

Local Domestic Abuse contacts

Essex

Compass

A partnership of domestic abuse services providing a response in Essex. Helpline: 0330 333 7444.

Helpline available from 8 am to 8 pm weekdays and 8am – 1pm weekends. Website:

www.essexcompass.org.uk

Next Chapter

Next Chapter is a domestic abuse charity working across the areas of Tendring, Colchester, Maldon, Chelmsford, Braintree & Uttlesford. We provide free and confidential services to support people who are currently experiencing or have previously experienced domestic abuse.

Helpline: Via Compass 0330 333 7444

Direct line: 01206 500 585

Website: www.thenextchapter.org.uk

Victim Support Essex

If you've been affected by crime, call Victim Support in Essex

Telephone: 0808 17 81 694

Lines are open 8am to 5pm Monday to Friday. Or 0808 16 89 111 if you need support outside of our open hours.

Website: www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/essex

Suffolk

Anglia Care Trust

Support for male and female victims of domestic abuse, along with their children. Suffolk DA

hotline: 0800 9775690

Helpline: 01473 622888

Email: admin@angliacaretrust.org.uk

Website: www.angliacaretrust.org.uk

The Ferns

Sexual assault support.

Helpline: 0300 123 5058

Email: contact@theferns-suffolk.org.uk

Website: www.theferns-suffolk.org.uk

Victim Support Suffolk

If you've been affected by crime, call Victim Support in Suffolk.

Telephone: 0300 303 3706

Websites: www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/suffolk

Essex and Suffolk The Change Hub

Our charity has been delivering RESPECT accredited domestic violence perpetrator programmes since 2009. Through the behavioural change of the abuser we aim to increase the well-being of people who are, or have been, living with conflict or domestic violence & abuse.

Tel: 0845 3727701 / 01245 258680

Text: 07872 541982

Email: tcp@thechange-project.org

Website: www.thechange-project.org/the-change-hub

National DA Contacts

Action on Elder Abuse

Charity giving help and information about the abuse of older people, including abuse by family members and partners.

Helpline: 0808 808 8141 (Freephone)

Email: enquiries@elderabuse.org.uk

Website: www.elderabuse.org.uk

Broken Rainbow

For the lesbian, gay, bisexual, and transgender community.

Tel: 0300 999 5428.

Website: www.brokenrainbow.org.uk/help/helpline/

Childline

The UK's free and confidential helpline is not just for children.

They also offer help to young people up to the age of 19 who are in distress or danger.

Tel: 0800 11 11 (24-hour helpline)

Website: www.childline.org.uk

Freedom Charity

We aim to empower young people to feel they have the tools and confidence to support each other and have practical ways in which they can help their best friend around the issues of family relationships which can lead to early and forced marriage and dishonour-based violence. The Helplines are manned by trained professionals to help victims of forced marriage and their friends who are seeking help, support and advice.

24/7 Helpline: 0845 607 0133

Textline (text '4freedom' to 88802)

Website: www.freedomcharity.org.uk

Galop

Galop offers support for lesbian, gay, bisexual, and transgender (LGBT) people experiencing hate crime, sexual violence or domestic abuse.

Helpline: 0800 999 5428 (Monday and Thursday 10am-8pm, Tuesday and Wednesday 10am-5pm, Friday 1pm-5pm).

Email: help@galop.org.uk

Website: www.galop.org.uk

Honour Network - Karma Nirvana

Karma Nirvana is a registered Charity that supports victims and survivors of forced marriage and honour-based abuse.

Telephone Number: 0800 5999 247

Email Address: info@karmanirvana.org.uk

Website: www.karmanirvana.org.uk

Rape & Sexual Abuse Support Centres

Rape & Sexual Abuse Support Centres offer a range of services for women and girls who have been raped or experienced another form of sexual abuse.

National Freephone helpline: 0808 802 9999 (12 noon-2:30pm and 7pm-9.30pm any day of the year. Also 3pm – 5:30pm on weekdays)

Refuge

Supports women, children & men experiencing domestic violence with a range of services.

Telephone Number: 0808 2000 247

Website: www.refuge.org.uk

Respect

Respect is a charity which runs support services and programmes for those who inflict abuse in relationships including young men and women.

Phoneline: 0808 802 4040 Monday to Friday 9am-5pm

Email: info@respectphoneline.org.uk

Website: www.respectphoneline.org.uk (incl. online chat service)

Respect also provides an advice line for men who are victims of an abusive relationship.

Men's Advice Line: 0808 801 0327 Monday to Friday 9am-5pm

Email: info@mensadviceline.org.uk

Website: www.mensadviceline.org.uk (incl. online chat service)

National LGBT Domestic Abuse Helpline

Helpline: 0800 999 5428

Emotional and practical support for LGBT people experiencing domestic abuse. Abuse isn't always physical- it can be psychological, emotional, financial and sexual too. Speak out, don't suffer in silence.

Relate

Offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through their website.

Helpline: 0300 100 1234

Website: www.relate.org.uk

Sharan Project (South Asian Women Help & Support)

Information Line: 0844 504 3231

Website: www.sharan.org.uk

The National Centre for Domestic Violence

The National Centre for Domestic Violence provides a free, fast emergency injunction service for survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.

Freephone: 0800 970 2070

Text: NCDV to 60777 (they will call you back)

Email: office@ncdv.org.uk

Website www.ncdv.org.uk

Victim Support

Confidential support for all victims of crime and domestic abuse.

Support Helpline: 0808 1689111

Website: www.victimsupport.org.uk (24/7 help chat line)

Women's Aid

Women's Aid is a national charity which works to end abuse against women and children.

Tel: 0808 2000 247 (Freephone 24-hour national domestic abuse helpline)

Email: helpline@womensaid.org.uk

Website: www.womensaid.org.uk

National Stalking Contacts

Suzy Lamplugh Trust

The charity's mission is to reduce the risk of violence and aggression through campaigning, education and support inspired by the disappearance of 25-year-old Suzy Lamplugh.

Website: www.suzylamplugh.org

Tel: 020 7091 0014

Email: info@suzylamplugh.org

Paladin

Paladin is a trauma-informed service established to assist high risk victims of stalking in England and Wales.

Website: <https://paladinservice.co.uk/>

Tel: 020 3866 4107

Email: info@paladinservice.co.uk