



**Trainer, Lecturer, Expert Witness,
Facilitator, Advocate.
UK wide and now Online!**

Helplines & Services



This go to leaflet is a handy resource specifically during COVID-19



Domestic Abuse Consultant

LEICESTER & LEICESTERSHIRE

Clare Walker Consultancy CIC

Clare Walker is a Domestic Abuse Consultant offering services locally, nationally, overseas and now online too. Clare is a Licensed trainer of the Freedom Programme and has been delivering Freedom Programme support group in Leicester/shire since 2003.

www.clarewalkerconsultancy.com

07910 371045 / 0116 270 1935



UAVA – United Against Violence and Abuse

Three Leicestershire-based specialist providers of domestic abuse and sexual violence services: Women's Aid Leicestershire (WALL), Freedom from Violence and Abuse (FreeVA) and Living Without Abuse (LWA)

www.uava.org.uk

text support: 07715 994962

(calls to this number will not be answered)

0808 802 0028

HBBC - Hinckley domestic abuse outreach service

Community Safety Team, based at The Hinckley Hub
Website

01455 255746 / 07966 202181

Jasmine House - based in Leicester

Rape crisis helpline, offering support and counselling service for victims of rape and sexual assault

admin@jasminehouse.org.uk

www.jasminehouse.org.uk

0116 255 8852

Quetzal - based in Leicester

Helpline, long-term & crisis counselling to support women recovering from childhood sexual abuse

www.quetzal.org.uk

0333 101 4280

Zinthiya Trust - based in Leicester

Supports female victims of domestic abuse, honour-based violence and FGM and tackling poverty.

zinthiya.trust@gmail.com

www.zinthyatrust.org

0116 254 5168

Juniper Lodge - based in Leicester

Free and discreet service to adults, male or female, who have been subject to a sexual assault

Juniper.lodge@leicestershire.pnn.police.uk

www.juniperlodge.org.uk

0116 273 3330

The Centre - based in Leicester

Supports lesbian, gay, bisexual and transgender people in Leicester, Leicestershire and Rutland

www.leicesterlgbtcentre.org

07395 373519

Trade Sexual Health - based in Leicester

Free, confidential health advice, info, services & support for LGBT communities of Leicestershire & Rutland.

www.tradesexualhealth.com

0116 254 1747

Victim First - based in Leicestershire

A free, independent and confidential service supporting victims and witnesses of crime across Leicester, Leicestershire and Rutland

support@victimfirst.pnn.gov.uk

www.victimfirst.org

0800 953 9595

Relate Leicestershire

Provide counselling for couples and individuals concerning personal relationships

www.relateleicestershire.org.uk

0116 2543011

First Step

For male survivors of sexual abuse and rape.
www.firststepleicester.org.uk
contact@firststepleicester.org.uk
0116 254 8535

NATIONAL SERVICES AND HELPLINES

Gingerbread

Advice and support for single parents
www.gingerbread.org.uk
0808 8020925

Childline - on-line, on the phone, anytime

www.childline.org.uk
0800 1111

Suzy Lamplugh Trust - National Stalking Helpline

Offers practical advice to victims of stalking to increase their safety and allow them to make informed choices
www.stalkinghelpline.org
0808 802 0300

Rights of Women

Helping Women through the Law
info@row.org.uk
www.rightsofwomen.org.uk
0207 251 6575

HALO Project

Supporting victims of honour-based violence, forced marriages and FGM
www.haloproject.org.uk
0808 178 8424

Men's Advice Line

Men's Advice Line for male victims of domestic abuse
www.mensadviceline.org.uk
0203 559 6650

Refuge

For Women and children, against domestic violence.
www.refuge.org.uk
0808 200 0247

Signhealth

Sign language service to help deaf people who are victims of domestic abuse
www.signhealth.org.uk
Help Text: 07970 350366
Text 'DEAF' to 85258

Karma Nirvana

Supporting victims of honour-based abuse and forced marriage
www.karmanirvana.org.uk
0800 599 9247

Forced Marriage Unit

UK Government Guidance and Support
fmu@fco.gov.uk
www.gov.uk/guidance/forced-marriage
020 7008 0151 / 020 7008 1500

Panahghar - support against domestic violence

Provision of direct services primarily to Asian women and their families in the West Midlands
www.safehouse.org.uk
024 7622 8952

Safeline

Support for victims of sexual abuse and rape
Female Survivor Helpline: 0808 802 9999
Male Survivor Helpline – 0808 800 5005
Young People's Helpline – 0808 800 5007
www.safeline.org.uk
text Helpline – 07860 027573
0808 802 9999

The Samaritans - 24 Hour Counselling and Support

jo@samaritans.org
www.samaritans.org
24 hour Helpline: 116 123

Victim Support

Counselling and support Helpline for victims or witnesses of crime
www.victimsupport.org.uk
0808 168 9111

Womens Aid

National Domestic Violence Freephone Helpline for Women and Children
www.womensaid.org.uk
0808 200 0247

Citizens Advice

Advice about benefits, work, debt & money, family, consumer, housing, law & courts, immigration & health
www.nacab.org.uk
Text relay: 03444 111 445
03444 111 444

Police - report domestic violence / abuse

Emergency: 999
Non-urgent: 101



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UK and overseas

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