



Conservatoire for Dance and Drama

Inclusivity Policies and Protocols:

EXTERNAL SUPPORT SERVICES

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General Personal Support

General Health and Wellbeing

Mental Health and Wellbeing Support

Support Services / Contacts	Description of Service	Contact Details
Togetherall www.togetherall.com	An online, anonymous wellbeing service open to all CDD students and staff. Offers online counselling, community forums and self-help training.	www.togetherall.com
Student Minds http://www.studentminds.org.uk/lgbtq.html http://www.studentminds.org.uk/	<p>Student minds is the UK's student mental health charity. We empower students and members of the university community to look after their own mental health, support others and create change. Together we will transform the state of student mental health so that all in higher education can thrive.</p> <p>Key to our approach is ensuring that young people have agency, whilst empowering the community around them to have the health literacy and tools to respond. We want to ensure students have access to timely, youth-friendly support and resources. We're focused on prevention, ensuring that more young people learn how to build their own wellbeing toolkit. We train students and staff in universities across the UK to deliver student-led peer support programmes as well as research-driven campaigns and workshops. By working collaboratively across sectors, we share best practice and ensure that the student voice influences decisions about student mental health.</p>	Phone 01865 264168 Email info@studentminds.org.uk
British Association for Counselling and Psychotherapy (BACP) www.bacp.co.uk/	The leading professional body for counselling and psychotherapy and reference point for anyone seeking information on counselling and psychotherapy in the United Kingdom.	E-mail: bacp@bacp.co.uk Call: 01455 883300 Tweet: @BACP Text: 01455 560606 Our phone lines, Twitter account and text service are monitored from 9am to 5pm, Monday to Friday (not including bank holidays). https://www.bacp.co.uk/contact/
Counselling Directory www.counselling-directory.org.uk/	Support network and directory of UK counsellors and psychotherapists. (Non LGBT specific but includes section on sexuality).	http://www.counselling-directory.org.uk/areaspage.html

<p>Young Minds www.youngminds.org.uk</p>	<p>Young Minds is committed to improving the emotional wellbeing and mental health of children and young people, providing support and advice to young people as well as parents and professionals working with children and young people.</p>	<p>Telephone: general enquiries 020 7089 5050</p> <p>Email: ymentquiries@youngminds.org.uk</p>
<p>Mind https://www.mind.org.uk/</p>	<p>We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.</p> <p>Our local Minds support over 370,000 people across England and Wales. Their services include talking therapies, crisis helplines, drop-in centres, employment and training schemes, counselling and befriending.</p>	<p>Telephone: 0845 766 0163</p> <p>Each local Mind is an independent charity run by local people, for local people. They are responsible for their own funding and services. We work together in partnership with our local Minds - find out more.</p>
<p>Nightline www.nightline.org.uk</p>	<p>A listening, emotional support, information and supplies service run by students, for students, and open at night when few other services are available</p>	<p>Telephone (terms time only): 0207 631 0101</p> <p>Email support: listening@nightline.org.uk</p>
<p>NHS Self Help Resources https://web.nth.nhs.uk/selfhelp/</p>	<p>Various PDF self-help resources produced by the NHS</p>	<p>https://web.nth.nhs.uk/selfhelp/</p>
<p>Centre for Clinical Interventions Resources and workbooks https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself</p>	<p>Provides a range of cross-referenced resources, including inform and self-help, for a number of mental health and wellbeing needs from anxiety and depression to assertiveness and self-compassion.</p>	<p>https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself</p>
<p>Ecouch https://ecouch.anu.edu.au/new_users/welcome01</p>	<p>Self-help online programme to alleviate depression, anxiety, social anxiety, relationship breakdown and loss & grief</p>	<p>https://ecouch.anu.edu.au/new_users/welcome01</p>
<p>Get Self Help www.getselfhelp.co.uk/</p>	<p>Worksheets based on Cognitive Behavioural principles (CBT).</p>	<p>www.getselfhelp.co.uk/</p>
<p>Headspace https://www.headspace.com/</p>	<p>Online/phone app meditation (free trial of 10 sessions).</p>	<p>https://www.headspace.com/</p>
<p>How to Meditate www.how-to-meditate.org</p>	<p>Basic meditation techniques.</p>	<p>www.how-to-meditate.org</p>
<p>Kooth www.kooth.com</p>	<p>Free online support and counselling for young people up to 25.</p>	<p>www.kooth.com</p>
<p>Living Life to the Full</p>	<p>Online self-help strategies and courses.</p>	<p>www.llttf.com</p>

www.lttf.com		
Mindfulness for Students www.mindfulnessforstudents.co.uk	Information about mindfulness and meditation exercises.	www.mindfulnessforstudents.co.uk
MoodGym https://moodgym.com.au/	Free interactive self-help program that provides cognitive behaviour therapy (CBT) training.	https://moodgym.com.au/
Smiling Mind www.smilingmind.com.au	Free mindfulness meditation (online and phone app).	www.smilingmind.com.au
Stressbusting www.stressbusting.co.uk	Information about the symptoms, causes, and treatments.	www.stressbusting.co.uk

Support for Specific Mental Health Diagnoses

Support Services / Contacts	Description of Service	Contact Details
Anxiety UK www.anxietyuk.org.uk	Charity providing support if you have been diagnosed with an anxiety condition.	Telephone: 03444 775 774
Bipolar UK https://www.bipolaruk.org/	A charity helping people living with manic depression or bipolar disorder, including resources and peer support.	Join the Ecommunity: https://www.bipolaruk.org/ecommunity Email: info@bipolaruk.org Live Chat: https://www.bipolaruk.org/
No Panic www.nopanic.org.uk	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.	Telephone: 0300 772 9844 Email: sarah@nopanic.org.uk
OCD UK www.ocduk.org	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.	Telephone: 0333 212 7890

Care Experienced and Estranged

Support Services / Contacts	Description of Service	Contact Details
ButtleUK www.buttleuk.org	Provides support packages up to £2000 for young people aged 16-20 with no family support to enable them to further education or employment. They also offer support for setting up a home and/or improving emotional, mental or physical wellbeing.	www.buttleuk.org
Care Leaver's Foundation www.thecareleaversfoundation.org	Provides modest grants to care leavers aged 18-29 who are in crisis to support household needs, emergency living expenses, medical expenses and education and training needs.	www.thecareleaversfoundation.org Email: janet.rich@thecareleaversfoundation.org Telephone: 0167 854 0598

<p>Stand Alone</p> <p>https://www.standalone.org.uk/</p>	<p>Stand Alone offer innovative advice and support services for all people experiencing estrangement. They help people of all ages who feel they have been cut off as well as those who have walked away.</p> <p>They run support groups, a range of therapeutic workshops and a programme to connect people for ongoing emotional support. Direct support services are currently focussed in London, Sheffield, Edinburgh, Brighton, Bristol and Manchester.</p> <p>They also publish online information and advice guides for all people experiencing estrangement or disownment who can't reach a group or workshop and have a podcast.</p>	<p>https://www.standalone.org.uk/</p>
<p>National Network for the Education of Care Leavers (NNECL)</p> <p>https://www.nnecl.org/</p>	<p>NNECL provide a range of resources focused on higher education for people leaving care including information of student finance</p>	<p>https://www.nnecl.org/</p>
<p>Become</p> <p>https://www.becomecharity.org.uk</p>	<p>Become offers resources (including an advice telephone line and fact sheets) for young people in care and young people who have experienced care.</p>	<p>https://www.becomecharity.org.uk</p> <p>Email: advice@becomecharity.org.uk</p> <p>Telephone: 0800 023 2033</p>
<p>Conservatoire for Dance and Drama – Care Leaver and Estranged Student Bursary</p> <p>http://www.cdd.ac.uk/students/student-support/support-for-care-leavers-and-estranged-students/</p>	<p>CDD offered a bursary of £1000 per year of undergraduate study to students who have experienced care of are estranged.</p>	<p>http://www.cdd.ac.uk/students/student-support/support-for-care-leavers-and-estranged-students/</p>

Disabilities and Neurodiversity Including Specific Learning Differences and Complex Needs

Support Services / Contacts	Description of Service	Contact Details
<p>Disabled Students Allowance</p> <p>www.gov.uk/disabled-students-allowances-dsas</p>	<p>Provides support in the form of bursaries for students with a range of disabilities to support their educational needs</p>	<p>www.gov.uk/disabled-students-allowances-dsas</p>

Neurodiversity including Autism and Specific Learning Differences

Support Services / Contacts	Description of Service	Contact Details
National Autistic Society www.autism.org.uk	Provides information and advice for autistic people, their friends and families	www.autism.org.uk Helpline: 0808 800 4104
BRAINinHE http://www.brainhe.com/index.html	A comprehensive resource on dyslexia and other specific learning difficulties:	http://www.brainhe.com/index.html
British Dyslexia Association http://www.bdadyslexia.org.uk/	General information and advice on dyslexia:	http://www.bdadyslexia.org.uk/
Dyspraxia Foundation http://www.dyspraxiafoundation.org.uk/	Supports individuals affected by dyspraxia:	http://www.dyspraxiafoundation.org.uk/
Adders http://www.adders.org/	Offers information and support for people affected by ADD and AD(H)D. Research articles are	http://www.adders.org/

LGBTQAI+

Support Services / Contacts	Description of Service	Contact Details
Switchboard (General LGBT Support) www.switchboard.lgbt	Provides an information, support and referral service for lesbians, gay men, bisexual and transgender people throughout the United Kingdom.	www.switchboard.lgbt
Stonewall https://www.stonewall.org.uk/	Provides an information, support and referral service for lesbians, gay men, bisexual and transgender people throughout the United Kingdom.	https://www.stonewall.org.uk/
The Gender Trust www.gendertrust.org.uk	The largest Registered Charity helping adults throughout the UK who are Transsexual, Gender Dysphoric or Transgender. Provides information, advice and training.	National Helpline: 0845 231 0505
Childline https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/transgender-identity/	What 'transgender' means Am I transgender? Coming out as transgender Transitioning Dealing with transphobia and bullying	Call us free on 0800 1111 Get support from an adult you trust Talking to a counsellor
London Friend www.londonfriend.org.uk	London's oldest LGBTQ+ charity. Provides services including: Counselling ; Support Groups ; Social Groups ; A library on LGBT issues ; Free information on HIV and AIDS and other Sexually Transmitted Infections.	Telephone Helpline: 020 7837 3337
Trans London www.translondon.org.uk	Discussion/support group for all members of the 'trans' community, whatever their gender identity (or identities) and whatever stage in their 'transition' they have reached (if at all).	www.translondon.org.uk

Religious Beliefs and Religious Observance

Support Services / Contacts	Description of Service	Contact Details
<p>Citizens Advice: Your Right to Freedom of Religion and belief</p> <p>https://www.citizensadvice.org.uk/law-and-courts/civil-rights/human-rights/what-rights-are-protected-under-the-human-rights-act/your-right-to-freedom-of-religion-and-belief/</p>	<p>Provides detailed information about the right to religious expression including how to respond to discrimination.</p>	<p>https://www.citizensadvice.org.uk/law-and-courts/civil-rights/human-rights/what-rights-are-protected-under-the-human-rights-act/your-right-to-freedom-of-religion-and-belief/</p>

Support related to Harassment, Violence and Hate Crime

Services related to bullying

Support Services / Contacts	Description of Service	Contact Details
<p>Beat Bullying</p> <p>www.beatbullying.org</p>	<p>Beat Bullying is an international organisation campaigning to make bullying unacceptable, to prevent young people enduring the pain, fear or isolation of being bullied. Beat Bullying promotes everyone having the right to be safe from bullying, violence and harassment; aiming to stop bullying and keeps young people safe. Support services are available for parent, carers, teachers and professionals; resources include chat rooms, blogs, and access to talk with support staff.</p>	<p>Telephone: General enquiries: 0208 771 3377 (9.00am to 6.00pm)</p> <p>Email: hello@beatbullying.org</p>
<p>National Bullying Helpline</p> <p>http://www.nationalbullyinghelpline.co.uk/</p>	<p>If you are at risk of self harm, or harm from another person or persons, we will alert the emergency services and get help to you.</p> <p>www.nationalbullyinghelpline.co.uk</p> <p>We are a voluntary run helpline with limited resources and funding so please be patient if you are unable to get through first time.</p>	<p>OPENING HOURS We are open from 9am to 5pm Monday to Saturday. We will take urgent calls after hours. Telephone: 0845 22 55787</p> <p>or Telephone/Text: 07734 701221 if you are struggling right now with bullying issues.</p>
<p>E-Crime (Cyberbullying)</p> <p>http://www.ecrime-action.co.uk/</p> <p>If you are at risk of self harm, or harm from another person or persons, we will alert the emergency services and get help to you.</p> <p>www.nationalbullyinghelpline.co.uk</p>	<p>eCRIME is mobile phone or internet abuse. eCRIME is commonly referred to as cyberbullying.</p> <p>eCRIME is any form of anti-social behaviour over the internet or via a mobile device. It is an attack or abuse, using technology, which is intended to cause another person harm, distress or personal loss.</p> <p>eCRIME is rife. We are all potential targets – adults and children alike.</p>	<p>Telephone: 0845 22 55 787 admin@nationalbullyinghelpline.co.uk</p> <p>Whether you are an adult or child we will help you to get the support you need, when you need it. We will help you cope with the initial trauma of an eCRIME attack, identify coping strategies and we will even act on your behalf, and report serious cases, to the appropriate authorities.</p>

<p>Bullying UK</p> <p>http://www.bullying.co.uk/</p>	<p>Get advice and support whenever you need it</p>	<p>Helpline 0808 800 2222</p> <p>Twitter: @bullyingUK</p>
<p>Childline</p> <p>https://www.childline.org.uk/</p> <p>https://www.childline.org.uk/in-fo-advice/bullying-abuse-safety/</p>	<p>Childline is here to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, our trained counsellors are here to support you.</p> <p>Childline is free, confidential and available any time, day or night.</p>	<p>You can talk to us:</p> <p>by calling 0800 1111</p> <p>by email</p> <p>through 1-2-1 counsellor chat</p> <p>Whatever feels best for you.</p>

Services related to discrimination

Support Services / Contacts	Description of Service	Contact Details
<p>Equality Advisory Support Service</p> <p>http://www.equalityadvisoryservice.com/</p>	<p>The Helpline advises and assists individuals on issues relating to equality and human rights, across England, Scotland and Wales. We can also accept referrals from organisations which, due to capacity or funding issues, are unable to provide 'in depth help and support' to local users of their services local users of their services.</p>	<p>Freephone Telephone 0808 800 0082 Text phone 0808 800 0084</p> <p>The EASS helpline is open Monday to Friday 9am to 7pm and Saturday 10am to 2pm.</p> <p>Email us using the form at the link http://www.equalityadvisoryservice.com/app/ask</p> <p>Live Chat We have experts available to advise you now.</p>
<p>Citizen's Advice</p> <p>www.citizensadvice.org.uk</p> <p>Citizen's Advice also recommends the Equality Advisory Support Service https://www.citizensadvice.org.uk/law-and-courts/discrimination/about-discrimination/equality-advisory-support-service-discrimination-helpline/</p>	<p>The EASS helpline is for people who think they may have experienced discrimination and will not be available to employers, service providers or educators. The service aims to support you if you're referred from local organisations. These include advisory groups, faith based organisations and other community groups that support people experiencing discrimination. You can call the helpline directly, but it's best if you go to an advice organisation first. They can then make contact with the service on your behalf.</p>	<p>Telephone: 0808 800 0082 Textphone: 0808 800 0084</p> <p>Monday to Friday, 9am to 7pm Saturday, 10am to 2pm Closed on Sundays and Bank Holidays</p> <p>Address: Equality Advisory Support Service (EASS) FREEPOST Equality Advisory Support Service FPN4431</p>
<p>Stop Hate UK</p> <p>https://www.stophateuk.org/</p>	<p>Stop Hate UK is one of the leading national organisations working to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity. Stop Hate UK provides independent, confidential and accessible reporting and support for victims, witnesses and third parties.</p>	<p>https://www.stophateuk.org/</p>

Services related to domestic violence

LGBTQIA+ Specific Services

Support Services / Contacts	Description of Service	Contact Details
Stonewall https://www.stonewall.org.uk	Advice and Guidance for LGBT individuals on abuse	https://www.stonewall.org.uk/help-advice/criminal-law/domestic-violence
Galop (National LGBT Domestic Violence Helpline) http://www.galop.org.uk/galop-to-run-national-lgbt-domestic-violence-helpline/	LGBT+ anti-violence charity.	National LGBT+ Domestic Abuse Helpline: 0800 999 5428 / 0300 999 5428 London LGBT+ Advice Line: 020 7704 2040 Report online: http://www.galop.org.uk/report-hate/
Broken Rainbow LGBT Domestic Violence http://www.brokenrainbow.org.uk/	Confidential support to all members of LGBT communities, their family, friends and agencies supporting them. Helpline, email support and online chat support. Telephone: 0300 999 5428 Email: mail@brokenrainbow.org.uk	Helpline (male worker may answer): Mon 10am-8pm, Tue, Wed 10am-5pm and Thur 10am-8pm. 1pm-5pm Tuesday is a trans specific service.

Services Specifically for Lesbians

Support Services / Contacts	Description of Service	Contact Details
SOLA Survivors of Lesbian Partnerships Abuse	Advice and support for survivors of lesbian partnerships abuse	Helpline: 020 7328 7389 (ask for SOLA)

Services Specifically for Men

Support Services/ Contacts	Description of Service	Contact Details
Men's Advice Line http://www.mensadvice.org.uk	Advice and support for men experiencing domestic violence and abuse. Men's Advice Line: confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members). We help by: giving you time to tell your story; offering emotional support; providing practical advice; signposting you to other services for specialist help. Our trained advisors help and advise: Heterosexual male victims of domestic violence Gay and bi male victims of domestic violence Frontline workers	Telephone: 0808 801 0327 Mon-Fri 9am-5pm Email: emailinfo@respectphoneline.org.uk

Mankind Initiative http://www.mankind.org.uk/	A national helpline for all men suffering from domestic abuse or violence and for their friends and family. We welcome calls from mothers, sisters and friends of male victims seeking information.	Telephone: 01823 334244 Mon-Fri 10am-4pm & 7pm-9pm.
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Services Specifically for Women

Support Services / Contacts	Description of Service	Contact Details
Women's Aid Federation womensaid.org.uk	Women's Aid is the national domestic violence charity that helps up to 250,000 women and children every year. We work to end violence against women and children, and support over 500 domestic and sexual violence services across the country.	National Domestic Violence Helpline (24hrs): 0808 2000 247 Sexual violence

Services related to sexual violence

Female Genital Mutilation

Support Services / Contacts	Description of Service	Contact Details
Female Genital Mutilation (FGM) FGM helpline (NSPCC)	If you need advice or information about female genital mutilation or are worried about a child at risk you can contact the NSPCC (National Society for the Prevention of Cruelty to Children) helpline. The FGM helpline is open 24 hours a day / 7 days a week, free from a landline.	Telephone: 0800 028 3550
Daughters of Eve http://www.dofeve.org	Supporting, advising, advocating and empowering young people from FGM practising communities.	http://www.dofeve.org/get-help-now.html

Rape and Sexual Abuse

National Services

Support Services / Contacts	Description of Service	Contact Details
Rape Crisis rapecrisis.org.uk	National organisation offering support and counselling for those affected by rape and sexual abuse. See website for local groups or contact directory enquiries.	Helpline: 0808 802 9999 (12-2:30 and 7-9:30)
Sexual Assault Referral Centres (SARCs)	Contact a local Sexual Assault Referral Centre for immediate medical and emotional support – find your local SARC via the NHS webpage in the contact details box to the right:	http://www.nhs.uk/Service-Search/Rape-and-sexual-assault-referral-centres/LocationSearch/364
Victim Support Rape and sexual assault	Services are confidential, free and available to anyone who's been raped or sexually assaulted, now or in the past. We can help, regardless of whether you have told the police or anyone else about the attack. Our volunteers can visit you at home (if you want us to, and if doing so will not put you at further risk) or somewhere else if you prefer. If you don't want to see anyone face-to-face, you can also talk to us on the phone.	Supportline: 0808 168 9111

RASAC (Rape and Sexual Abuse Support Centre) rasasc.org.uk	National helpline for survivors of rape and childhood sexual abuse, their families and friends. Provides emotional and practical support.	National Helpline: 0808 802 9999 (12-2.30 & 7-9.30)
The Survivors Trust thesurvivorstrust.org	Rape and sexual abuse can happen to anyone regardless of their age, gender, race, religion, culture or social status. Living with the consequences of rape and sexual abuse can be devastating. We believe that all survivors are entitled to receive the best possible response to their needs whether or not they choose to report.	Helpline: 0808 801 0818 Find support

Services Specifically for Men

Support Services/ Contacts	Description of Service	Contact Details
Survivors UK – Male Rape and Sexual Abuse Support survivorsuk.org Independent Sexual Violence Advisor (ISVA) Services Individual Counselling Groupwork	If you have been subjected to male rape or sexual abuse, one of your biggest challenges will be taking the decision to talk to someone. At Survivors UK we know this can seem an enormous and daunting step. Anxiety and fear are among the most common emotions experienced by the abused. But these feelings do become easier and people can, and do, successfully go on to explore their past and its links with today in making sense of recurring problems. We offer emotional support by our Chat Service and SMS and we'll do our best to point you in the right direction.	Chat Services: Mon – Fri 10:30am-9pm Sat – Sun 10am-6pm SMS: 020 3322 1860 Whatsapp: 074 9181 6064 Email: info@survivorsuk.org Other Support Services: Online Helpline

Services Specifically for Women

Support Services/ Contacts	Description of Service	Contact Details
Women Against Rape womenagainstrape.net (Based in London, but nationwide organisation)	This is the joint website of Women Against Rape and Black Women's Rape Action Project . Both organisations are based on self-help and provide support, legal information and advocacy. We campaign for justice and protection for all women and girls, including asylum seekers, who have suffered sexual, domestic and/or racist violence. Address: Crossroads Women's Centre 25 Wolsey Mews London NW5 2DX	Women Against Rape email: war@womenagainstrape.net Black Women's Rape Action Project email: bwrap@rapeaction.net Telephone: 020 7482 2496 (Monday-Friday 1.30-4pm) Fax: 020 7267 7297

Bristol Specific Services

Support Services / Contacts	Description of Service	Contact Details
<p>The Bridge - South Gloucestershire and Somerset SARC</p> <p>(Sexual assault referral centre)</p>	<p>The Bridge is a Sexual Assault Referral Centre (SARC). We offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted.</p> <p>If you live in South Gloucestershire, Somerset, North Somerset or North East Somerset, our specialist team is here for you. We also offer information to friends and family if someone you care about has been affected by sexual assault.</p> <p>It doesn't matter when you were assaulted, where it happened or who did it – we'll listen to your experience and help you to get the support you choose.</p>	<p>Telephone: 0117 342 6999 - 24 Hours</p> <p>Address: 2nd Floor, Central Health Clinic Tower Hill Bristol Somerset BS2 0JD</p>
<p>Independent Sexual Violence Advisors</p> <p>Area: BRISTOL</p>	<p>Many specialist support agencies offer an Independent Sexual Violence Adviser (ISVA) service to victims/survivors of rape and sexual assault. The Independent Sexual Violence Adviser role was commissioned by Baroness Stern through the Home Office Violent Crime Unit in 2005.</p> <p>An ISVA is trained to look after your needs, and to ensure that you receive care and understanding. They will help you understand how the criminal justice process works, and will explain things to you, such as what will happen if you report to the police, and the importance and process of forensic DNA retrieval.</p> <p>An ISVA is there to provide you with information only so that you can make the right decision for you. By contacting them, you are not expected to report any offence to the police.</p>	<p>Telephone: 0117 925 0680</p> <p>Contact Name: Debbie Naylor, ISVA, based at Next Link, Bristol</p> <p>Contact Name: Helen Whittle, ISVA, based at Next Link, Bristol</p> <p>Area covered: The whole of the Avon & Somerset Constabulary Area.</p> <p>Email: debbie.naylor@nextlinkhousing.co.uk</p>
<p>Somerset and Avon Rape and Sexual Abuse Support</p> <p>https://www.sarsas.org.uk/</p> <p>(Provides face to face support in these areas: Bath, Bridgewater, Glastonbury, Minehead, Weston-super Mare, Yate, and Yeovil.)</p>	<p>We can provide support for people from anywhere in Bath and North East Somerset, Bristol, North Somerset, Somerset, or South Gloucestershire.</p> <p>We have offices in Taunton and Bristol where we can provide face to face support. You can take a look at them here. We are able to provide women-only services in a women-only space in our centre in Bristol. We always try to make all of our other spaces as safe as possible but are unable to guarantee they will be women-only.</p>	<p>Women and girls</p> <p>Telephone: 0808 801 0456</p> <p>Monday & Friday 11.00am – 2.00pm Tues, Wed and Thurs 6.00pm – 8:30pm</p> <p>Men and boys</p> <p>Telephone: 0808 801 0464</p> <p>Monday 11.00am – 2.00pm Tuesday 6.00pm – 8:30pm</p>

	If we are not currently providing face to face support in your area, we can provide support in the spoke nearest to you or over the phone.	
Somerset and Avon Rape and Sexual Abuse Support Survivor Pathway http://www.survivorpathway.org.uk/	<p>The Survivor Pathway is an online resource for anyone wanting to know more about specialist sexual violence support services in the South West.</p> <p>The Bristol survivor pathway is a guide for anyone wanting to know more about specialist sexual violence support services in Bristol.</p>	http://www.survivorpathway.org.uk/bristol/
	<p>Bristol also has a specialist Sexual Violence MARAC. This is a multi agency meeting that helps services co-ordinate their response to survivors who are at risk of harm.</p>	<p>Please call 0117 945 4322</p> <p>http://www.survivorpathway.org.uk/safeguarding-bristol/</p>

Leeds Specific Services

Support Services / Contacts	Description of Service	Contact Details & Further Information
The Hazlehurst Centre - West Yorkshire SARC www.hazlehurstcentre.org	<p>The Hazlehurst Centre is a Sexual Assault Referral Centre (SARC) that offers free support and practical help to anyone in the West Yorkshire area that has experienced sexual abuse. Our service is completely confidential and you do not have to give any personal information in order to get help. If you would like to speak to someone we are available 24/7.</p>	<p>Contact Telephone Number: 0330 223 3617 – Day</p> <p>Helpline: 0330 223 0099 - Night</p> <p>Contact email address: hazlehurstcentre.sarc@nhs.uk</p>
STAR (Surviving Trauma After Rape) www.starproject.co.uk (SARC)	<p>The STAR Project is a free support service for females and males aged 14 and over who have been raped or sexually assaulted. STAR offer counselling, emotional and practical support throughout West Yorkshire. The offence does not have to be reported to the Police in order to access the service, and the service is provided from a range of premises across West Yorkshire making it easily accessible to all.</p> <p>If you are 16 or over and have been raped or sexually assaulted within the past 7 days you can now self-refer to SARC. Their Crisis Worker will discuss your options with you and, if you wish, can arrange for you to have a forensic medical examination. Evidence gained from an examination will be stored by the Sexual Assault Referral Centre. If, in future, you do decide to report the incident to the Police, SARC can help you with this process. You will also be able to</p>	<p>Telephone: 01924 298 954 (Mon – Fri 9am – 5pm)</p>

	access emotional and practical support and counselling.	
SARSVL (Support After Rape and Sexual Violence Leeds) www.supportafterrapeleeds.org.uk	Support After Rape & Sexual Violence Leeds (SARSVL) is a feminist organisation supporting women and girls who have been affected by sexual violence at any time in their lives, promoting their needs and working towards the elimination of sexual violence. Client Group: Female survivors over the age of 18 Website: http://supportafterrapeleeds.org.uk/advocacy/	Telephone: 0808 802 3344 (see website for current opening times) www.supportafterrapeleeds.org.uk
		Contact Name: Lucy Coen , Advocacy Co-ordinator at Support After Rape and Sexual Violence Leeds (SARSVL) Telephone: 0113 2002930 Email: Advocacy@sarsvl.org.uk Contact Name: Alison Boydell , ISVA at Support After Rape and Sexual Violence Leeds (SARSVL)
SPECIALIST SUPPORT FOR MEN: Survivors UK http://www.survivorsuk.org/	SurvivorsUK helps men who have been sexually violated and raises awareness of their needs.	Telephone: 0845 122 1201 Mon & Tues 6pm – 9pm Weds 12pm – 2.30pm & 6pm – 9pm Thurs 12pm – 2.30pm

London Specific Services

Support Services / Contacts	Description of Service	Contact Details
The Haven – Whitechapel SARC (near to Royal London Hospital (east))	The Haven is a Sexual Assault Referral Centre (SARC) and offers support services for women, men and children who have been raped or sexually assaulted. It is free and confidential and offers: special support for young people, examinations to collect evidence of rape or sexual assault and testing for sexually transmitted infections and HIV.	Contact Telephone Number: 020 3299 6900 - 24 Hours
The Haven – Paddington SARC (near to St Mary’s Hospital (west))		Helpline : 020 3299 1599 - General Enquiries
The Haven – Camberwell (near to King’s College Hospital (south)) www.thehavens.org.uk		Opening times Available 24 hours, call for advice or to make an appointment.
Herts SARC - Hertfordshire SARC www.hertssarc.org	Herts SARC is a Sexual Assault Referral Centre that offers free support and practical help to anyone in the Hertfordshire area that has experienced sexual abuse. Our service is completely confidential and you do not have to give any personal information in order to get	Contact Telephone Number: 0808 178 4448 - 24 Hours Contact email address: Herts.SARC@nhs.net

	help. If you would like to speak to someone we are available 24/7.	
Oakwood Place – Essex SARC www.oakwoodplace.org.uk	Oakwood Place Sexual Assault Referral Centre (SARC) offers free support and practical help to anyone in Essex who has experienced sexual abuse or sexual violence. Our service is completely confidential and you do not have to give any personal information in order to get help. If you would like to speak to someone we are available 24/7.	Contact Telephone Number: 01277 240 620 - 24 Hours Contact email address: Essex.SARC@nhs.net
Opendoor Housing Trust	Housing and support for gay men escaping domestic and homophobic violence. 18-65 years old.	Helpline 020 8743 2165

London Independent Sexual Violence Advisors (ISVAs)

Area Covered	Client Group / Specialist Areas of Work	Contact Details
Central London Website: www.survivorsuk.org	Client Group: Male survivors over the age of 18	Contact Name: Alan Robertson , Male ISVA at SurvivorsUK Telephone: 07496 287 527 Email: isva@survivorsuk.org
London boroughs of Barnet, Brent, Camden, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, Islington, Kensington & Chelsea, Westminster Website: www.thehavens.co.uk	Client Group: Young people aged between 13-18 who have experienced sexual violence within the last 12 months	Contact Name: Siân Ruddick , Young Persons' Advocate at The Haven, Paddington Telephone: 020 3299 1599 Email: Sian.Ruddick@nhs.net
Area Covered: London boroughs: Barnet, Brent, Camden, Ealing, Hammersmith and Fulham, Harrow, Hillingdon, Hounslow, Islington, Kensington and Chelsea, Westminster Website: www.thehavens.co.uk	Client Group: People who have experienced sexual violence within the last 12 months Specialist Area of Work: People with mental health problems aged 18+	Contact Name: Liz Willows , ISVA based at The Haven, Paddington Telephone: 0203 312 1101 / 0771 751 2136 Email: liz.willows@nhs.uk
Area Covered: London boroughs of City, Hackney, Tower Hamlets & Newham.	Client Group: Sex Workers, individuals working in the sex industry	Contact Name: Jacqueline Vannard , ISVA based at Open Doors, Community Health Services, Homerton University Hospital, NHS, St Leonards, Nuttal Street, London N1 5LZ Telephone: 07852 918 404 Email: jacqueline.vennard@chpct.nhs.uk

<p>Area Covered: Ealing, Hammersmith and Fulham</p> <p>Website: www.wgn.org.uk</p>	<p>Client Group: Women and girls aged 14 years +</p>	<p>Contact Name: Rina Mehta, Independent Sexual Violence Advisor based at Women and Girls Network</p> <p>Telephone: 020 8567 7347 Email: rina@wgn.org.uk</p>
<p>Area Covered: Inner London</p> <p>Website: www.respond.org.uk</p>	<p>Client Group: People with learning disabilities</p>	<p>Contact Name: Deborah Lyttelton, Independent Sexual Violence Advisor based at Respond</p> <p>Telephone: 020 7380 8256 Email: isva@respond.org.uk</p>
<p>Area covered: Inner London</p> <p>Website: www.respond.org.uk</p>	<p>Client Group: People with learning disabilities</p>	<p>Contact Name: Annie Rose, Independent Sexual Violence Advisor based at Respond</p> <p>Telephone: 020 7380 8257 Email: isva@respond.org.uk</p>
<p>Area covered: All London boroughs</p> <p>Website: www.respond.org.uk</p>	<p>Client Group: Young people with a learning disability (11+)</p>	<p>Contact Name: Lynne Tooze, ISVA based at Respond</p> <p>Telephone: 02073808357/ 07732416953 Email: Lynne@respond.org.uk</p>
<p>ISVA Service at RASASC Rape Crisis South London, with 3 ISVAs</p> <p>Area covered: South London boroughs</p> <p>Website: www.rasasc.org.uk</p>	<p>Client Group: Women and girls aged 13+</p>	<p>Telephone: 0208 683 3311 Email: ISVA@rasasc.org.uk</p>
<p>Area covered: South London boroughs</p>	<p>Any.</p>	<p>Contact Name: Linda Popely, ISVA based at Victim Support, South London SE1</p> <p>Telephone: 0207 277 1433 Email: linda.popely@vslondon.org</p>

Support related to Personal Crisis

Alcohol and Drug Abuse

Support Services/ Contacts	Description of Service	Contact Details
<p>Addaction</p> <p>https://www.addaction.org.uk/</p> <p>Services we offer</p> <p>Mental health Read more Visit the Thinkaction website</p> <p>Adult drug and alcohol Read more</p> <p>Young persons Read more Visit the young addaction website</p> <p>Friends and family Read more</p>	<p>Addaction support adults, children, young adults and older people to make positive behavioural changes. Whether that's with alcohol, drugs, or mental health and wellbeing, we're here to help people improve their lives in ways they never thought possible.</p> <p>We run a number of specialised services to support people into recovery. These include:</p> <p>One to one sessions Medical prescribing Structured day programme Group sessions Needle exchange Education, training and employment</p>	<p>For general enquiries and information please call our reception 020 7251 5860</p> <p>or email info@addaction.org.uk.</p> <p>Or, if you would like to get in touch please use the form at https://www.addaction.org.uk/please-get-touch and we'll direct it to the most appropriate service.</p> <p>If your question is about a specific service, you can find your nearest Addaction service for their correct local contact details.</p> <p>You can also find us on Twitter @AddactionUK and on Facebook.</p>
<p>ADFAM</p> <p>http://www.adfam.org.uk/</p>	<p>Adfam is the national charity working to improve life for families affected by drugs and alcohol. Drug and alcohol use can threaten and ultimately destroy family relationships and wellbeing. We empower family members and carers, support frontline workers and influence decision-makers to stop this happening.</p>	<p>By telephone: 020 3817 9410 (please note we do not operate a helpline - see the find help section for further information)</p> <p>By email: admin@adfam.org.uk</p> <p>On Twitter On Facebook On LinkedIn</p> <p>Where to find us: Adfam 2nd Floor 120 Cromer Street London WC1H 8BS</p>
<p>Drinkline</p>	<p>Drinkline is the national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline, in complete confidence.</p>	<p>Telephone: 0300 123 1110</p> <p>(weekdays 9am – 8pm, weekends 11am – 4pm)</p>
<p>Alcoholics Anonymous</p> <p>https://www.alcoholics-anonymous.org.uk/</p>	<p>If you need help with a drinking problem either phone our national helpline free, or email us. It's one alcoholic talking to another.</p>	<p>Telephone: 0800 9177 650</p> <p>Email: help@aamail.org</p>
<p>Ok Rehab</p>	<p>OK Rehab specialises in local drug and alcohol rehab and addiction treatment. This treatment is available via both</p>	<p>Telephone: 0800 326 5559</p>

https://www.okrehab.org/	inpatient and outpatient treatment providers. Ok Rehab also works with clinics to facilitate home-based treatments.	Contact form: https://www.okrehab.org/contact/ Email: info@okrehab.org
Talk to Frank http://www.talktofrank.com/support-near-you	The highs, the lows, And everything in between. If you want to talk, you can call FRANK, 24 hours a day, 365 days a year. Need a quick answer? Text a question and FRANK will text you back.	Telephone: 0300 123 6600 Text: 82111 Email: http://www.talktofrank.com/contact

Disordered Eating and Eating Disorders

Support Services/ Contacts	Description of Service	Contact Details
Centre for Clinical Interventions Resources and workbooks https://www.cci.health.wa.gov.au/resources/looking-after-yourself/disordered-eating	Provides a range of resources, including inform and self-help, about disordered eating, eating disorders and related behaviours such as perfectionism, intense self-criticism and body dysmorphia.	https://www.cci.health.wa.gov.au/resources/looking-after-yourself/disordered-eating
BEAT https://www.beateatingdisorders.org.uk/	A leading charity for people with eating disorders and their families. Includes several help lines and email services for adults, students and young people and self-help resources.	For all telephone numbers and email addresses: https://www.beateatingdisorders.org.uk/support-services/helplines For self-help and information: https://www.beateatingdisorders.org.uk/recovery-information
National Eating Disorders Association (NEDA) https://www.nationaleatingdisorders.org/	Provides a self-diagnostic tool, a webs chat and various resources. NEDA are based in the USA but their online resources and diagnostic tool can be accessed by anyone.	https://www.nationaleatingdisorders.org/

Grief and Bereavement

Support Services/ Contacts	Description of Service	Contact Details
Child Bereavement UK https://www.childbereavementuk.org/	Support and resources for children, young people (up to age 25), parents, and families, when a child grieves or when a child dies.	Telephone: 0800 028 8840 Email: support@childbereavementuk.org Live chat: https://www.childbereavementuk.org/
Cruse Bereavement Care https://www.cruse.org.uk/	Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland.	Telephone: 0808 808 1677

	They offer support via helpline and several online resources	CruseChat, Monday-Friday, 9am-9pm. https://www.cruse.org.uk/get-help/crusechat
Hope Again https://www.hopeagain.org.uk/	Bereavement support specially for young people	Email: hopeagain@cruse.org.uk Telephone: 0808 808 1677
Care for the Family https://www.careforthefamily.org.uk/	Care for the Family advocate for all aspects from family life including marriage, parenthood and bereavement.	Extensive Resource List: https://www.careforthefamily.org.uk/family-life/bereavement-support/supporting-bereaved-people/further-help

Homelessness

Support Services/ Contacts	Description of Service	Contact Details
Albert Kennedy Trust https://www.akt.org.uk/	<p>The Albert Kennedy trust supports LGBT young people experiencing homelessness or living in hostile environments to find safe homes, employment, education or training and to celebrate their identities in order to improve their life outcomes.</p> <p>We do this by offering:</p> <ul style="list-style-type: none"> Access to advice from one of our housing specialists Connection to a mentor for one to one support Access to our emergency support pack or tenancy starter pack Accommodation with a specially trained AKT carer A place to stay in our Purple Door accommodation service A safe place with one of our many housing provider partners Access to life skills training, events and peer support networks <p>Our support is tailored to your own specific situation, so what we can do to help you will depend on your circumstances.</p>	<p>We have offices in London, Manchester and Newcastle; which are staffed from 10am - 4:30pm Mon-Fri. If you require emergency support, please click here for advice.</p> <p>If you are based in the North West call our Manchester office on 0161 228 3308</p> <p>If you are based in the North East call our Newcastle office on 0191 281 0099</p> <p>If you are based in the South call our London office on 020 7831 6562</p> <p>Get Online Support: https://inter-akt.plusguidance.com/</p>

Honour-based abuse and forced marriage

Support Services/ Contacts	Description of Service	Contact Details
Karma Nirvana www.karmanirvana.org.uk	Karma Nirvana provides support to victims of honour based abuse and forced marriages.	Telephone: 0208 571 9595 (Mon to Fri, 9.30am-5pm)
Southall Black Sisters https://southallblacksisters.org.uk/need-help/forced-marriage/	Southall Black Sisters offer, amongst other advocacy work, detailed information of how support to victims of and forced marriages.	Telephone: 0800 5999 247 (Mon to Fri, 9.00am-5pm-closed 12:30-13:00)

		https://southallblacksisters.org.uk/need-help/forced-marriage/
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Self-Harm

Support Services/ Contacts	Description of Service	Contact Details
National Self Harm Network http://www.nshn.co.uk	Supports individuals who self harm and their families.	Survivor forum: http://www.nshn.co.uk/forum/
Self-Injury Support http://www.selfinjurysupport.org.uk/ (Based in Bristol, but nationwide organisation)	Run by a Bristol charity, this national organisation supports girls and women in emotional distress – particularly women who harm themselves.	TESS Text and Email Support, for girls and young women under 25 who self-injure. Open Monday – Friday 7pm-9pm. Text: 0870 047 2908 Email via online form http://www.selfinjurysupport.org.uk/tessform/

Services Specifically for Women

Stalking Support

Support Services/ Contacts	Description of Service	Contact Details
National Stalking Helpline http://www.stalkinghelpline.org/	Call the National Stalking helpline or visit their website	Helpline: 0300 636 0300 http://www.stalkinghelpline.org/
Scared of Someone https://www.scaredofsomeone.org/	An information site from the Network for Surviving Stalking which contains information about stalking; safety advice and links to organisations that can help:	https://www.scaredofsomeone.org/

Suicidal Crisis

Support Services/ Contacts	Description of Service	Contact Details
C.A.L.M - the Campaign Against Living Miserably https://www.thecalmzone.net/	A leading movement against suicide and offers help, information and advice via a phone and web service. C.A.L.M also provides advise and resource for those bereaved by suicide or those worried about others.	5pm-midnight daily Telephone: 0800 58 58 58 Online webchat www.thecalmzone.net/help/webchat
Samaritans www.samaritans.org	Provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. They can be contacted by phone, email, post, app or by visiting a branch in person:	Telephone: 116 123 Email: jo@samaritans.org In person:

		https://www.samaritans.org/b ranches/ Online: https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/ Post: Chris Freepost RSRB-KKBY-CYJK PO Box 9090 STIRLING FK8 2SA
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Trafficking Support

Support Services/ Contacts	Description of Service	Contact Details
The Red Cross https://www.redcross.org.uk/about-us/what-we-do/modern-slavery-and-trafficking	<p>The Red Cross UK crisis response teams set up reception centres for exploited and potentially trafficked people. These are open once local police or the National Crime Agency (NCA) identify people in need.</p> <p>The centres are open 24 hours a day for a short-term period. They provide emergency provisions such as food, clothes and blankets; offer a listening ear and emotional support; and give first aid.</p>	Helpline: antitrafficking@redcross.org.uk
Modern Slavery Helpline https://www.modernslaveryhelpline.org/	<p>Through the 24 hour helpline, potential victims are able to speak to fully-trained Helpline Advisors who can help them access relevant services, including Government-funded support through the National Referral Mechanism.</p> <p>Members of the public and those delivering services on the front-line can also report any modern slavery suspicions or concerns about individuals, premises or locations. In addition, other agencies supporting potential victims can call for support and businesses can call for information and advice.</p>	Helpline: 08000 121 700 - 24/7 helpline