



Useful Information

CHILDREN AND YOUNG PEOPLE WITNESSING DOMESTIC VIOLENCE IN THE HOME

SupportLine: 01708 765200, email info@supportline.org.uk - Telephone Helpline providing confidential emotional support to Children, Young People and Adults on any issue including domestic violence. Keeps details of other agencies, support groups and counsellors throughout the UK.

Aanchal: 0845 451 2547 (serves London area) - 24 hour telephone helpline and services for Asian women who have experienced domestic violence, emotional support, group work and counselling. (based E15).

Childline: 0800 1111, www.childline.org.uk - Free national helpline for Children and Young People in danger or distress.

Contact Youth Counselling Services: 0808 808 8000 (Area served Northern Ireland) - Helpline and a range of counselling services for young people aged 11-25.

Eighteen and Under: 0800 731 4080 (Area served SCOTLAND), www.18u.org.uk - Support, information and helpline to young people under 18 who have experienced any type of abuse.

Get Connected: 0808 808 4994, email help@getconnected.org.uk, www.getconnected.org.uk - Free telephone and email helpline finding young people the best help whatever the problem, can connect a child or young person to any UK helpline where appropriate.

Muslim Youth Helpline: 0808 808 2008 (Area served LONDON), email help@myh.org.uk, www.myh.org.uk - Helpline providing culturally sensitive support to Muslim youth under the age of 25. Outreach services, including family mediation, face to face counselling and befriending.

National Youth Advocacy Service: 0800 616101, email help@nyas.net, www.nyas.net - Provides information, advice, advocacy and legal representation to young people up to the age of 25 through a network of advocates through England and Wales.

NSPCC Child Protection Helpline: 0808 800 5000, email help@nspcc.org.uk, www.nspcc.org.uk - For anyone concerned about a child at risk of abuse.

NSPCC Asian Child Protection Helpline: 0800 096 7719, email helpline.asian@nspcc.org.uk.

NSPCC Cymru/Wales Child Protection Helpline: 0808 100 2524, email helplinecymru@nspcc.org.uk.

Wales Domestic Abuse: Helpline 0808 80 10 800 - 24 hour helpline free and confidential for anybody experiencing or concerned about someone experiencing domestic abuse (women, men and children).



Useful Information

Youth Access: 020 8772 9900, email admin@youthaccess.org.uk - Telephone information on youth agencies across the UK for 14-25 year olds and referrals to them.

Useful websites

www.courtroomadvice.co.uk - Step by step advice for going to court.

www.thehideout.org.uk – Advice and information for children and young people living with domestic violence.

ADULTS EXPERIENCING DOMESTIC VIOLENCE

SupportLine: 01708 765200, email info@supportline.org.uk - Telephone Helpline providing confidential emotional support to Children, Young Adults and Adults on any issue including domestic violence. Also keeps details of other agencies, support groups and counsellors throughout the UK.

Freephone 24 Hour National Domestic Violence Helpline: 0808 2000 247 - Run in partnership between Women's Aid and Refuge, this is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. The Helpline can give support, help and information over the telephone, wherever the caller might be in the country. Also visit www.womensaid.org.uk to access the Survivor's Handbook for further advice on housing, legal issues and making a safety plan.

Action on Elder Abuse: 0808 808 8141, www.elderabuse.org.uk

Broken Rainbow: 0300 999 5428, www.broken-rainbow.org.uk - Support for lesbians, gay men, bisexuals and transgender people suffering domestic violence throughout UK.

The Freedom Programme: 01547 520228, www.freedomprogramme.co.uk - A 12 week rolling programme for women who wish to learn about the reality of domestic violence and abuse. Help women to gain self esteem and confidence to improve the quality of their lives. Programmes are fun at different locations throughout the country.

Hidden Hurt: www.hiddenhurt.co.uk - Abuse Information and Support Site. Written by a survivor of domestic violence for those in abusive relationships.

Jewish Women's Aid: 0800 591203, www.jwa.org.uk - Services for Jewish women experiencing domestic violence.

Kiran Women's Aid: 020 8558 1986 - Provides safe, temporary accommodation for Asian women and their children escaping domestic violence/sexual abuse.



Useful Information

National Domestic Violence Helpline Northern Ireland: 0808 917 1414 - 24 hour Helpline providing information and crisis intervention and support for anyone affected by domestic violence.

Rights of Women - 020 7251 6577, email info@row.org.uk www.rightsofwomen.org.uk Telephone legal advice service for women, offering advice and information on sexual violence and harassment and employment rights, relationship breakdown and arrangements for any children, lesbian parenting, domestic violence. Can provide referrals to sympathetic women solicitors.

Sexual Violence Legal AdviceLine: 020 7251 8887 (phone) or 020 7490 2562 (textphone) Mondays 11am-1pm and Tuesdays 10am-12 noon.

Scottish Domestic Abuse Helpline: 0800 027 1234 - 24 hour Helpline providing information and support for those affected by domestic abuse.

Southall Black Sisters: 020 8571 9595 - Advice, information and emotional support for black and Asian women.

Wales Domestic Abuse Helpline: 0808 801 0800 - 24 hour Helpline for anyone being abused in the home.

Victim Support Helpline: 0845 30 30 900

Men's Advice Line: 0808 801 0327 - A confidential helpline for male victims of domestic violence and abuse. They welcome calls from all men - in heterosexual or same-sex relationships. The Men's Advice Line offers emotional support, practical advice and information on a wide range of services for further help and support. Their focus is to increase the safety of men experiencing domestic violence (and the safety of their children) and reduce the risk. Also visit www.mensadviceline.org.uk

ManKind: National Helpline 01823 334244 - A confidential helpline for men suffering domestic abuse or violence. Also visit www.mankind.org.uk