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Useful Contacts for All Forms of Abuse of Children and Adults

Some suggested organisations and services who can provide information, advice and support:

Police

www.police.uk

Tel: 999 in an emergency

Tel: 101 – provides a service for non-emergency issues and will connect you to your local Police service, wherever you call from in the UK.

Local Authority

Every Local Authority provides services to the community, including statutory services such as Children's Services, Adult Care Services, housing and environment. Your local council will have a website with contact details for your local services.

www.gov.uk/find-your-local-council

NHS

The National Health Service can provide advice, guidance, support and signposting to local services for all health issues.

www.nhs.uk/service-search

Citizens Advice

Providing free general advice and guidance around a range of concerns such as benefits, debt, relationships, housing, law, discrimination, tax, money, healthcare and education.

www.citizensadvice.org.uk

DBS/PVG checking

DDC (Due Diligence Checking Ltd)

DDC is the registered body that will be processing all DBS/PVG applications for the URC.

<https://www.ddc.uk.net/urc>

Tel: 0845 644 3298 or 0116 260 3055

Samaritans

A crisis helpline, providing a listening service for any worries or concerns.

www.samaritans.org

Tel: 116 123

Thirtyone:eight

An independent Christian charity providing help to individuals, organisations, charities, faith and community groups to protect vulnerable people from abuse. Previously known as CCPAS (Churches Child Protection Advisory Service).

www.thirtyoneeight.org

Tel: 0303 003 1111

Victim Support

Independent charity supporting victims of crime.

www.victimsupport.org.uk

Tel: 0808 168 9111

Children

Action for Children

Action for Children (formerly NCH – National Children’s Homes) is a leading children’s charity running over 500 projects and working with children and young people affected by poverty, disability and abuse.

www.actionforchildren.org.uk

AFRUCA: Africans Unite Against Child Abuse

Afruca is an organisation that seeks to address through prevention and early intervention the welfare of African children in the UK. Areas it gives information on include female genital mutilation, witchcraft and trafficking.

www.afruca.org

Barnardo’s

Protecting, supporting and nurturing the UK’s most vulnerable children, including campaigning to end child sexual exploitation. Provides leaflets in both English and Welsh for parents, children, young people and professionals, showing how to spot the signs of child sexual exploitation and how to keep safe. www.barnardos.org.uk

Child Exploitation and Online Protection (CEOP)

CEOP is a command of the National Crime Agency, which helps to keep children and young people safe from sexual abuse and grooming online. It offers guidance, advice and accepts direct reporting.

www.ceop.police.uk

Childline

A free 24-hour support and counselling service for children and young people up to 19 years of age.

www.childline.org.uk

Freephone helpline for children: 0800 1111

Educate Against Hate

A website giving practical advice and information on protecting children from extremism and radicalisation.

www.educateagainsthate.com

Family Lives (formerly Parentline Plus)

Resourcing parents, volunteers and workers providing a range of services including 'Positive Boundaries' which focusses on sexual bullying, peer-on-peer sexual exploitation and developing positive gender relationships.

www.familylives.org.uk

Tel: 0808 800 2222

Lucy Faithfull Foundation

Lucy Faithfull Foundation is a UK-wide child protection charity dedicated solely to preventing child sexual abuse. Working with families that have been affected by sexual abuse and includes adult male and female sexual abusers, young people with inappropriate sexual behaviours, victims of abuse and other family members.

www.lucyfaithfull.org.uk

NSPCC

Providing support and advice for keeping children safe from harm and abuse. The website has many useful resources, including research studies and fact sheets.

www.nspcc.org.uk

Tel: 0808 800 5000

Parents Protect

Helping parents and carers to protect children from sexual abuse and exploitation.

www.parentsprotect.co.uk

Tel: 0808 1000 900

Stop It Now!

Stop It Now! is the Lucy Faithfull child sexual abuse prevention campaign and confidential helpline for any adult concerned about sexual abuse. Providing help, advice and support for people who are displaying or considering sexually harmful behaviour or for those concerned about another's behaviour, either a child or adult.

www.stopitnow.org.uk

Tel: 0808 1000 900

Young Minds

A UK charity fighting for children and young people's mental health.

www.youngminds.org.uk

Tel: 0808 802 5544

Adults

Action on Elder Abuse

A charity which campaigns against the abuse of older people. Their website includes information and research.

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Tel: 0808 8088 141

Age UK

Support and advice services for the elderly. The website has many useful resources including research studies and fact sheets as well as information on protecting yourself or others from abuse.

www.ageuk.org.uk

Tel: 0800169 6565

Mencap

Supporting and resourcing people with learning disabilities, their families and carers. The website has specific advice on safeguarding.

www.mencap.org.uk

MOSAC

Supporting non-abusing parents of sexually abused children.

www.mosac.org.uk

Tel: 0800 980 1958

Domestic Abuse

Action on Elder Abuse

A specialist organisation that focuses on the issue of abuse towards the elderly.

Website: www.elderabuse.org.uk

Helpline: 0808 808 8141

Asian Women's support

Website: www.kiranproject.org.uk

Telephone: 020 8558 1986

AVA (Against Violence & Abuse)

A national organisation for professionals – frontline workers, policy officers, those with strategic responsibilities providing training and consultancy on teenage relationship abuse, as well as all other forms of violence against women and girls.

Website: www.avaproject.org.uk

Telephone: 0207 5490 280

Bullying UK

Bullying UK is part of Family Lives, a charity supporting and helping people with issues that are a part of family life.

Website: www.bullying.co.uk/cyberbullying

Telephone: 0808 800 2222

CAADA – Coordinated Action Against Domestic Abuse

A national organisation providing practical help and support for professionals and organisations working with domestic abuse victims.

Website: www.caada.org.uk

Telephone: 0117 317 8750

ChildLine

for children wanting to talk to someone.

Telephone: 0800 1111

Forced Marriage Unit

The Government's Forced Marriage Unit (FMU) is dedicated both to preventing British nationals being forced into marriage overseas and to assisting anyone in the UK faced with the prospect of being forced into a marriage.

Website: www.gov.uk/forced-marriage

Telephone: 020 7008 0151

Iranian and Kurdish Women's Rights Organisation (IKWRO)

IKWRO's mission is to protect Middle Eastern and Afghan women and girls who are at risk of 'honour' based violence, forced marriage, child marriage, Female Genital Mutilation and domestic violence and to promote their rights.

Website: www.ikwro.org.uk

Telephone: 0207 920 6460

Latin American Women's Rights Service (LAWRS)

Website: www.lawrs.org.uk

Telephone: 020 7336 0888 (closed Wed)

ManKind

Support for men suffering from domestic abuse from their current or former wife or partner (including same-sex partner).

Website: <https://www.mankind.org.uk/>

Telephone: 01823 334244

Men's Advice Line

Run by Respect, Men's Advice Line is a helpline phone and website service for male victims of domestic abuse.

Website: www.mensadvice.org.uk

Helpline: 0808 801 0327

National Domestic Violence Helpline

Telephone: 0808 2000 247

National LGBT+ Domestic Abuse Helpline

Telephone: 0800 999 5428

NSPCC

The NSPCC are a children's charity fighting to end child abuse in the UK and Channel Islands, by helping children who have been abused, protecting those at risk, and preventing abuse.

Website: www.nspcc.org.uk

Helpline: 0808 800 5000 (for adults with a concern about a child / children)

Police

Most local neighbourhood policing teams have a specialist domestic violence unit or coordinators.

Telephone: 999 – in an emergency

Telephone: 101 – in a non-emergency

Refuge

Refuge is a national charity which provides a range of specialist domestic abuse services to women and children.

Website: www.refuge.org.uk

Telephone: 020 7395 7700

24-hour helpline: 0808 2000 247

Respect

Respect is a UK membership organisation for work with domestic abuse perpetrators, male victims and young people.

Website: www.respect.org.uk

They also offer a helpline phone and website service for domestic violence perpetrators.

Website: www.respectphoneline.org.uk

Helpline: 0808 802 4040

Restored

Restored is an international Christian alliance, based in the UK, working to transform relationships and end violence against women.

Website: www.restoredrelationships.org

Helpline: 020 8943 7706

Southall Black Sisters

For Asian, African and African-Caribbean women

Website: www.southallblacksisters.org.uk

Help Line: 0208 571 0800 (Mon, Wed, Friday 9:30am to 4:30pm)

Advice line: 0208 571 9595 (Mon to Fri 10am to 5pm)

Stonewall

Stonewall campaigns for the equality of lesbian, gay, bisexual and trans people across Britain.

Website: <https://www.stonewall.org.uk/>

The Hideout

Created by Women's Aid, the Hideout is a dedicated website for children and young people to find information and support about relationship abuse and where to get help.

Website: www.thehideout.org.uk

The Mix

Free information and support for under 25s in the UK

Telephone: 0808 808 4994

The Samaritans (24/7 service)

Website: <https://www.samaritans.org/>

Telephone: 116 123

This Is Abuse

A Home Office teen relationship abuse website, which educates, resources and supports young people, and those working with them, who are in abusive relationships.

Website: www.thisisabuse.direct.gov.uk

Women's Aid

A national charity working to end domestic violence against women and children.

Supports a network of over 500 domestic and sexual violence services across the UK.

Address: PO Box Bristol 391, BS99 7WS

Website: www.womensaid.org.uk

Victim Support

Victim Support is the independent charity for victims and witnesses of crime in England and Wales.

Website: www.victimsupport.org.uk

Support line: 0808 16 89 111

Survivors

The National Association for People Abused in Childhood (NAPAC)

Support to adult survivors of all types of childhood abuse, including physical, sexual and emotional abuse and neglect.

www.napac.org.uk

Tel: 0808 801 0331

MACSAS (Minister and Clergy Sexual Abuse Survivors)

Supporting women and men who have been sexually abused, as children or adults, by ministers, clergy or others under the guise of the Church.

www.macsas.org.uk

Tel: 08088 01 03 40

One in Four

Specialises in supporting survivors of sexual violence and abuse, particularly survivors of child sexual abuse and trauma.

www.oneinfour.org.uk

Rape Crisis England & Wales

An organisation supporting the work of Rape Crisis Centres across England and Wales, and raising awareness and understanding of sexual violence and abuse in all its forms.

www.rapecrisis.org.uk

The Survivors Trust

A national umbrella organisation for specialist rape, sexual violence and childhood sexual abuse support organisations throughout the UK and Ireland.

www.thesurvivorstrust.org

Tel: 0808 801 0818

SurvivorsUK

Helping men who have been sexually abused and raises awareness of their needs.

NOTE: Sexual violation includes both childhood sexual abuse and adult sexual assault/rape.

www.survivorsuk.org

Tel: 0203 598 3898

Survivors Scotland

Scottish government website providing a directory of support for survivors of childhood abuse in Scotland.

www.survivorscotland.org.uk