

## Domestic Abuse Contact Details for Support – Local and National

### Local:

Organisation	Who for...	Contact Info
<b>Wakefield District Domestic Abuse Service</b>	A specialist service providing a range of advice and support for women and men experiencing domestic abuse, including help with Court, Safety plans and safety measures and obtaining safe emergency accommodation.	<b>Website:</b> <a href="http://www.wakefield.gov.uk/keepitsweet">www.wakefield.gov.uk/keepitsweet</a>  <b>Tel:</b> 0800 915 1561
<b>Rosalie Ryrie Foundation</b>	A voluntary sector service working with victims, children and perpetrators of domestic abuse. Appointments only, call to discuss options or view the website.	<b>Website:</b> <a href="http://www.rosalieryriefoundation.org.uk">www.rosalieryriefoundation.org.uk</a>  <b>Local Tel:</b> 01924 315 140  <b>Tel:</b> 07303 788 583
<b>Well Women Centre</b>	This women's only service provides a wide range of support and advice. Counselling is available, as is a group work programme that is beneficial for women who are or have experienced domestic abuse (The Freedom Programme) a drop-in service is also available.	<b>Website:</b> <a href="http://www.wellwomenwakefield.org.uk">www.wellwomenwakefield.org.uk</a>  <b>Tel:</b> 01924 211 114
<b>Marie House</b>	Local refuge accommodation for women and children who need to access safe, supported accommodation due to domestic abuse. The accommodation is self-contained within a larger safe, staffed environment.	<b>Website:</b> <a href="http://www.riverside.org.uk">www.riverside.org.uk</a>  <b>Tel:</b> 07834 344 457
<b>Penny Appeal</b>	A free counselling service is offered through this charity for those women who have been affected by any form of domestic abuse.  The charity can also offer some therapeutic work for children within Primary schools, call <u>07714 249225</u>	<b>Website:</b> <a href="http://www.pennyappeal.org">www.pennyappeal.org</a>  <b>Tel:</b> 07480 970097  <b>Email:</b> <a href="mailto:counselling@pennyappeal.org">counselling@pennyappeal.org</a>
<b>Turning Point Talking Therapies</b>	A free service for 16yrs or over who are registered with a Wakefield District G.P. Provides a range of therapeutic interventions for stress, anxiety, low self-esteem. There are bases in Wakefield and Castleford.	<b>Website:</b> <a href="https://talking.turning-point.co.uk/wakefield/">https://talking.turning-point.co.uk/wakefield/</a>  <b>Tel:</b> 01924 249 225
<b>Kirklees Council</b>	Across the Wakefield boarder, Kirklees council provide a range of support including counselling, legal advice and refuge accommodation. The website will signpost you to the most appropriate number and service including the <u>Pennine Domestic Abuse Partnership</u>	<b>Website:</b> <a href="http://www.kirklees.gov.uk/domesticviolence">www.kirklees.gov.uk/domesticviolence</a>  <b>Tel:</b> 0800 052 7222

<b>Sexual Assault Referral Centre (SARC)</b>	The Police website gives comprehensive information about sexual assault and where to get help. The local SARC is at The Hazelnut Centre.	<b>Website:</b> <a href="http://www.westyorkshire.police.uk/staysafe">www.westyorkshire.police.uk/staysafe</a> <b>Tel:</b> 0330 2233617
<b>Kirklees and Calderdale Rape and Sexual Abuse Centre (KRASAC)</b>	Support for women and girls aged 13 and over who have experienced domestic/sexual abuse. A more limited service for males also offered.	<b>Website:</b> <a href="https://www.kcrasac.co.uk/">https://www.kcrasac.co.uk/</a> <b>Tel:</b> 0300 303 4787
<b>Samaritans</b>	Anyone can call the Samaritans about any issue, at any time, every day of the year.	<b>Website:</b> <a href="http://www.samaritans.org">www.samaritans.org</a> <b>Tel:</b> 116 123 <b>Local Tel:</b> 0330 2233617
<b>Children First Hub's</b>	There are a number of bases across the district which offer early help to children and families. The support includes interventions around domestic abuse, including group work such as The Freedom Programme.	<b>Website:</b> <a href="http://bit.ly/WakefieldEarlyHelp">http://bit.ly/WakefieldEarlyHelp</a>

#### National:

<b>Organisation</b>	<b>Who for...</b>	<b>Contact Info</b>
<b>Refuge</b>	The 24/7 National Domestic Abuse Advice Helpline can help you find refuge space, and provides information, support, and live chat. The website is comprehensive and available in different community languages. Refuge provides a national structure of refuges and several culturally specific services.	<b>Website:</b> <a href="http://www.refuge.org.uk">www.refuge.org.uk</a> <b>Tel:</b> 0808 2000 247
<b>Women's Aid</b>	Provides frontline services across the country including refuge. An online chat service is provided Mon-Fri 10am-12pm and there is a moderated survivors forum available.  The Hideout is designed for children who may be experiencing or worried about domestic abuse.	<b>Website:</b> <a href="https://www.womensaid.org.uk">https://www.womensaid.org.uk</a>  <b>Website:</b> The Hideout <a href="http://thehideout.org.uk">http://thehideout.org.uk</a>
<b>Mankind Initiative</b>	A helpline for men who are experiencing domestic abuse from female or male partners - the website provides good support and information, including how to access emergency accommodation.	<b>Website:</b> <a href="http://www.mankind.org.uk">www.mankind.org.uk</a> <b>Tel:</b> 0182 333 4244
<b>Men's Advice Line</b>	For men experiencing domestic abuse. A comprehensive website for victims and professionals also enables e-mail contact and webchat with the service.	<b>Website:</b> <a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a> <b>Tel:</b> 0808 801 0327

<b>Karma Nirvana</b>	This helpline is for all victims and survivors of forced marriage and honour-based abuse (HBA). The website is a good source of information both for professionals and those seeking support.	<b>Website:</b> <a href="http://www.karmanirvana.org.uk">www.karmanirvana.org.uk</a> <b>Tel:</b> 0800 5999 247
<b>Galop</b>	This national helpline is for people identifying as LGBT+ who are experiencing domestic abuse. The website is very comprehensive, the opening times of the helpline are varied and listed on the site, webchat and a survivor's forum are available.	<b>Website:</b> <a href="http://www.galop.org.uk">www.galop.org.uk</a> <b>Tel:</b> 0800 999 5428
<b>National Stalking Helpline</b>	The advice line is available for anyone who is or who has been affected by stalking or harassment. The website is comprehensive and user friendly. Helpline 9.30 - 4pm, weekdays.	<b>Website:</b> <a href="http://www.stalkinghelpline.org">www.stalkinghelpline.org</a> <b>Tel:</b> 0808 8020 300
<b>Victim Support</b>	National support line which is open 24/7 every day of the year. You do not have to be referred by the Police or have a crime number.	<b>Website:</b> <a href="http://www.victimsupport.org.uk/homepage">www.victimsupport.org.uk/homepage</a> <b>Tel:</b> 0300 303 1971 <b>Local Tel:</b> 0808 1689 111
<b>Respect</b>	The helpline is for anyone who wants to make changes to their abusive behaviour. The website offers a great deal of information and support for those who choose to stop perpetrating abuse	<b>Website:</b> <a href="http://respectphoneline.org.uk/">http://respectphoneline.org.uk/</a> <b>Tel:</b> 0808 802 40 40
<b>FGM Helpline NSPCC</b>	It is confidential for anyone affected by or worried about Female Genital Mutilation, the site also has information on domestic abuse.	<b>Website:</b> <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> <b>Tel:</b> 0800 028 3550 <b>Email:</b> <a href="mailto:fgm.help@nspcc.org.uk">fgm.help@nspcc.org.uk</a>
<b>Kooth</b>	Free online mental health support for children and young people, online counselling, supported forums and advice. Staffed weekdays 12-10pm. Sat/Sun 6-10pm	<b>Website:</b> <a href="http://www.kooth.com">www.kooth.com</a>
<b>Signhealth</b> (The deaf Health Charity)	This service is based in London but offers remote support to deaf clients across England, however it is a specialised service for anyone experiencing domestic abuse in the UK.	<b>Website:</b> <a href="https://signhealth.org.uk/with-deaf-people/domestic-abuse/">https://signhealth.org.uk/with-deaf-people/domestic-abuse/</a> <b>Tel/Text/FaceTime/WhatsApp:</b> 020 2947 2601 or 07970 350 366 or 07800 003 421 <b>Email:</b> <a href="mailto:da@signhealth.org.uk">da@signhealth.org.uk</a>