

Sources of help

There are a variety of national and regional sources of help and advice available to people affected by domestic violence or those supporting them.

Services from Women's Aid, England

Women's Aid Federation of England is the national charity working to end domestic violence against women and children, co-ordinating an England-wide network of local domestic violence services for women and children.

Women's Aid's website **www.womensaid.org.uk**, provides a range of information about domestic violence for survivors, professionals and the general public, including:

- The Survivors Handbook, providing online practical help and safety information in eleven languages for women experiencing abuse;
- The Domestic Abuse Directory, lists contact details for local domestic violence services across the country.

www.thehideout.org.uk is Women's Aid's dedicated website for children and young people about domestic violence.

The Freephone 24-hour National Domestic Violence Helpline provides a package of lifeline services to women and children experiencing domestic violence.

Tel: 0808 2000 247

Website: **www.nationaldomesticviolence-helpline.org.uk**

Email: helpline@womensaid.org.uk

(run in partnership between Women's Aid and Refuge)

Other National Helplines

Childline

24 hour confidential listening service for children.

Tel: 0800 1111

Website: **www.childline.org.uk**

NSPCC

Advice for adults who are worried about a child.

Tel: 0800 800 5000 (24 hours)

Website: **www.nspcc.org.uk**

Broken Rainbow

A service for lesbian, gay, bisexual and transsexual people who are experiencing domestic violence.

Tel: 08452 60 44 60 (limited opening hours)

(run in partnership with London Lesbian and Gay Switchboard)

MALE

Support for male victims of domestic abuse.

Men's advice line and enquiries: 0808 801 0327

Website: **www.mensadvice.org.uk**

Respect

Information for domestic violence perpetrators, partners & practitioners.

Tel: 0845 122 8609 (Language Line)

Textphone 18001 0845 122 8609

Website: **www.respect.org.uk**

Respond

Support for Disabled Survivors.

Tel: 0808 8080700 (limited opening hours)

Forced Marriage Helpline

Tel: 0800 5999 247 (not 24 hours)

Parentline plus

Support for parents under stress.

24 hour helpline: 0808 800 2222

Website: **www.parentlineplus.org.uk**

Other Useful Sources of Help and Information

Rape Crisis

National body that provides co-ordination for the rape crisis movement in England and Wales.
Website: www.rapecrisis.org.uk (lists local centres)

Rights of Women

Free Legal Advice.
Tel: 020 7251 6577 or textphone: 020 7490 2562
Website: www.rightsofwomen.org.uk

FORWARD

Support and advice about female genital mutilation.
Tel: 0208 960 4000

National Forced Marriage Unit

Help for those who have been forced into marriage overseas; are at risk of being forced into marriage; or people worried about friends or relatives.
Tel: 0207 008 0151

Imkaan

A national second tier charity, dedicated to the development of the specialist Asian women's refuge sector.
Website: www.imkaan.org.uk

Southall Black Sisters

Support, advocacy and information to Asian and African Caribbean women experiencing abuse (London based).
Website: www.southallblacksisters.org.uk

Poppy Project

Support & housing for women trafficked into prostitution (London based).
Website: www.eaves4women.co.uk/POPPY_Project/POPPY_Project.php