

Information Sheet 2 - Advice and support for those who have experienced abuse



You may or may not have chosen to disclose (share with somebody) the experiences you have been subjected to. The following contact details offer you a range of possible contacts for you to use, either to tell someone what has happened to you or to seek support and/or guidance about how to tell someone.

Perhaps you have already disclosed and you would like to discuss your thoughts, concerns or feelings about your current situation. You may have concerns about your short-term future or the longer term. Whatever the case you can find someone who will be willing to listen and offer support.

It is important to point out that this guidance is offered in addition to any support and guidance that you receive either from Social Services, NSPCC or the Police.

Aftermath

PO Box 414
Sheffield
S4 7RT
Tel/fax 0114 275 3883

Helpline 0114 275 8520

Support, advice and befriending for families of serious offenders
www.aftermathuk.org.uk

Careline

Cardinal Heenan Centre
326 High Rd
Ilford
IG1 1QP

Tel 020 8514 1177

Confidential crisis telephone counselling service for children, young people and adults. Face to face service for adults.

www.ukselfhelp.info/careline

Child Line

Studd Street
London
N1 0QW

Tel 020 7239 1000/fax 020 7239 1001

Free national telephone helpline for children 24 hrs 0800 1111

Children's charity with national 24-hour telephone help line, founded in 1985. Offers children the opportunity to talk in confidence.

www.childline.org.uk

Contact Youth: (Tel: 028 9045 7847)

Youth counselling.

Family Rights Group

The Print House
18 Ashwin Street
London
E8 3DL

Tel 020 7923 2628/fax 020 7923 2683

Assists families with children in care/residential accommodation/involved in child protection procedures

www.frg.org.uk

FSU

207 Old Marylebone Road
London
NW1 5QP

Tel 020 7402 5175/fax 020 7724 1829

Counselling, welfare, legal advice. Offices in all areas of UK

www.fsu.org.uk

Institute of Family Therapy

24-32 Stephenson Way
London
NW1 2HX

Tel 020 7391 9150/fax 020 7391 9169

Family & couple therapy. Problems for families, children, adolescents, relationships, divorce, separation, illness and bereavement

www.instituteoffamilytherapy.org.uk

Lifeline

Susan Dyas
Walnut Tree House
98 Moor End
Holme on Spalding Moor
YO43 4DR

Tel 01262 469 085

Help and advice for families experiencing psychological, physical or sexual abuse within the home. Encourages and supports groups

Local Rape Crisis Centres

Contact numbers available in the telephone directory. These centres can offer help to survivors of abuse.

Refuge

2 – 8 Maltravers Street
London
WC2R 3EE

Tel 020 7395 7700

24 hour national domestic violence helpline 0808 808 9999

Can refer women experiencing domestic violence to refuges and give advice on welfare rights
www.refuge.org.uk

SAFE

PO Box 1557
Salisbury
Wiltshire
SP1 2TP

Tel 01722 410 889

www.ukselfhelp.info/safe

Self Harm Alliance

PO Box 61
Cheltenham
GL51 8YB

Tel 01242 578 820

National organisation offering support
www.selfharmalliance.org

SOLA (Survivors of lesbian abuse)

55 Hemstal Road
London
NW6 2AD

Tel 020 7328 7389

Support for those who have experienced violence in a lesbian relationship

The FA/NSPCC Helpline: (Tel: 0808 800 5000)

24 hour free and confidential telephone Helpline that provides counselling, information and advice to anyone concerned about a child at risk of ill treatment or abuse.

- For those with a hearing difficulty, there is a text phone telephone number: 0800 056 0566
- Asian Helpline operated by Asian counsellors in:
 - Gujarati (telephone: 0800 096 7714)**
 - Hindi (telephone: 0800 096 7716)**
 - Bengali/Sylehti (telephone: 0800 096 7715)**
 - Punjabi (telephone: 0800 096 7717)**
 - Urdu (telephone: 0800 096 7718)**
 - English (telephone: 0800 096 7719)**

At the time of publication The Asian Helpline is open between 11am and 7pm, so please check the NSPCC website for up to date details.

The Samaritans

The Upper Mill
Kingston Road
Ewell
KT 17 2AF

Helpline (local call rate) 08457 90 90 90
Admin tel 020 8394 8300/Fax 020 8394 8301

Nationwide, non-religious, non-political 24 hour confidential support
www.samaritans.org.uk

Victim Support

Cranmer House
39 Brixton Road
London
SW9 6DZ

Tel 020 7735 9166/fax 020 7582 5712
Helpline 0845 3030 900

Local Victim Support services provide emotional support, information and practical help for victims and witnesses
www.victimsupport.org

Women's Aid Federation of England

PO Box 391
Bristol
BS99 7WS

Tel 0117 944 4411

Helpline 0808 2000 247

Advice and temporary refuge for women and their children threatened by mental or physical violence
www.womensaid.org.uk

www.get.to/kids-in-crisis

An online resource for children and teenagers who are having difficult life problems and do not know where to turn for help.

www.kidscape.org.uk

A charity for children that runs a helpline and training events and has collaborated on many child protection initiatives.

www.nottingham.ac.uk/sociology/act

The website of the Ann Craft Trust, a national association which deals with the protection of learning disabled adults and children from sexual abuse. It also provides support for families and survivors. The Ann Craft Trust, Centre for Social Work, University of Nottingham, University Park, Nottingham NG& 2RD Tel: 0115 951 5400 Fax: 0115 951 5232
E-mail:Ann-Craft-Trust@nottingham.ac.uk

www.nspcc.org.uk

Britain's largest children's charity and a prime mover in the development of child protection services for sport. They run a 24-hour telephone helpline. The NSPCC National Training Centre houses a staffed Child Protection in Sport Unit, with multi-agency backing (see www.thecpsu.org.uk).

www.nspcc.org.uk/kidszone

Kids Zone is a website designed for young people, where you can find out more about the NSPCC and learn about their work to help children. There's the latest on the FULL STOP Campaign and news about celebrity supporters. Kids Zone will be developed over the next few months.

www.self-help.org.uk

The UK's free online specialised child protection resource.
A general list of 1,000 self-help organisations in the UK.