

Support Information Sheet 2

Advice for those who have experienced abuse

You may or may not have chosen to disclose the experiences to which you have been subjected. 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. Additionally, you may have already disclosed and 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. You can find someone who will be willing to listen and offer support in all cases.

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

Child Line

Free 24 hour national telephone helpline for children 0800 1111
www.childline.org.uk – on-line 1-2-1 chat

Child Protection in Sport (CPSU)

NSPCC National Training Centre

3 Gilmour Close

Beaumont Leys

Leicester LE4 1EZ

Tel: 0116 366 5590

Email: cpsu@nspcc.org.uk

The NSPCC National Training Centre houses a staffed Child Protection in Sport Unit, with multi-agency backing

www.thecpsu.org.uk

Family Rights Group

Freephone Helpline Number 0808 801 0366

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

www.frg.org.uk

Institute of family therapy

24-32 Stephenson Way

London NW1 2HX

Tel 020 7391 9150

Email therapy@ift.org.uk

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

www.ift.org.uk

Family Lives

Helpline 0808 800 2222

Support for all families/stepfamilies

www.familylives.org.uk

Kidscape

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

Local Rape Crisis Centres

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

NSPCC

Email help@nspcc.org.uk

Text 88858

Helpline 0800 800 5000

The leading children's charity in the UK, specialising in child protection and dedicated to the fight for every childhood. The only UK children's charity with statutory powers and that means we can take action to safeguard children at risk of abuse.

Refuge

24 hour national domestic violence helpline 0808 2000 247

Refers women experiencing domestic violence to refuges and give advice on welfare rights

www.refuge.org.uk

Self Harm UK

Email info@selfharm.co.uk

National organisation offering support

www.selfharm.co.uk

Samaritans

Helpline (local call rate) 116 123

Admin tel 020 8394 8300/Fax 020 8394 8301

Nationwide, non-religious, non-political 24 hour confidential support

www.samaritans.org

Victim Support

Tel 0808 1689293

Supportline 0808 1689111

Helpline 0845 3030 900

Local Victim Support services provide emotional support, information and practical help for victims and witnesses

www.victimsupport.org.uk

www.victimsinformationsservice.org.uk

Women's Aid

Helpline 0808 2000 247

Advice and temporary refuge for women and their children threatened by mental or physical violence

www.womensaid.org.uk