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UK-wide support organisations

Bawso

Bawso provides practical and emotional support to Black Minority Ethnic and migrant victims and survivors of domestic abuse and other forms of violence and gender-based violence.

24/7 helpline: 02920 644 633

Email: info@bawso.org.uk

Bright Sky

Bright Sky offers information around domestic abuse, as well as a searchable directory of local support organisations for people experiencing domestic abuse. Bright Sky also offers an app to access support.

Childline

Childline is a counselling service for children and young people provided by the NSPCC. It deals with any issues which cause distress or concern, including child abuse and psychological abuse.

Helpline: 0800 1111

Domestic Violence Assist

Domestic Violence Assist is a charity specialising exclusively in arranging Non-Molestation Orders, Prohibited Steps Orders, and Occupation Orders throughout the UK.

Phone: 03000 04 03 75

Email: support@dvassist.org.uk

Referral forms are available for [self-referrals and professional referrals](#).

Freedom (Dogs Trust)

Freedom is a specialist, free, and confidential dog fostering service, run by the Dogs Trust, for people who are fleeing domestic abuse.

Phone: contact numbers are [listed by region](#) on the organisation's website

Email: freedom@dogstrust.org.uk



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Galop

Galop is a LGBT+ anti-violence charity which runs the National LGBT+ Domestic Abuse Helpline.

Helpline: 0800 999 5428
Email: help@galop.org.uk

Hourglass

Hourglass works to end the harm, abuse and exploitation of older people.

24/7 helpline: 0808 808 8141

Text: 07860 052906
Email: helpline@wearehourglass.org
There is an [online chat](#) available.

Imkaan

Imkaan provides a directory of member organisations offering specialist, frontline support for Black and minoritised women and girls across the UK.

Karma Nirvana

Karma Nirvana is the specialist helpline for forced marriage and honour-based abuse.

Phone: 0800 5999 247

Latin American Women's Aid

An organisation run for Latin American women and children fleeing gender-based violence.

Phone: 020 7275 0321
Email: info@lawadv.org.uk

Latin American Women's Rights Service

This organisation offers confidential specialist services for all Latin American women, including advice and counselling for women facing gender violence.

Phone: 0808 145 4909



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Email: referrals@lawrs.org.uk

Lifeline (Cats Protection)

Lifeline is a free and confidential fostering service for cats whose families are fleeing domestic abuse, run by Cats Protection.

Email addresses and phone numbers to access the service are [listed by region](#) on the organisation's website.

Lotus Justice & Support Centre

Lotus Justice & Support Centre CIC supports survivors of domestic abuse and members of the Romanian community across the UK.

Phone: 0800 098 2730

Email: contact@lotusjusticesupport.uk

ManKind Initiative

An information, support and signposting service for men suffering from domestic abuse from their current or former partner.

Phone: 0808 800 1170 (Freephone) or 01823 334 244 (Helpline)

The Mix

The Mix is a support service for under 25s in the UK. It offers a confidential helpline and counselling service.

Text: THEMIX to 85258

National Centre for Domestic Violence

An organisation dedicated to helping people identify the early signs of domestic abuse, make decisions for a better life and make domestic abuse socially unacceptable. It provides a free, fast emergency injunction service to victims and survivors of domestic abuse.

Phone: 0800 970 2070 or 020 7186 8270

Text: NCDV to 60777

General enquiries email: office@ncdv.org.uk



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Opoka

Opoka provides support for Polish women and children in the UK who are experiencing domestic abuse. It offers practical and emotional support, as well as refuge accommodation and a helpline.

Helpline (Polish language): 0117 427 0012

Email: info@opoka.org.uk

Rape Crisis (England and Wales)

Rape Crisis England & Wales (RCEW) is an organisation that supports the work of Rape Crisis Centres across England and Wales. It raises awareness and understanding of sexual violence and abuse in all its forms.

24/7 helpline: 0808 500 2222

There is an [online chat](#) available.

Refuge

Refuge provides specialist support to women and children escaping domestic abuse and other forms of violence. The organisation runs the National Domestic Abuse Helpline, which is a 24-hour, free national phone service.

National Domestic Violence Helpline: 0808 2000 247 (open 24/7)

Website: [National Domestic Abuse Helpline](#)

There is an [online chat](#) available.

Respect

Respect works to end domestic abuse by offering information and advice to people who are abusive towards their partners and want help to stop. Respect also runs a specific helpline for male victims and survivors of domestic abuse.

Helpline for domestic abuse perpetrators and those supporting them: 0808 8024040

There is an [online chat](#) available.

Helpline for male victims and survivors: 0808 801 0327

There is an [online chat](#) available.



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Respond

Respond is a national charity supporting people with learning disabilities and autistic people who have experienced abuse, violence, or trauma.

Phone: 020 7383 0700

Email: admin@respond.org.uk

Revenge Porn Helpline

This is a UK service supporting adults (aged 18+) who are experiencing intimate image abuse, also known as revenge porn.

Phone: 0345 6000 459

Email: help@revengepornhelpline.org.uk

Rights of Women

A women's charity working to help women through the law with a focus on addressing violence against women.

Helplines: 020 7251 6577 or (for women working or living in London) 020 7608 1137

Email: info@row.org.uk

SignHealth

SignHealth is a deaf health and wellbeing charity which offers specialist support for deaf people experiencing domestic abuse. Support is offered in BSL format, as well as by text and email.

Text: 07800 003421

Email: da@signhealth.org.uk

There is an [online BSL chat](#) available.

Southall Black Sisters

Southall Black Sisters aims to meet the needs of Black (Asian and African-Caribbean) women. It aims to highlight and challenge all forms of gender-related violence against women and empower them to gain more control over their lives.

Phone: 0208 571 9595



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Surviving Economic Abuse

Surviving Economic Abuse raises awareness of economic abuse. It provides guidance and information for people experiencing economic abuse via its website.

Email: info@southallblacksisters.co.uk

The Survivors Trust

The Survivors Trust aims to support and empower survivors of rape, sexual violence and childhood sexual abuse.

Helpline: 08088 010 818

Helpline Email: helpline@thesurvivorstrust.org

Enquiries Email: info@thesurvivorstrust.org

Survivors UK

Survivors UK supports male and non-binary survivors of sexual violence, providing counselling and practical help. It operates the National Male and Non-Binary Survivors Helpline.

Helpline: 0808 801 0332

Text: 0786 003 1252

Email: help@survivorsuk.org

There is an [online chat](#) available.

Suzy Lamplugh Trust

The Suzy Lamplugh Trust runs the National Stalking Helpline which provides guidance and information to anyone who is currently or has previously been affected by harassment or stalking.

National Stalking Helpline: 0808 802 0300

Woman's Trust

Woman's Trust is a specialist mental health charity, providing free counselling and therapy for women who have experienced domestic abuse.

Phone: 0207 034 0303

Email: office@womanstrust.org.uk



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UK Government resources

[Gov.uk Report Domestic Abuse](#) provides a list of organisations which victims can contact to get help and advice about domestic abuse.

The government has published [Domestic abuse: how to get help](#). This includes links to advice and further material, specialist services for people from ethnic minorities, services for people with disabilities, sources of help for young children, and helplines.

Criminal Justice resources

The Crown Prosecution Service has a [Support for victims of domestic abuse webpage](#). The College of Policing has created an [Authorised Professional Practice on Domestic Abuse](#) which explains how the police should deal with domestic abuse reports – there is a specific section on [Victim support and welfare](#).

NHS resources

The NHS page [Domestic violence and abuse](#) provides information on recognising the signs of domestic abuse and where to get help. The NHS website has a [search tool](#) to locate the nearest rape and Sexual Assault Referral Centres (SARCs).



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Support organisations in England

[FLOWS – Finding Legal Options for Women Survivors \(also available in Wales\)](#)

FLOWS supports women with finding legal options and help to deal with domestic abuse.

Phone: 0203 745 7707

Email: flows@rcjadvise.org.uk

[Paladin National Stalking Advisory Service \(also available in Wales\)](#)

Paladin is a service established to provide specialist advocacy and support to high-risk victims of stalking in England and Wales.

Phone: 020 3866 4107

Email: info@paladinservice.co.uk

[Women's Aid](#)

Women's Aid works to provide life-saving services in England and end domestic abuse. It offers a local support directory which can be used to find local support for people experiencing domestic abuse.

[Victim Support \(also available in Wales\)](#)

Victim Support offers support after a crime has been committed. It has a section dedicated to domestic abuse.

24/7 helpline: 0808 16 89 111

There is also an [online chat](#) available.

[Citizens Advice: Domestic violence and abuse](#)

Citizens Advice has a page on domestic violence and abuse, including what to do if you have been affected.



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Support organisations in Wales

Safer Wales

The Safer Wales Dyn Project is a dedicated service in Wales providing specialist support for gay, heterosexual, bisexual, and transgender men who are experiencing domestic or sexual abuse.

Helpline: 0808 801 0321

Email: dyn@saferwales.com

Welsh Women's Aid

Welsh Women's Aid runs the 24/7 Live Fear Free Helpline, offering confidential information, advice, and support around domestic and sexual abuse.

24/7 helpline: 0808 80 10 800

Text: 07860077333

Email: info@livefearfreehelpline.wales

BSL Convo app: type in 'Live Fear Free'

There is also an [online chat](#) available.

Welsh Assembly resources

The Welsh Government's [Domestic abuse: Wales](#) page provides helplines, FAQs and help for children and adults.



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Support organisations in Scotland

Abused Men in Scotland (AMIS)

Abused Men in Scotland provides a free and confidential helpline for men in Scotland who are experiencing domestic abuse.

Helpline: 03300 949 395

Email: contact@amis.org.uk

Hemat Gryffe Women's Aid

Hemat Gryffe Women's Aid provides advice, support, and safe temporary refuge accommodation for Asian, Black and minority ethnic women and young people who are experiencing domestic abuse.

Phone: 0141 353 0859

Email: womensaid@hematgryffe.org.uk

Scottish Women's Aid

Scottish Women's Aid works towards the prevention of domestic abuse. It runs Scotland's 24-hour Domestic Abuse and Forced Marriage Helpline, and provides support, guidance, and resources to help women and children experiencing domestic abuse.

24/7 helpline: 0800 027 1234

Text: 07401 288 595

Email: helpline@sdafmh.org.uk

Shakti Women's Aid

Shakti Women's Aid helps BME women, children, and young people experiencing, or who have experienced, domestic abuse from a partner, ex-partner, and/or other members of the household.

Phone: 0131 475 2399

Email: info@shaktiedinburgh.co.uk

Scottish Government resources



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The Scottish Government's [Domestic abuse: support](#) provides information for male and female victims and helplines.

Support organisations in Northern Ireland

Domestic and Sexual Abuse Helpline

The Domestic and Sexual Abuse Helpline provides information, advice, and support to those affected by Domestic and Sexual Abuse across Northern Ireland.

Helpline: 0808 802 1414

Email: help@dsahelpline.org

There is also an [online chat](#) available.

Women's Aid Federation (Northern Ireland)

Women's Aid is a voluntary organisation addressing domestic and sexual violence and providing services for women and children.

Phone: [028 9024 9041](tel:02890249041)

Email: info@womensaidni.org

There is also an [online chat](#) available.

Northern Ireland Government resources

NI Direct's [Domestic violence and abuse](#) page provides links to information and support.