
Accessing Further Support and Resources

The following is a list of resources that provide help and support for survivors and their families. They have been arranged into sections, but many services and charities provide wide support across these areas, so readers may want to browse all categories.

Stalking and Online Abuse

The National Stalking Helpline

Visit www.suzylamplugh.org and call 0808 802 0300 to access their online and telephone support.

Paladin National Stalking Advocacy Service

Visit www.paladinservice.co.uk and call for high-risk stalking cases and for young people (under the age of 25) who are being stalked.

The Alice Ruggles Trust

Visit www.alicerugglestrust.org/support to find a list of local stalking support services in your area.

Action Against Stalking

Visit www.protectionagainststalking.org for information on Protection Against Stalking.

DIY Cyber Security for Domestic Violence

Visit www.hackblossom.org/domestic-violence for information on how to protect yourself online. The site includes in-depth

information and advice on how to resist a controlling partner and also online defense strategies to proactively secure your digital life.

Get Safe Online

Visit www.getsafeonline.org to access practical advice and information about stalking and abuse online, fraud, identity theft, viruses and many other problems encountered online.

Glitch

A resource that aims to help bring an end to online abuse and make online space safer for all, visit www.fixtheglitch.org

The Revenge Porn Helpline

Visit www.revengepornhelpline.org.uk for information, help and advice about revenge porn.

Domestic and Sexual Abuse

Refuge/The National Domestic Abuse Helpline

Refuge runs the Freephone 24-hour National Domestic Abuse Helpline.

Visit www.nationaldahelpline.org.uk and call 0808 2000 247 to access information and support about domestic abuse.

Women's Aid Resources for young people

Visit www.womensaid.org.uk to access support about domestic violence for survivors, professionals and the general public. Women Aid also has the *Expect*

Respect Healthy Relationships Toolkit, The Survivor's Handbook, and the Domestic Abuse Directory which are all very useful resources and include details for local support.

Young people can visit www.loverespect.co.uk Women's Aid's website that helps those wanting to work out if their relationship is healthy.

Visit www.thehideout.org.uk Women's Aid's website for children and young people who are experiencing domestic abuse at home.

Rape Crisis

Visit www.rapecrisis.org.uk for the national body that provides co-ordination for the rape crisis movement in England and Wales and lists local centres.

Victim Support

Visit www.victimsupport.org.uk to access Victim Support – an independent charity dedicated to supporting people affected by crime and traumatic incidents.

Galop

Visit: www.galop.org.uk and call 0800 999 5428 for support for lesbian, gay, bisexual and trans people experiencing hate crime, domestic abuse or sexual violence.

Respect Men's Advice Line

Male victims of domestic abuse can visit www.mensadvice.org.uk for help or call 0808 8010327 to access support.

People who are worried they may be perpetrators of abuse can access help and advice by visiting www.respectphoneline.org.uk

Survivors UK

For male survivors of rape and sexual abuse visit www.survivorsuk.org

Respond

Visit www.respond.org.uk for support for people with learning disabilities and/or autism who have experienced trauma.

SafeLives

Visit www.safelives.org.uk to access information from this charity dedicated to ending domestic abuse.

The Havens

Visit www.thehavens.org.uk. The Havens are there to help you if you've been raped or sexually assaulted in the past 12 months (please note: if you were assaulted more than 12 months ago, they can provide you with information on other organisations that can help).

Women and Girls Network

Visit www.wgn.org.uk for The Women and Girls Network who provide specialist counselling services, offering one-to-one sessions with a female counsellor and a specialist sexual violence helpline. They have a young women's advocacy service (YWAP) workshops on self-esteem and confidence building and therapeutic groupwork, body therapies, such as shiatsu and aromatherapy massage.

Rape & Sexual Abuse Support Centre

Visit www.rasasc.org.uk for the Rape and Sexual Abuse Support Centre that provides specialist counselling, advocacy and outreach.

Rights of Women

For free legal advice concerning legal rights and justice for women visit: www.rightsofwomen.org.uk

Imkaan

A charity that supports Asian women's refuge. visit www.imkaan.org.uk

Muslim Youth Helpline

This is a support service for Muslim youth under the age of 25. Visit website: www.myh.org.uk

Southall Black Sisters

Asian and African Caribbean women experiencing abuse can visit www.southallblacksisters.org.uk for support. This is a London based charity.

Children's Services and Family Support

Childline

A free, private and confidential service where children can talk about anything. Call 0800 1111 or visit: www.childline.org.uk

NSPCC

Offering support and advice about anything related to child safety and welfare. Adults can contact the NSPCC if they are concerned for a child. Call 0808 800 5000 or visit www.nspcc.org.uk

Parentline Plus

Parentline offers support and advice for families. Call their 24-hour helpline: 0808 800 2222 or visit: www.parentlineplus.org.uk

Relate. The Relationship People

To access relationship support visit www.relate.org.uk

Samaritans

Visit www.samaritans.org or call their 24-hour line on 116 123 for anyone struggling to cope or that needs someone to listen

Support Line

Visit www.supportline.org.uk. Support Line provides a confidential telephone helpline offering emotional support to any individual (children and adults) on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis.
