

Where to go for support

The following organisations are dedicated to helping those experiencing all forms of gender-based violence and abuse.

The opening hours are only approximate and subject to change: please check respective websites.

General -

The National Domestic Violence helpline - **0808 2000 247**

This is a free, 24-hour number run by Womens Aid and Refuge

Live Free From Fear - **0808 8010 800**

The domestic abuse and sexual violence helpline for people living in Wales – supported by Welsh Women’s aid - is open 24 hours.

The Men's Helpline - **0808 801 0327**

Providing help and support for male victims of domestic violence. Available Mon-Fri 9-5pm

Mankind – **01823 334 244**

Confidential helpline for male victims of domestic violence and abuse, available Mon-Fri 10-4pm

Respect - **0808 802 4040**

If you or someone you know is being abusive or violent to a partner or family member, support is available on this number 9-5 Mon-Fri

The National Stalking Helpline - **0808 802 0300**

Offering support to those feeling harassed or intimidated by another person’s behaviour. Run by the Suzy Lamplugh trust, available 9:30-4pm Mon-Fri

National LGBT Domestic Abuse helpline - **0800 999 5428**

Emotional and practical support for LGBT people experiencing domestic abuse, open 10-5pm Sun-Fri

Dyn Cymru – **0808 801 0321**

Free, confidential support to men who are experiencing domestic abuse from a partner, available Mon-Wed 10-4pm.

Broken Rainbow – **0800 999 5428**

Dedicated to confronting and eliminating domestic violence and abuse within LGBT communities

BAWSO – **0800 731 8147**

An all Wales service providing support to people from Black and Minority Ethnic backgrounds who are affected by domestic violence and abuse. Helpline is open 24 hours a day.

Rape Crisis - **0808 802 9999**

Support, counselling and information for women who have suffered sexual violence. Various opening hours.

National Association for People Abused in Childhood (NAPAC) - **0808 801 0331**

Providing services to support adult survivors of childhood abuse. Available 10-9pm Mon-Thurs, and 10-6pm Fri.

The NSPCC (child abuse for those still under 18) - **0808 800 5000**

Available 24 hours

Childline – **0800 1111**

For people under the age of 18 that require support

Supportline – **0808 1689 111**

Delivered by Victim Support, this offers free help Mon-Fri (8pm-8am) and 24 hours on the weekend.

Wider forms of gender-based violence and abuse

The FGM National Helpline - **0800 028 3550**

Run by the NSPCC, and open 24 hours a day

The Forced Marriage Unit - **0207 008 0151**

Specialists on honour-based violence and forced marriage, available 9-5pm Mon-Fri

Action on Elder abuse – **0808 808 8141**

Protecting and supporting vulnerable older adults, available 9-5pm Mon-Fri

Useful Websites

Legal information on the rights of women - <http://rightsofwomen.org.uk/>

Including:

- o Family law - **020 7251 6577**
- o Criminal law - **020 7251 8887**
- o For women in London - **020 7608 1137**
- o Immigration and asylum law - **020 7490 7689**

The Womens Aid survivors handbook - <https://www.womensaid.org.uk/the-survivors-handbook/>