

# Abuse - Support & Advice

## **ADVICE**

**Citizens Advice Bureau (CAB)** <https://www.citizensadvice.org.uk/>

*A charity that helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers. They can provide advice about proceedings in the civil courts.*

## **Rights of Women**

*A women's charity working to help women through the law with a focus on addressing violence against women.*

Phone: 020 7251 6577 or (for women working or living in London) 020 7608 1137

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

## **ONLINE ABUSE**

**The Cyber Helpline** <https://www.thecyberhelpline.com/guides/online-harassment>

*Free expert help for victims of cybercrime, digital fraud & online harm. To ensure all individuals have immediate, free access to cyber expertise when they need it.*

## **DOMESTIC ABUSE HELPLINES**

**National Domestic Violence Helpline** <https://www.nationaldahelpline.org.uk/> 0808 2000 247

*A freephone 24 hour a day helpline, run by Refuge. It is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.*

## **OTHER DOMESTIC ABUSE SERVICES**

### **Family Justice Centres**

*There are two Family Justice Centres in the UK: one is in Croydon and one in Derby. They address the full range of social, welfare, economic, safety, accommodation, criminal and civil justice needs of individuals living with or escaping from abuse. To find information about them you can look on the relevant council websites.*

**National Centre for Domestic Violence (NCDV)** <https://www.ncdv.org.uk/> 0844 8044 999

*NCDV provides a free, fast emergency service to survivors of domestic violence, regardless of race, financial situation, gender or sexual orientation. They work closely with partner agencies and help people apply for an injunction quickly. Helping people identify the early signs of domestic abuse, make decisions for a better life and make domestic abuse socially unacceptable. They provide a free, fast emergency injunction service to survivors of domestic violence.*

Phone: 0800 970 2070 or 020 7186 8270

Text: NCDV to 60777

General enquiries email: [office@ncdv.org.uk](mailto:office@ncdv.org.uk)

**Refuge** <https://www.refuge.org.uk/>

*Offer a range of services to support women and children experiencing domestic violence.*

*Refuge provides specialist support to women, children and some men escaping domestic violence and other forms of violence. The organisation runs the National Domestic Violence Helpline, which is a 24-hour, free national phone service.*

National Domestic Violence Helpline: 0808 2000 247 (open 24/7)

Website: [National Domestic Abuse Helpline.](#)

There is an [online chat](#) available.

**Respect Phoneline** <https://respectphoneline.org.uk/>

*An information and advice line for anyone who is concerned about their violence or abuse towards a partner or ex-partner. Respect also provide advice to frontline workers. Helpline opening times are Monday to Friday 10am-5pm. Respect works to end domestic abuse by offering information and advice to people who are abusive towards their partners and want help to stop. Respect also runs a specific helpline for male victims of domestic abuse.*

Helpline for domestic abuse perpetrators and those supporting them: 0808 8024040

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

There is an online chat available.

Respect: The Men's Advice Line: 0808 801 0327

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

There is an online chat available.

**Women's Aid** <https://www.womensaid.org.uk/>

*Work to end violence against women and children and support over 500 domestic and sexual violence services across the country.*

**Woman's Trust**

*Woman's Trust is a specialist mental health charity, providing free counselling and therapy for women who have experienced domestic abuse.*

Phone: 0207 034 0303

Email: [office@womanstrust.org.uk](mailto:office@womanstrust.org.uk)

## **Hourglass**

*Hourglass works to end the harm, abuse and exploitation of older people.*

Phone: 0808 808 8141

Text: 07860 052906

Email: [helpline@wearehourglass.org](mailto:helpline@wearehourglass.org)

There is an [online chat](#) available.

## **Childline**

*Childline is a counselling service for children and young people provided by the NSPCC. They deal with any issues which cause distress or concern, including child abuse and psychological abuse.*

Helpline: 0800 1111

## **Southall Black Sisters**

*Southall Black Sisters aims to meet the needs of Black (Asian and African-Caribbean) women. It aims to highlight and challenge all forms of gender-related violence against women and empower them to gain more control over their lives.*

Phone: 0208 571 9595

Email: [Contact Form](#)

## **LGBT DOMESTIC ABUSE SUPPORT**

GALOP <http://www.galop.org.uk/> [help@galop.org.uk](mailto:help@galop.org.uk)

0800 999 5428 National Helpline

020 7704 2040 London LGBT+ Helpline

*Emotional and practical support for LGBT+ people experiencing domestic abuse.*

## **SUPPORT FOR MEN**

**Men's Advice Line** <https://mensadviceline.org.uk/> 0808 801 0327 [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

*Men's Advice Line is a national freephone helpline for male victims of domestic violence and abuse. The Helpline welcomes calls from men in heterosexual or same sex relationships. They also provide advice to frontline workers. Helpline opening times are Monday to Friday 10am-5pm.*

## **ManKind Initiative**

*An information, support and signposting service for men suffering from domestic abuse from their current or former partner (including same-sex partner).*

Phone: 01823 334244

## **SEXUAL ASSAULT**

**Lifecentre** <https://lifecentre.uk.com/> 0808 802 0808 (text 07717 989 022)

*Lifecentre is a UK based charity that supports survivors of rape and sexual abuse. It offers a national helpline and counselling team based in Sussex, England.*

**Rape Crisis** <https://rapecrisis.org.uk/> 0808 802 9999

*Provide a range of services for women and girls who have been raped or experienced any other form of sexual violence, either as adults or children. The national helpline number listed above can also be used by male victims or friends and family of the victim.*

(open 12:00-14:30 and 19:00-21:30 every day of the year)

There is an [online chat](#) available.

**The Havens** <https://www.thehavens.org.uk/> 020 3299 6900

*The Havens are specialist centres in London for people who have been raped or sexually assaulted in the last 12 months. Their staff are fully trained and hugely experienced. They help men, women, children and young people of all ages. You can use The Havens services without having to report the assault to the police.*

### **The Survivors Trust**

The Survivors Trust aims to support and empower survivors of rape, sexual violence and childhood sexual abuse.

Helpline: 08088 010 818

Email Helpline: [helpline@thesurvivorstrust.org](mailto:helpline@thesurvivorstrust.org) Enquiries Email: [info@thesurvivorstrust.org](mailto:info@thesurvivorstrust.org)

### **Revenge Porn Helpline**

*This is a UK service supporting adults (aged 18+) who are experiencing intimate image abuse, also known as revenge porn.*

Phone: 0345 6000 459

Email: [help@revengepornhelpline.org.uk](mailto:help@revengepornhelpline.org.uk) or use the site's [Reporting Form](#)

## **EMOTIONAL SUPPORT**

**British Association of Counselling and Psychotherapy** <https://www.bacp.co.uk/search/Therapists>

*A directory of private therapists who have been accredited by the British Association of Counselling and Psychotherapy (BACP).*

**Samaritans** <https://www.samaritans.org/> 116 123 [jo@samaritans.org](mailto:jo@samaritans.org)

*Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.*

## **The Mix**

*The Mix is a support service for under 25s in the UK. They offer a confidential helpline and counselling service.*

Phone: 0808 808 4994

Text: THEMIX to 85258

Email: [Online Form](#)

There is an [online chat](#) available.

## **STALKING**

### **Suzy Lamplugh Trust**

*The Suzy Lamplugh Trust runs the National Stalking Helpline which provides guidance and information to anyone who is currently or has previously been affected by harassment or stalking.*

**National Stalking Helpline:** 0808 802 0300

**Protection Against Stalking** <http://www.protectionagainststalking.org/>

*Their goal is to work with professionals and organisations in partnership to improve the safety of stalking and harassment victims and for perpetrators of abuse to be held to account. Their website contains a lot of useful information and advice.*

**Paladin** <https://paladinservice.co.uk/> 020 3866 4107

*Paladin will assist high risk victims throughout England and Wales. A number of Independent Stalking Advocacy Caseworkers (ISACs) will ensure high risk victims of stalking are supported and that a co-ordinated community response is developed locally to keep victims and their children safe.*

**Surviving Stalking** <https://traceymorgan.wordpress.com/>

*Tracey Morgan was a victim of stalking and created this site, including her blog, for other victims and interested parties.*

## **PROFESSIONALS**

### **National Stalking Clinic**

<https://www.northlondonmentalhealth.nhs.uk/search/service/national-stalking-clinic-nsc-119>

*The National Stalking Clinic (NSC) is a non-commissioned specialist service providing assessment and consultation for those with complex presentations who have engaged in stalking behaviour. It is run by the North London Forensic Service, part of the Barnet Enfield and Haringey Mental Health NHS Trust. It provides a mobile service across the UK to interested parties including the courts, Probation Service, Police, mental health trusts and the Social Services.*

## **OTHER**

**Forced Marriage Unit** <https://www.gov.uk/stop-forced-marriage> 020 7008 1051

*The FMU is a joint initiative between the Foreign and Commonwealth Office and Home Office. If you are worried that a friend or relative may be forced into the marriage, then you can call them for advice and assistance.*

**Karma Nirvana** <https://karmanirvana.org.uk/> 0800 5999 247

*Provide support to all victims of honour-based abuse and forced marriage. They also run a national helpline that provides support and guidance.*

**Shelter** <https://www.shelter.org.uk/>

*Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing. They give advice, information and advocacy to people in housing need.*

**Victim Support** <https://www.victimsupport.org.uk/> 0808 16 89 111

*Provide free and confidential help to victims of crime, their family, friends and anyone else affected. They give information, emotional support and practical help. You don't have to report a crime to the police to get their help and can get support at any time, whenever the crime*

## **Surviving Economic Abuse**

*Surviving Economic Abuse raises awareness of economic abuse. They run a dedicated support line for victim-survivors of economic abuse.*

Phone: 01323 635 987

Email: [info@survivingeconomicabuse.org](mailto:info@survivingeconomicabuse.org)