

A SAFER FROME FOR WOMEN & GIRLS

SUPPORT & RESOURCES

**If you or someone you know is in immediate danger,
call the police now on 999.**

FIND SUPPORT

The Bridge

Sexual Assault Referral Centre (SARC). Medical care, emotional and psychological support, and practical help for anyone who has been raped or sexually assaulted. 24/7. 0117 342 6999 • www.thebridgecanhelp.org.uk

Refuge - National Domestic Abuse Helpline

Call for free and in confidence, 24 hours a day, 365 days a year. Support available in many languages, including British Sign Language (BSL, 10am to 6pm, Monday to Friday). Live online chat 3pm to 10pm, Monday to Friday. 0808 2000 247 • www.nationaldahelpline.org.uk

Rape Crisis (England and Wales)

Rape and sexual abuse support line open 24/7, 365 days a year. 0808 500 2222 • www.rapecrisis.org.uk

Safe Link

Independent support for anyone, of any age or gender, who has been the victim of rape and sexual abuse in the Avon and Somerset region. Telephone helpline 8.30am to 5.30pm Monday to Friday. 0333 323 1543 • www.safelinksupport.co.uk

SARSAS (Somerset & Avon Rape & Sexual Abuse Support)

Helpline and live chat services providing free, anonymous and confidential support for people of all genders, age 13+ who have been affected by rape or sexual abuse at any time in their life. 0808 801 0456 • www.sarsas.org.uk

SIDAS (Somerset Integrated Domestic Abuse Service)

Information relating to domestic abuse and the services available across Somerset. Including Somerset Council's locally based confidential service, offering a range of specialist support to anyone who needs advice and help on domestic abuse. 0800 69 49 999 • www.somersetdomesticabuse.org.uk

Survivor Pathway

Online resource for anyone wanting to know more about specialist sexual violence support services in the South West. www.survivorpathway.org.uk

Reporting every incident to the police can help both you and others. The organisations above can support you throughout the process.

FIND SUPPORT

Somerset Phoenix Project

The Somerset Phoenix Project works alongside professionals, supporting children and young people aged 1-18 years old and families affected by sexual abuse.

07590 627693 • www.somersetphoenixproject.org.uk

Mandala Therapy Service

Art and play therapy services for children who have experienced trauma.

www.barnardos.org.uk/get-support/services/mandala-therapy

Engage Programme

Supporting individuals to address their harmful behaviour towards a partner or family member and create sustainable change with practical help and tools.

0800 69 49 999 • www.paragonteam.org.uk/engage-programme-in-somerset

Paragon

PARAGON offers support, advocacy and information to victims and survivors of domestic abuse, sexual violence and stalking in Somerset.

0800 69 49 999 • www.paragonteam.org.uk

Revenge Porn Helpline

For adults who have had intimate images and videos shared without their consent, or threats to do this. Help with removing images from online platforms and confidential advice. Sex worker-friendly; all call handlers are women.

0345 6000 459 • www.revengepornhelpline.org.uk

For Under 18s: 0800 1111 • www.childline.org.uk/report-remove

Voices

VOICES works with people who have been affected by domestic abuse through individual support and advocacy, and group recovery programmes.

01225 984189 • www.voicescharity.org

White Ribbon

Engaging men and boys to end male violence against women and girls by addressing its root causes. Ambassador scheme and organisational training and Supporter programme.

White Ribbon also campaign to inform public policy.

Hosts of White Ribbon Day on 25th November.

www.whiteribbon.org.uk



SUPPORT OTHERS

Ask for Angela

The national scheme that helps anyone who is feeling vulnerable on a night out get the support they need. Training available for staff.

www.askforangela.co.uk

Avon and Somerset's Bystander Intervention Training

Free bystander intervention training aimed at those who own, manage, or work in a business in Avon and Somerset's nighttime economy.

www.nighttimeeconomy.com/avonandsomersetbystanderintervention

Brook (Bristol)

Information, education and training for schools, workplaces and universities. Young people's information resource. Relationships and sex education (RSE) provider.

www.brook.org.uk/regions/brook-bristol

Escapeline

Preventing criminal and sexual exploitation of young people by gangs with age-appropriate school workshops, parent/carer support and professional training.

07707 897008 • www.escapeline.org.uk

Stand Against Violence (Taunton)

Age-appropriate workshops and assemblies for ages 8-18 and Young Adult Offender Workshops for under 25s.

0300 323 0104 • www.standagainstvience.co.uk

Tender

From schools to workplaces, our creative programmes give people the chance to explore healthy relationships, understand when behaviour is harmful, and play their part in preventing domestic abuse and sexual violence.

www.tender.org.uk

Avon and Somerset Violence Reduction Partnership

Somerset Violence Reduction Partnership (VRP) is a subgroup of the Safer Somerset Partnership (SSP), which enables multi-agency partners to work together to understand and reduce serious violence.

www.asvrp.co.uk

Family Information Network Directory (FIND)

An easy to use, up to date platform to find the information you need for your family, all in one place.

www.findfrome.co.uk