

## CHILDREN'S SUPPORT SERVICES

### The Hideout

A site for children and young people with the aims of helping them understand what domestic abuse/violence is, how to understand their feelings and what they can do.

Tel: 0800 1111 (ChildLine, 24hr FREEPHONE)

Web: [www.thehideout.org.uk](http://www.thehideout.org.uk)

### ChildLine

ChildLine is a service provided by NSPCC and is a free 24 hour service for children and young people up to and including 18 in the UK. ChildLine deals with any issue which causes distress or concern.

Tel: 0800 1111 (ChildLine, 24hr FREEPHONE)

Web: [www.childline.org.uk](http://www.childline.org.uk)

### NSPCC

The NSPCC (National Society for the Prevention of Cruelty to Children) is a free, confidential service for anyone concerned about children at risk, including children themselves. The service offers counselling, information and advice.

Helpline for children: 0800 1111 (ChildLine, 24hr FREEPHONE)

Helpline for adults concerned about children: 0808 800 5000

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Web: [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Always call 999 if you are in immediate danger**

Make a note of other helpful contact numbers and useful information here:



# Domestic Abuse Support Services

Wiltshire-based and National Services

*'It's hard to look for the light when you're lost in the darkness.'*



## LOCAL SUPPORT SERVICES

### Splitz Support Service

Splitz offer a support service to victims of domestic abuse, plus a men's community based perpetrator programme. All services are free, confidential and non-judgemental, empathetic and work with individuals to help them identify, come to terms with and overcome their difficulties.

Tel: 01225 775276

Web: [www.splitz.org](http://www.splitz.org)

### Victim Support Wiltshire

Victim Support gives free and confidential help to victims of crime, witnesses, their family, friends and anyone else affected. Services are independent of the police and courts and are available to everyone, whether or not the crime has been reported and regardless of when it happened.

Tel: 0845 456 6099 (Wiltshire)

Web: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

### New Swindon Sanctuary Sexual Assault Referral Centre (SARC)

The Sexual Assault Referral Centre provides comprehensive, caring and compassionate services to those who have suffered rape or sexual assault. It is a 'one-stop' service, free of charge for residents of Swindon and Wiltshire. Services include pregnancy testing and medical treatment, counselling and follow-up care.

Tel: 0808 168 0024 (24 hour)

Web: [www.swindonsanctuary.co.uk](http://www.swindonsanctuary.co.uk)

### Relate Mid Wiltshire

Relate offers relationship and family counselling to those who have experienced abuse in their relationship, and also through individual counselling supports children who have witnessed domestic abuse.

Tel: 0844 8261788 (Relate Mid Wiltshire)

01305 262285 (Dorset and South Wiltshire)

Web: [www.relate.org.uk](http://www.relate.org.uk) and [www.relatemidwiltshire.co.uk](http://www.relatemidwiltshire.co.uk)

### Wiltshire Police

Tel: 101 (non emergency)

Web: [www.wiltshire.police.uk](http://www.wiltshire.police.uk)

**Always call 999 in an emergency**

[www.speakoutwiltshire.com](http://www.speakoutwiltshire.com)

An informative site for victims, perpetrators, friends and family of those affected by domestic abuse.

## NATIONAL SUPPORT SERVICES

### Women's Aid

Women's Aid is the key national charity working to end domestic violence against women and children. It supports a network of over 500 domestic and sexual violence services across the UK.

Helpline: 0808 2000 247 - 24hr FREEPHONE

(Run in partnership between Women's Aid & Refuge)

Web: [www.womensaid.org.uk](http://www.womensaid.org.uk)

### Refuge

Refuge offers a range of services which gives women and children access to professional support whatever their situation, including a network of refuges across the country, legal advocacy, outreach services, support and psychological services.

Tel: 0808 2000 247 - 24hr FREEPHONE

(Run in partnership between Women's Aid & Refuge)

Web: [www.refuge.org.uk](http://www.refuge.org.uk)

### National Centre for Domestic Violence (NCDV)

The NCDV provides a free, fast emergency service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation. The service allows anyone to apply for an injunction within 24 hours of first contact (in most circumstances). NCDV works in close partnership with the police, solicitors and other support agencies including Refuge and Women's Aid to help survivors obtain speedy protection.

- Available to everybody
- Free legal advice
- Injunctions within 24 hours
- Completely confidential
- Legal aid available

Helpline: 0844 8044 999 (24hr)

Text: For help text 'NCDV' to 60777

Web: [www.ncdv.org.uk](http://www.ncdv.org.uk)

### Men's Advice Line

The Men's Advice Line is a confidential helpline offering support, information and practical advice to men experiencing domestic abuse.

Tel: 0808 801 0327 (free from landlines and most mobiles)

Monday - Friday 10:00-13:00pm & 14:00-17:00

Web: [www.mensadvice.org.uk](http://www.mensadvice.org.uk)