



# Abuse

*This includes Domestic abuse and other forms of abuse. For Sexual abuse, please check our Sexual Violence document.*

## General information:

### Listening services:

- Stop abuse for everyone (live chat) <https://www.stopabuseforeveryone.org/>
- Victim Support (live chat/helpline) <https://www.mysupportspace.org.uk/>

### Legal

- Rights of Women (helpline/ info) provides some forms of legal information regarding women's rights in contexts of domestic abuse. <https://rightsofwomen.org.uk/>
- Refuge's National Domestic Abuse Helpline (helpline/ BSL/live chat/info) provides better understanding of the options whether you are living with your abuser, planning on leaving them or having already left them. <https://www.nationaldahelpline.org.uk/>
- National Centre for Domestic Violence (helpline/ text line/ emergency court injunction) It can give immediate advice and emergency court injunction <https://www.ncdv.org.uk/>

### For perpetrators of domestic abuse:

- Respect (helpline) is an organisation working with perpetrators to better themselves. <https://www.respect.uk.net/>

## Demographic-Specific

### Men

- Men's advice line (helpline) It is for male victims of domestic abuse. <https://mensadviceline.org.uk/>

### Women:

- Women's aid (live chat/email/ survivor's handbook). <https://www.womensaid.org.uk/>
- Refuge (helpline/ live chat/ information). They provide financial, legal and practical steps. <https://www.refuge.org.uk/get-help-now/support-for-women/>

## LGBT individuals

- Galop (helplines/webchat). Galop has three different helpline; one for domestic abuse, one for conversion therapy and one for lgbt+ hate crimes. <https://galop.org.uk/get-help/helplines/>

## PoC individuals

- Black Country Women's Aid (helpline/Independent domestic violence advice service/courses/refuge space) <https://blackcountrywomensaid.co.uk/our-support/>
- Asian Women's Ressource Centre (helpline/email) provides tailored guidance to victims or at risk for honour-based violence, 'corrective' rape, sexual violence, forced marriage and FGM. <https://www.asianwomencentre.org.uk/>
- Ashville Surgery (helpline) is a confidential service in Urdu or Punjabi for anyone experiencing or having experienced domestic abuse. <https://ashvillesurgerymanchester.co.uk/wellbeing-centre/domestic-violence-and-abuse/urdu-and-punjabi-helpline/>

## Disabled individuals

- Refuge (helpline/livechat/ information/BSL). Refuge can provide financial, legal help. <https://www.refuge.org.uk/get-help-now/support-for-women/help-for-disabled-women/>

## Children:

- NSPCC: National Society for the Prevention of Cruelty to children (helpline/information) <https://www.nspcc.org.uk/keeping-children-safe/>
- Childline (helpline) It is available for anyone 18 and under to talk about anything. <https://www.childline.org.uk/about/about-childline/>