 24 Hour Helpline** – free, confidential service. Offers advice on all issues regarding domestic violence and can support women and children to access emergency refuge accommodation. **Free phone number 0808 2000 247**

**Men's Advice Line** – provides confidential practical advice and emotional support to men who are experiencing domestic violence. The service is managed by Respect.  
**Free phone number, Monday to Friday 10am – 1pm and 2pm – 5pm 0808 801 0327** or visit [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

**Women's Aid** – is the national domestic violence charity committed to ending violence against women and children, and supports over 500 domestic and sexual violence services across the country. **The Survivor's Hand Book** published by Women's Aid on-line provides practical information and guidance in seeking support to women experiencing domestic violence. This document can be downloaded in various languages from [www.womensaid.org.uk](http://www.womensaid.org.uk)

**Broken Rainbow** – provides support and advice to lesbian, gay, bisexual and transgender (LGBT) people who are experiencing domestic violence. **Helpline 0845 260 4460.**  
[www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)

**Action on Elder Abuse** – free, confidential service that provides information, advice and support on the issue of elder abuse. **Helpline, Mon – Fri 9 – 5pm: 0808 808 8141**

## **Sexual Abuse**

**Sexual Assault Referral Centres (SARC)** – offers specialist medical and forensic services for anyone who has been raped or sexually abused. Most centres will only offer support in the immediate aftermath of an assault and do not tend to offer long term counselling or advocacy.

The following link can be used to search for SARC's by postcode or town  
<http://www.nhs.uk/Service-Search/Rape-and-sexual-assault-referral-centres/LocationSearch/364>

**Rape Crisis Centres** – offers a safe and confidential environment for women and girls who are survivors of rape, child sexual abuse, sexual harassment and any form of sexual violence. Provides a free, national helpline where a trained counsellor can advise where the nearest centre is if face to face support is wanted. **Helpline 0808 802 9999. Lines are open 12pm – 2.30pm and 7pm - 9.30pm everyday**

The following link can be used to search for Rape Crisis Centres by region, town or postcode  
<http://www.rapecrisis.org.uk/centres.php>

## **Support for Perpetrators of Domestic Abuse**

**Respect** – provides information and advice for men and women to help stop their abusive and violent behaviour towards their partners. **Helpline 0845 122 8609**. Interpreters (Language Line) provided when needed. Respect also sets standards for perpetrator programmes across the country. [www.respect.uk.net](http://www.respect.uk.net)

## **Legal Advice**

**Rights of Women** – is a voluntary organisation that works towards informing, educating and empowering women regarding their legal rights. They provide free confidential legal advice for women by women. **Free Legal Advice Line: 020 7251 6577** or **Free Sexual Violence Legal Advice Line: 020 7251 8887**.

To download the free information on legal issues visit [www.rightsofwomen.org.uk/legal.php](http://www.rightsofwomen.org.uk/legal.php)

**From Report to Court: A Handbook for Adult Survivors of Sexual Violence**; a guide to Criminal Proceeding and Procedures in relation to Sexual Violence is available free in various languages at [www.rightsofwomen.org.uk/publications.php](http://www.rightsofwomen.org.uk/publications.php)

**National Centre for Domestic Violence** – provides free, fast emergency service to survivors of domestic violence regardless of their financial circumstances, ethnicity, gender or sexual orientation. Provides advice and support to obtain injunctions such as Non-Molestation and Occupation Orders.

**24 Hours Helpline on 0844 8044 999** or visit [www.ncdv.org.uk](http://www.ncdv.org.uk)

## **Black and Minority Ethnic (BME) people**

**Karma Nirvana** – offers confidential support and advice to female and male victims and survivors of forced marriage and honour based abuse. **Helpline: 0800 5999 247**. [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

**FORWARD** (Foundation for Women's Health Research and Development) – offers advocacy and advice on sexual and reproductive health and rights of African girls and women. Issues in particular include Female Genital Mutilation (FGM), child marriage and rights related to women and girls. See their website for listing of clinics offering specialist FGM health services (<http://www.forwarduk.org.uk/resources/support/well-woman-clinics>). **Contact: 0208 960 4000**

**Iranian and Kurdish Women's Rights Organisation** – offers confidential advice and support to Middle Eastern women and girls in the UK who are facing 'honour' based violence, domestic abuse, forced marriage or female genital mutilation. **Contact:** Mon to Fri 9.30 – 5.30pm 0207 920 6460. Emergency 24 hour numbers: Kurdish / Arabic 07846 275246. Farsi / Dari / Turkish 07846 310157

**Foreign and Commonwealth Office: Forced Marriage Unit** – a Home Office initiative that offers practical support and advice to anyone who has been through or is at risk of forced marriage. This includes British citizens who are at risk of or has been taken overseas or where someone is forced to sponsor a visa for their spouse. To report case or suspected case of forced marriage, **contact:** [fmufco.gov.uk](mailto:fmufco.gov.uk), **0207 008 0151**

**Friends, Families & Travellers** – provide advice & information to Travellers directly on various issues including DV. **Tel.** 01273 234 777. **Web:** [www.gypsy-traveller.org/health/domestic-violence](http://www.gypsy-traveller.org/health/domestic-violence)

**Jewish Women's Aid** – an organisation run by Jewish women for Jewish women and their children who have experienced domestic abuse. They offer advice and support to victims. **Helpline 0808 801 0500**. [www.jwa.org.uk](http://www.jwa.org.uk)

## **Children, Young People and Families**

**The Hideout** – this is a domestic abuse website developed especially for children and young people. Offers information on domestic abuse and how to access support.

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

**ChildLine** – Free, 24 hour confidential helpline for children and young people offering support on a wide range of issues. **Helpline 0800 1111**. [www.childline.org.uk](http://www.childline.org.uk)

**NSPCC Helpline** – Free, confidential advice for anyone concerned about children at risk. Offers counselling, information and advice. **Helpline 0808 800 5000**

**Parentline Plus** – provides help and support to anyone caring for children, for families living together as well as apart. **Helpline 0808 800 222**. [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

**Reunite** – Phone advice line offering practical, impartial advice, information and support to parents, family members and guardians who have had their child abducted or who fear their child may be at risk of abduction. **Advice Line 01162 556234**. [www.reunite.org](http://www.reunite.org).

## **Drugs and Alcohol Misuse**

**Helpfinder** – DrugScope's database of drug treatment services. It provides contact information for drug treatment and care services in England.

<http://helpfinder.drugscope.org.uk/>

**Talk to Frank**– offers free and confidential advice to people who are worried about their drug use. Calls from landlines are free and won't show up on your phone bill. **24 hour Helpline 0800 776600** or [www.talktofrank.com](http://www.talktofrank.com)

**Addaction** – offers a range of services across England to adults, young people and families affected by drug and alcohol problems. Main office is based in London and can provide information on local services. **Tel 0207 251860**

**Drinkline** – national, free information and advice line for people with alcohol problems and anyone concerned about alcohol misuse. Provides information on services to help problem drinkers. **Advice Line 0800 917 8282**

## **Housing**

**Refuge accommodation** – is a safe house where women and children who are experiencing domestic abuse can stay free from abuse. There are several refuges located across the country. Refuge staff will need to complete an assessment with women to determine if they will be safe and suitable to move there. Refuge accommodation can be accessed via the **National Domestic Violence Helpline on 0808 2000 247**

**Shelter** – is a national charity that provides free, confidential and specialist advice and support on housing and homelessness issues. To get help call **Free Housing Advice Helpline on 0808 800 4444** or visit their website at [www.england.shelter.org.uk/home/index.cfm](http://www.england.shelter.org.uk/home/index.cfm)

## **Mental Health**

**Rethink** - Provides practical advice and information via their **Helpline 0300 5000 927**, **Monday – Friday 10am – 2pm**.

**Mind** – provides information and advice about mental health conditions, rights, treatment options and practical issues to individuals affected by mental health. **InfoLine 0300 123 3393**