

## Worksheet 1: Relevant organisations and resources relating to different type of abuse

<p>Physical Abuse</p>	<p><b>National Domestic Violence helpline</b></p> <p>The National Domestic Violence Helpline is a freephone 24 hour helpline which provides advice and support to women and can refer them to emergency accommodation.</p> <p>Telephone: 0808 200 0247 (24 hours)</p> <p>Email: <a href="mailto:helpline@womensaid.org.uk">helpline@womensaid.org.uk</a> (you will receive a response within 3 working days)</p> <p>Website: <a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a></p> <p><b>Men's Advice Line</b></p> <p>The Men's Advice Line is a confidential helpline for all men experiencing domestic violence by a current or ex-partner. They provide emotional support and practical advice, and can give you details of specialist services that can give you advice on legal, housing, child contact, mental health and other issues.</p> <p>Helpline: 0808 801 0327</p> <p>The helpline is open Monday to Friday, 10am to 1pm and 2pm to 5pm</p> <p>Email: <a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a></p> <p>Website: <a href="http://www.mensadviceline.org.uk">www.mensadviceline.org.uk</a></p> <p><b>Montgomeryshire Family Crisis Centre Helpline</b></p> <p>The Montgomeryshire Family Crisis Centre provides a confidential 24-hour helpline every day of the year for people who have experienced, or are experiencing, domestic violence. The centre helps men and women and takes calls from all over the UK. They also provide other services, for example safe accommodation for both men and women.</p> <p>Helpline: 01686 629 114 (24 hours, every day of the year)</p> <p>Email: <a href="mailto:info@familycrisis.co.uk">info@familycrisis.co.uk</a></p> <p>Website: <a href="http://www.familycrisis.co.uk">www.familycrisis.co.uk</a></p> <p><b>Police domestic violence units</b></p> <p>There are a number of police domestic violence units, which have staff specially trained to help people experiencing domestic violence. They work closely with other organisations such as local solicitors and Women's Aid groups. Your local police station, in the phone book under Police, will be able to tell you if they have a domestic violence unit, or where the nearest one is.</p>
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### **National Centre for Domestic Violence**

The National Centre for Domestic Violence helps people get protection from their abuser. They provide free legal support to all survivors of domestic violence, for example by helping individuals get injunctions from their local court.

Telephone: 0800 970 2070

Website: [www.ncdv.org.uk](http://www.ncdv.org.uk)

### **Rape Crisis**

Rape Crisis (England and Wales) is an umbrella organisation for Rape Crisis Centres across England and Wales. The website has contact details for centres and gives basic information about rape and sexual violence for survivors, friends, family, students and professionals. Rape Crisis (England and Wales) also runs a freephone helpline.

National Freephone Helpline: 0808 802 9999 (from 12 noon to 2.30pm and from 7.00pm to 9.30pm every day)

Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

### **Action on Elder Abuse**

Action on Elder Abuse gives confidential advice and information to older people who are victims of violence or abuse. A relative or friend of the person being abused can also contact the helpline on behalf of the older person. The helpline can be used in the case of older people who live at home, in a care home or who are in hospital.

Helpline: 0808 808 8141 (freephone Monday to Friday from 9am to 5pm)

Tel: 020 8835 9280

Email: [enquiries@elderabuse.org.uk](mailto:enquiries@elderabuse.org.uk)

Website: [www.elderabuse.org.uk](http://www.elderabuse.org.uk)

### **Respect Phonenumber**

Respect Phonenumber offers information and advice to men and women in heterosexual or same-sex relationships who want to stop their violent behaviour.

Telephone: 0808 802 4040 (free from landlines and most mobiles) Monday to Friday 10am to 1 pm and 2pm to 5pm)

E-mail: [info@respectphonenumber.org.uk](mailto:info@respectphonenumber.org.uk)

Website: [www.respectphonenumber.org.uk](http://www.respectphonenumber.org.uk)

For more listings go to: <https://www.citizensadvice.org.uk/family/gender-violence/domestic-violence-and-abuse-organisations-which-give-information-and-advice/>

**Sexual Abuse****Rape Crisis England and Wales**

Offer confidential emotional support to children, young adults and adults by telephone, email and post. They work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self-esteem to encourage healing, recovery and moving forward with life.

Helpline: 01708 765200

Email: [info@supportline.org.uk](mailto:info@supportline.org.uk)

**Safeline**

Safeline provide a comprehensive range of services for people affected by sexual abuse, including:

Counselling: face-to-face, by telephone and online (funding dependent), as well as creative therapies such as art therapy

National Male Survivors Helpline providing immediate emotional support, information and advice to men and boys affected by sexual abuse or rape in England and Wales

Online support (text and email) providing immediate emotional support, information and advice to anyone affected by sexual abuse or rape in England and Wales

Independent Sexual Violence Advisors (ISVAs) providing emotional and practical support for those individuals who choose to report the abuse to the police

Training for professionals, parents and anyone affected by sexual abuse to help them protect and support their communities

Prevention projects, one-to-one support and peer mentoring to keep vulnerable young people safe and enable them to fulfil their potential.

Please note this is not a crisis service.

For general office enquiries you may also email the office directly on [office@safeline.org.uk](mailto:office@safeline.org.uk).

For emotional support for people living in England and Wales please email [support@safeline.org.uk](mailto:support@safeline.org.uk).

Call the National Male Survivor Helpline:

0808 800 5005. (Specialist support for female survivors of sexual abuse and rape is available from Rape Crisis England and Wales through their helpline on 0808 802 9999 or through one of their regional helplines)

	<p><b>Survivors UK</b></p> <p>Provides support for men who have experienced sexual abuse. Includes online support group, support and advice from an Independent Sexual Abuse Advisor, Counselling, Groupwork, and lists services local to your area: <a href="https://www.survivorsuk.org/ways-we-can-help/national-database/">https://www.survivorsuk.org/ways-we-can-help/national-database/</a>.</p> <p>02035983898</p> <p>help@survivorsuk.org</p> <p><b>The Survivors Trust</b></p> <p>The Survivors Trust (TST) is a UK-wide national umbrella agency for 130 specialist organisations for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland. TST provide support and networking for member agencies; deliver accredited training; raise awareness about rape and sexual abuse and its effect on survivors, their supporters and society at large; promote effective responses to rape and sexual abuse on a local, regional and national level.</p> <p>Free, confidential helpline: 08088 010 818</p>
<p><b>Emotional Abuse</b></p>	<p><b>National Stalking Helpline</b></p> <p>The National Stalking Helpline can provide advice on how to deal with any type of stalking behaviour. This includes advice on how to report the behaviour to the police, and what you can expect if you report something.</p> <p>Helpline: 0808 802 0300</p> <p>Open Monday - Friday, 9.30am to 4pm</p> <p>Email: <a href="mailto:advice@stalkinghelpline.org">advice@stalkinghelpline.org</a></p> <p>Website: <a href="http://www.stalkinghelpline.org">www.stalkinghelpline.org</a></p> <p><b>Relate</b></p> <p>Services include Relationship Counselling for individuals and couples, Family Counselling, Mediation, Children and Young People's Counselling and Sex Therapy. Relate also provide friendly and informal workshops for people at important stages in their relationships.</p> <p>Relate has some helpful more detailed information about emotional and domestic abuse.</p> <p><a href="https://www.relate.org.uk">https://www.relate.org.uk</a></p> <p><b>Women's Aid</b></p> <p>Which has a 24-hour helpline (0808 2000 247).</p> <p>They can talk you through any issues and help you figure out what you'd like to do next. They also have an email service.</p>

	<p><b>Live Fear Free</b>, advice on domestic abuse, sexual violence and violence against women (Wales). 0808 8010 800.</p> <p><b>The Men's Advice Line</b> (0808 801 0327) provides the same service for men.</p>
<p><b>Domestic Abuse</b></p>	<p><b>Victim Support</b></p> <p>All services are confidential, free and available to anyone who's experienced domestic violence. They help, regardless of whether you've told the police or anyone else about the abuse.</p> <p>IDVA (Independent Domestic Violence Advocates) services are staffed by specialist caseworkers and supported by specialist volunteers.. IDVAs often support survivors through the criminal justice system, if you choose to report the crime, and co-ordinate health and support services.</p> <p>Outreach services, which are provided by specialist caseworkers and volunteers who will work with you in the community, co-ordinating support and providing direct practical and emotional support. They work from health services, police stations, hospitals and community centres to provide information and support to a wide number of people.</p> <p>0333 257 8557</p> <p><a href="https://www.victimsupport.org.uk/more-us/contact-us">https://www.victimsupport.org.uk/more-us/contact-us</a></p> <p>As Domestic Abuse includes physical, emotional, financial and sexual then all the organisations under those headings would also be relevant.</p> <p><b>Women's Aid</b></p> <p>Has a 24-hour helpline (0808 2000 247). They can talk you through any issues and help you figure out what you'd like to do next. They also have an email service.</p> <p><b>Live Fear Free</b></p> <p>Provide advice on domestic abuse, sexual violence and violence against women (Wales), 0808 8010 800.</p> <p><b>The Men's Advice Line</b> (0808 801 0327) provides the same service for men.</p>
<p><b>Neglect and Acts of Omission/ self-neglect</b></p>	<p><b>Age UK</b> 0800 678 1602</p> <p><a href="https://www.ageuk.org.uk/globalassets/age-uk/documents/factsheets/fs78_safeguarding_older_people_from_abuse_fc_s.pdf">https://www.ageuk.org.uk/globalassets/age-uk/documents/factsheets/fs78_safeguarding_older_people_from_abuse_fc_s.pdf</a></p>

	<p><b>MIND UK</b></p> <p>MIND provide advice and support to empower anyone experiencing a mental health problem. MIND campaign to improve services, raise awareness and promote understanding around mental health issues.</p> <p>020 8519 2122</p> <p><a href="mailto:supporterrelations@mind.org.uk">supporterrelations@mind.org.uk</a></p> <p><a href="https://www.mind.org.uk/about-us/what-we-do/">https://www.mind.org.uk/about-us/what-we-do/</a></p> <p><b>The Samaritans</b></p> <p>The Samaritans offer support and information for individuals suffering from mental health difficulties and for their friends and family.</p> <p><b>Telephone: 116 123</b></p> <p><b>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></b></p> <p><a href="https://www.samaritans.org/how-we-can-help/contact-samaritan/">https://www.samaritans.org/how-we-can-help/contact-samaritan/</a></p>
<p><b>Modern slavery</b></p>	<p><b>Unseen</b></p> <p>Unseen runs a safehouse in the south west for women of 18 years and over who are 18 years and over and over who are classified as survivors of modern slavery and human trafficking. We take referrals from all over the country.</p> <p>This support provision project acts as the first stage on each survivor's long and difficult journey towards rebuilding their lives. We help survivors recover their self-esteem, build their confidence and gain the key skills vital for their future independence.</p> <p>08000 121 700</p> <p><a href="https://www.unseenuk.org/modern-slavery/human-trafficking">https://www.unseenuk.org/modern-slavery/human-trafficking</a></p> <p>For a more comprehensive list of organisations see: <a href="http://www.endslaverynow.org/connect">http://www.endslaverynow.org/connect</a></p>
<p><b>Discriminatory Abuse</b></p>	<p><b>Safe lives</b></p> <p>Safe lives is a UK-wide charity dedicated to ending domestic abuse, for good. They combine insight from services, survivors and statistics to support people to become safe, well and rebuild their lives.</p> <p><b>0117 403 3220</b></p> <p><a href="mailto:info@safelives.org.uk">info@safelives.org.uk</a>.</p>
<p><b>Organisational Abuse</b></p>	<p><b>The Care Quality Commission (CQC)</b></p> <p>CQC is the independent regulator of health and social care in England. The commission can be contacted by phone on 03000 616161.</p>

	<p><b>Voice UK</b></p> <p>Voice UK is a national charity supporting people with learning disabilities and other vulnerable people who have experienced crime or abuse. Its helpline for carers, parents and professionals can be reached on 0808 802 8686, Monday to Friday between 0900 to 1700 BST, e-mail <a href="mailto:helpline@voiceuk.org.uk">helpline@voiceuk.org.uk</a> or text message 07797 800 642.</p> <p><b>For a more comprehensive list of organisations supporting vulnerable adults:</b> <a href="http://www.safeguardingmatters.co.uk/whos-who/vulnerable-adults/">http://www.safeguardingmatters.co.uk/whos-who/vulnerable-adults/</a></p>
<p><b>Female Genital Mutualisation</b></p>	<p><b>Refuge</b></p> <p>Refuge is a charity for women and children who may experience domestic abuse, sexual violence, ‘honour-based’ violence, human trafficking, modern slavery and female genital mutilation. Refuge’s specialist services include refuges, independent advocacy, community outreach projects, culturally specific services and the 24 hour National Domestic Violence Helpline, run in partnership with Women’s Aid.</p> <p>Freephone 24-Hour National Domestic Violence Helpline: 0808 2000 247</p> <p>Run in partnership between Women’s Aid and Refuge</p>
<p><b>Radicalisation</b></p>	<p><b>Active Change Foundation</b></p> <p>Active Change Foundation provide a holistic approach to neutralising extremism and violence on both an individual and community level. They deliver projects and programmes in London and across the United Kingdom.</p> <p>Active Change Foundation also provide training and consultation to delegates from across Europe and the rest of the world.</p> <p>Telephone: 02082791258</p> <p>Email: <a href="mailto:enquiries@activechangefoundation.org">enquiries@activechangefoundation.org</a></p> <p><b>Educate Against Hate</b></p> <p>Provides a website to provide practical advice, support and resources to protect children from extremism and radicalisation.</p> <p><a href="https://educateagainsthate.com/about/">https://educateagainsthate.com/about/</a></p>