

Getting Help and Support for Domestic and Sexual Violence

Specialist Services Locally, Regionally and Nationally

Sunderland

- **Wearside Women in Need (WWIN)** Tel: **0800 066 5555** (24 hours a day, 7 days a week) (domestic violence refuge accommodation, 24/7 confidential helpline, outreach and floating support; and the Independent Domestic Violence Advisors who provide support to the highest risk victims). WWIN support female and male victims.
- **Sunderland Counselling Services** www.sunderlandcounselling.org.uk Tel: 0191 514 7007. Counselling services for male and female victims of childhood sexual violence or rape in adulthood.
- **Children's Safeguarding in Sunderland.** If you are worried about the safety of a child or young person you should make a referral to the Safeguarding Children's Team by calling 0191 520 5552. Further information can be found on <http://www.sunderlandscb.com>
- **Adult Safeguarding in Sunderland.** If you are concerned for a vulnerable adult's safety, seek advice from the Safeguarding Adults Team, who can be contacted on 0191 520 5552. The Council's website www.sunderland.gov.uk also has more information on how to 'report a safeguarding issue'
- **Northumbria Police** take domestic abuse very seriously. In an emergency always call the Police on 999 for immediate help. At other times ring 101 and ask for the crime desk. The police can take action against an abuser and give advice on home security and other matters www.northumbria.police.uk
- The **Sexual Assault Referral Centre (SARC)** is a place where victims can receive help and advice and a forensic examination if they have been raped or seriously sexually assaulted. **REACH** (Rape examination, advice, counselling and help) is the name of the SARC that is operated in the Northumbria Police area. REACH is a free, confidential counselling, advice and support service which helps women and men aged 16 or over who have been raped or sexually assaulted. The centres are staffed by women who are experienced in dealing with the effects of rape and sexual assault. They will be happy to help victims whether or not they wish to report the assault to the police. It also has two forensic examination centres: the Rhona Cross Suite located in Newcastle and the Ellis Fraser Suite in Sunderland. Visits are by strict appointment only. Tel: 0191 221 9222 www.reachsarc.org.uk and http://www.reachsarc.org.uk/download/reach_booklet.pdf

National Help and Support for Victims (female, male and LGBT)

- **Women's Aid:** Tel: 0808 2000 247. The national 24 hour domestic violence helpline www.womensaid.org.uk
- **Victim Support:** Tel: 0845 303 0900 www.victimsupport.org.uk Victims do not have to report to the police to access the service. Any advice/support will be totally confidential. Victim Support is open to anyone experiencing domestic violence. This includes male victims and members of Lesbian, Gay, Bisexual, Transgender (LGBT) community

- **MALE:** Tel: 0808 801 0327 (Monday –Friday 10am-5pm) Confidential helpline to support male victims of domestic violence www.mensadviceline.org.uk
- **Forced Marriage Helpline** Tel: 0800 5999 247 (not 24 hours) www.karmanirvana.org.uk
- **Forced Marriage Unit** 020 7008 0151
- **Broken Rainbow:** Tel: 0300 999 5428. A service for LGBT people who are experiencing domestic violence www.brokenrainbow.org.uk
- **MESMAC North East:** Tel: 0191 233 1333. This is a gay/bisexual men's health project which offers advice and information on many different health issues anti-violence. www.mesmacnortheast.com
- **Rape Crisis:** www.rapecrisis.org.uk A national body that provides co-ordination for the rape crisis movement in England and Wales - the website lists local centres

Perpetrators

- **RESPECT:** Tel: 0808 802 4040. A helpline for domestic violence perpetrators which is free from landlines and most mobile phones www.respectphoneline.org.uk

Support for Children and Young People

- **ChildLine:** Tel: 0800 1111 The number is free and won't show up on your phone bill. The interactive website provides helpful support and advice www.childline.org.uk
- **NSPCC:** Tel: 0808 800 5000. This is a confidential number for children and young people. It is free on landlines and on most mobile phones. If you an adult and are worried about a child, you can tel: 0800 800 5000 (24 hours) or visit www.nspcc.org.uk
- **The Hideout:** www.thehideout.org.uk The Hideout is Women's Aid's dedicated website which helps children and young people to understand domestic abuse, and how to take positive action if it is happening to you.
- **This is Abuse** www.thisisabuse.direct.gov.uk The Government's teen abuse campaign
- Impact Family Services www.impactfs.co.uk deliver the **Respect Young People's Programme** (RYPP) – a 12 week early intervention programme for young people aged between 10 and 15 living in the **Sunderland** and **South Tyneside** area. It's aimed at young people who have shown signs of abuse towards a close relation, i.e. parent, sibling or partner. To request a referral form, discuss a possible referral or for further info contact victoria.taylorrobinson@impactfs.co.uk or jayne.welch@impactfs.co.uk Impact Sunderland 0191 567 8282 or Impact South Shields 0191 456 7577
- **Ebeat** www.northumbria.police.uk/ebeat/ has a section of their website targeted at young people. The 'MyHub' section includes info about teenage relationship abuse, bullying and other. Also watch http://www.youtube.com/watch?v=PQOrQ_gunUk which is a film about healthy and unhealthy relationships and the support available to young people.