
USEFUL INFORMATION LINKS & SAFETY INFORMATION

If you can't find the help you need here, contact us. We will do our very best to help you find the information you need.



The best place to find government services and information : www.gov.uk



The National Centre for Domestic Violence provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.
Phone : 0800 970 2070 Text : 60777 Web : www.ncdv.org.uk



Man Kind - Confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner). This can range from actual violence or object throwing to mental abuse such as constant bullying or constant insults.
Phone : 01823 334244 Web : www.mankind.org.uk



Mens Advice Line - Help by: giving you time to tell your story; offering emotional support; providing practical advice; signposting you to other services for specialist help.
Phone : 0808 801 0327 Email : info@mensadviceline.org.uk Web : www.mensadviceline.org.uk



The National Domestic Violence Freephone Helpline can give support, help and information over the telephone, wherever the caller might be in the country. The Helpline is staffed 24 hours a day by fully trained female helpline support workers and volunteers. All calls are completely confidential.
Email : helpline@refuge.org.uk Phone : 0808 2000 247



A group of black (Asian and African-Caribbean) women with years of experience of struggling for women's human rights in the UK. Work has a national reach, on all forms gender related violence against women, empowering them to gain more control over their lives; live without fear of violence and assert their human rights to justice, equality and freedom.
Phone : 02085710800 Web : www.southallblacksisters.org.uk



Confidential support, whether you are at risk or are concerned for someone. You may feel pressured to get married or against your will, you are being emotionally manipulated or physically abused.

Phone : 0800 5999 247

Email : info@karmanirvana.org.uk

Web : karmanirvana.org.uk



Working to protect and prevent the abuse of vulnerable older adults and by doing so also protect other adults a risk of abuse.

Phone : 08088088141 Web : www.elderabuse.org.uk



Support you need to move forward. Services are free, confidential and available to anyone in England and Wales, regardless of whether the crime has been reported or how long ago it happened. Choose from a number of ways to contact.

Phone : 08 08 16 89 293

Web : www.victimsupport.org.uk



A women's charity working in a number of ways to help women through the law. Their viital services aim to provide women with the legal advice and information they need to understand and use the law and their legal rights.

Email : info@row.org.uk

Web : <http://rightsofwomen.org.uk>



Families Need Fathers seeks to obtain, for the children, the best possible blend of both parents in the lives of children; enough for the children to realise that both parents are fully involved in their lives.

Phone : 0300 0300 363

Web : fnf.org.uk



Sorting out Separation is part of the Government's help & support for separated families initiative.

Web : www.sortingoutseparation.org.uk



Cafcass represents children in family court cases in England.

Phone : 0300 456 4000 Email : Telephoneenquiries@cafcass.gov.uk

Web : www.cafcass.gov.uk



Listening, supportive and non-judgemental

Social Services - Social services have a statutory obligation to safeguard and promote the welfare of vulnerable children and adults and can provide a wide range of services to children and their parents, usually within the own home environment and co-ordinated by a social worker. Find more information about different organisation which can provide support and advice with specific issues such as self harm, domestic violence, bereavement and pregnancy.

Phone : 08088002222 Web : www.familylives.org.uk/how-we-can-help/useful-links



Want to know more about mediation?

b : www.familymediationcouncil.org.uk



Offer confidential emotional support to children, young adults and adults by telephone, email and post. 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.

Web : www.supportline.org.uk

Email : info@supportline.org.uk

childline

ONLINE, ON THE PHONE, ANYTIME

Childline is yours – a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you online, on the phone, anytime.

Phone : 0800 1111

Web : www.childline.org.uk



Women's Aid have created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you.

Web : <http://thehideout.org.uk>



Child Maintenance
Service

Phone : 0345 266 8792

Web : Childmaintenanceservice.direct.gov.uk

Gingerbread

Single parents, equal families

The charity supporting single parent families to live secure, happy and fulfilling lives.

Phone : 0207 428 5400

Email : recruitment@gingerbread.org.uk

Web : www.gingerbread.org.uk



Keeping children in touch with parents following separation

Phone : 0845 4500 280

Email : contact@nacc.org.uk

Web : nacc.org.uk

NSPCC

Phone : 0808 800 5000 Web : www.nspcc.org.uk



National charity working for all families where grandparents play a vital role in the development of their grandchildren.

Phone : 0300 123 7015

Web : www.grandparentsplus.org.uk



Web : www.citizensadvice.org.uk



UK's largest provider of relationship support, and last year we helped over two million people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships. Find out more about what we do and how we can help you here.

Web : www.relate.org.uk

Broken Rainbow

Relieve the distress and suffering caused to lesbians, gay men, bisexual and transgender people by domestic violence and abuse.

Phone : 08452 60 55 60

EEmail : mail@broken-rainbow.org.uk

Web : www.broken-rainbow.co.uk



Samaritans can help you explore your options, understand your problems better, or just be there to listen.

EEmail : jo@samaritans.org

Phone : 116 123 Web : www.samaritans.org/branches



PAPYRUS
PREVENTION OF YOUNG SUICIDE

CALM - is an award-winning charity dedicated to preventing male suicide

EEmail : Online chat available

Phone : 0800 58 58 58 Web : www.thecalmzone.net

SANE - is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

Phone : 0300 304 7000 Web : <http://www.sane.org.uk>

Papyrus - If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

EEmail : pat@papyrus-uk.org

Phone : 0800 068 4141 Text : 07786209697
