

Fact Sheet
Quick Reference - Domestic Abuse and Sexual Violence Agencies that can give Support
Locally and Nationally

Type of Support	Agency	Contact	Email	Local	National
Womens Refuge	Leeway	0845 2412171		√	
	Haven	01379 642300		√	
	Blossom	01485 535 852		√	
	Lily	01760 720224		√	
	Oak Lodge	0845 155 2306	Dawn.warren@homegroup.org.uk	√	
Helplines					
24 hr National Domestic Violence Helpline	Women's Aid	0808 2000 247			√
	Childline	0800 1111			√
Confidential help for anyone who is experiencing feelings of distress or despair, including those which may lead to suicide.	Samaritans	08457 909090	www.samaritans.org		√
Free and confidential support service for anyone affected by rape.	Rape and Sexual Abuse Support Centre (RASAC)	08451 221 331 (Mon-Fri, 12pm-2.30, 7pm-9:30pm. Sat-Sun, 2.30pm-5pm)	info@rasac.org.uk		√
Specialist support/counseling					

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Face-to-face advice, relationship counselling, sex therapy, workshops, mediation, consultations and support.	Relate		www.relate.org.uk /	√	√
Offers confidential and emotional support on the telephone for children, young adults and adults affected by male sex abuse.	Survivors	Tel: 0845 122 1201 (Mon, Tue, Thur, 7pm-10pm)	info@survivorsuk.org		√
Telephone helpline for females and males, support and counselling for coping with the trauma of sexual violence and domestic abuse	SeVA	Females 01603 667687 (Tues. 7-9 and Fri 12-2) Males Thurs 08088084321 (8 till 10)	www.seva-uk.org	√	√
Offers free, confidential support and information to any-one affected by domestic abuse.	Victim Support	Local Victim Care Unit 0845 389 9521 Open 8am-8pm Mon-Fri	www.victimsupport.org.uk National Helpline 0845 30 30 900 9am-9pm Mon-Fri 9am-7pm weekends 9am-5pm bank hols.	√	√

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<p>Sexual assault referral centre (SARC) A 'one stop' location where victims of sexual assault can receive medical care and counselling whilst at the same time having the opportunity to assist the Police investigation into alleged offences, including the facilities for a high standard of forensic examination</p>	<p>The Harbour Centre</p>	<p>0845 456 810</p>	<p>www.theharbourcentre.co.uk</p>		
	<p>Stonham</p>				
	<p>Orwell</p>				
<p>Domestic abuse Services, for males and females, and a one to one support service for 5-16 year olds who are/have experienced/witn essed domestic abuse</p>	<p>Leeway</p>	<p>0845 241 171</p>	<p>info@leewaynew.org.uk</p>		