England Squash

**Advice and support for those who have experienced abuse**

You may or may not have chosen to disclose (share with somebody) the experiences you have been subjected to. The following contact details offer you a range of possible contacts for you to use, either to tell someone what has happened to you or to seek support and/or guidance about how to tell someone. Perhaps you have already disclosed and you would like to discuss your thoughts, concerns or feelings about your current situation. You may have concerns about your short-term future or the longer term. Whatever the case you can find someone who will be willing to listen and offer support.

It is important to point put that this guidance is offered in addition to any support and guidance that you receive either from Social Services, NSPCC or the Police.

**Aftermath**

PO Box 414

Sheffield

S4 7RT

Tel/fax 0114 275 3883

Helpline 0114 275 8520

Support, advice and befriending for families of serious offenders

www.aftermathuk.org.uk

**Careline**

Cardinal Heenan Centre

326 High Rd

Ilford

IG1 1QP

Tel 020 8514 1177

Confidential crisis telephone counselling service for children, young people and adults. Face to

face service for adults.

www.ukselfhelp.info/careline

**Child Line**

Studd Street

London

N1 0QW

Tel 020 7239 1000/fax 020 7239 1001

Free national telephone helpline for children 24 hrs 0800 1111

Children's charity with national 24-hour telephone help line, founded in 1985. Offers children the

opportunity to talk in confidence.

[www.childline.org.uk](http://www.childline.org.uk)

**Family Rights Group**

The Print House

18 Ashwin Street

London

E8 3DL

Tel 020 7923 2628/fax 020 7923 2683

Assists families with children in care/residential accommodation/involved in child protection

procedures

www.frg.org.uk

**Contact Youth: (Tel: 028 9045 7847)**

Youth counselling.

**FSU**

207 Old Marylebone Road

London

NW1 5QP

Tel 020 7402 5175/fax 020 7724 1829

Counselling, welfare, legal advice. Offices in all areas of UK

www.fsu.org.uk

**Institute of Family Therapy**

24-32 Stephenson Way

London

NW1 2HX

Tel 020 7391 9150/fax 020 7391 9169

Family & couple therapy. Problems for families, children, adolescents, relationships, divorce,

separation, illness and bereavement

www.instituteoffamilytherapy.org.uk

**Lifeline**

Susan Dyas

Walnut Tree House

98 Moor End

Holme on Spalding Moor

YO43 4DR

Tel 01262 469 085

Help and advice for families experiencing psychological, physical or sexual abuse within the home.

Encourages and supports groups

**Local Rape Crisis Centres**

Contact numbers available in the telephone directory. These centres can offer help to survivors of

abuse.

**Refuge**

2 – 8 Maltravers Street

London

WC2R 3EE

Tel 020 7395 7700

24 hour national domestic violence helpline 0808 808 9999

Can refer women experiencing domestic violence to refuges and give advice on welfare rights

www.refuge.org.uk

**SAFE**

PO Box 1557

Salisbury

Wiltshire

SP1 2TP

Tel 01722 410 889

www.ukselfhelp.info/safe

**Self Harm Alliance**

PO Box 61

Cheltenham

GL51 8YB

Tel 01242 578 820

National organisation offering support

www.selfharmalliance.org

**SOLA (Survivors of lesbian abuse)**

55 Hemstal Road

London

NW6 2AD

Tel 020 7328 7389

Support for those who have experienced violence in a lesbian relationship

**The Samaritans**

The Upper Mill

Kingston Road

Ewell

KT 17 2AF

Helpline (local call rate) 08457 90 90 90

Admin tel 020 8394 8300/Fax 020 8394 8301

Nationwide, non-religious, non-political 24 hour confidential support

www.samaritans.org.uk

**Victim Support**

Cranmer House

39 Brixton Road

London

SW9 6DZ

Tel 020 7735 9166/fax 020 7582 5712

Helpline 0845 3030 900

Local Victim Support services provide emotional support, information and practical help for victims

and witnesses

www.victimsupport.org

**Women’s Aid Federation of England**

PO Box 391

Bristol

BS99 7WS

Tel 0117 944 4411

Helpline 0808 2000 247

Advice and temporary refuge for women and their children threatened by mental or physical

violence

www.womensaid.org.uk

**www.get.to/kids-in-crisis**

An online resource for children and teenagers who are having difficult life problems and do not know where to turn for help.

**www.kidscape.org.uk**

A charity for children that runs a helpline and training events and has collaborated on many child

protection initiatives.

**www.nottingham.ac.uk/sociology/act**

The website of the Ann Craft Trust, a national association which deals with the protection of learning disabled adults and children from sexual abuse. It also provides support for families and survivors.

**The Ann Craft Trust**

Centre for Social Work

University of Nottingham

Nottingham NG& 2RD

Tel: 0115 951 5400 Fax: 0115 951 5232

E-mail:Ann-Craft-Trust@nottingham.ac.uk

**www.nspcc.org.uk**

Britain's largest children's charity and a prime mover in the development of child protection services

for sport. They run a 24-hour telephone helpline. The NSPCC National Training Centre houses a

staffed Child Protection in Sport Unit, with multi-agency backing (see www.thecpsu.org.uk).

**www.nspcc.org.uk/kidszone**

Kids Zone is a website designed for young people, where you can find out more about the NSPCC

and learn about their work to help children. There's the latest on the FULL STOP Campaign and

news about celebrity supporters. Kids Zone will be developed over the next few months.

**www.self-help.org.uk**

The UK's free online specialised child protection resource.

A general list of 1,000 self-help organisations in the UK.