



Domestic Abuse – Support Agencies

(Further information can be found on our website – www.wiltshire.police.uk)

Horizon team (OPCC)

Horizon Victim and Witness Care was established to ensure that every victim of crime benefits from the best possible integrated support service according to their needs.

01225 256 925



www.ncdv.org.uk

The National Centre for Domestic Violence was established in 2003 to help survivors of domestic violence and abuse obtain protection against an abuser. We specialise in providing free, fast and effective legal support to survivors of domestic violence and abuse, usually by helping individuals obtain injunctions from their local county court. This free service is provided to everybody, regardless of their financial circumstances, sexual orientation, race, gender, age, political, religious belief or otherwise.

Phone: 0207 1868270 / 0800 970 2070 (Press option 1)

Text: NCDV to 60777 and they will call back



Domestic abuse service for residents living in the Swindon area. Our service operates 24 hours a day and 365 days a year, our service supports both female and male victims of domestic violence and abuse and it's confidential and free of charge. We provide support to those living in Swindon who need help to exit their abusive relationships safely, and provide emergency refuge to those who need to flee their homes due to the violence and abuse. We have a 24 hour a day telephone helpline 01793 610610 which is answered by specialist domestic abuse service staff who can provide advice and support irrespective of the time you call - day or night.

Phone: 24 /7 helpline: 01793 610610

Email: office@swindonwomensaid.org



[Home - Fear Less \(fear-less.org.uk\)](http://fear-less.org.uk)

Fear Less is the new name for Splitz. They are an independent charity and leading provider of domestic abuse support services in southwest England.

Phone: 01225 775276
Email: spa@fear-less.org.uk



www.hometruths.coop

01793 617589

The Freedom Programme, run by Hometruths, is a self-help group for women of all ages and backgrounds, who have been, or are in, violent and abusive relationships. The Freedom Programme aims to increase women's ability to take control of their own lives and provides an opportunity to develop ways of thinking and behaving to protect themselves, their children and others from harm. Hometruths run weekly sessions during term time. There is no attendance fee.



www.refuge.org.uk

For women and children.
Against domestic violence.

Supporting those who have experienced violence and abuse is at the core of everything we do. No matter what your experience – domestic violence, sexual violence, 'honour' based violence, forced marriage, FGM, human trafficking or modern slavery – we are here to support you. We run a range of specialist services to help survivors access safety and rebuild their lives.

Phone: 24/7 helpline 0808 2000 247



Home | Safelives

Safe Lives are a national charity dedicated to ending domestic abuse, for good. We combine insight from services, survivors and statistics to support people to become safe, well and rebuild their lives.

Phone: 0808 200 0247 (run in partnership between Women's Aid and Refuge)
0808 802 4040 (for men worried that they may be harming someone else)
0808 801 0327 (male advice & enquiry)
0800 999 5428 (national helpline for lesbian, gay, bisexual and trans people experiencing domestic abuse)
0207 008 0151 (forced marriage unit)



www.karmanirvana.org.uk

Karma Nirvana is a UK registered charity that supports victims and survivors of Forced Marriage and Honour Based Abuse. Karma Nirvana seeks to make a positive impact on the lives of individuals, helping them to achieve a sense of peace and, ultimately, enlightenment.

UK Helpline: 0800 5999 247 | Monday - Friday: 9am - 5pm.



As an independent charity, we work towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve. We help people feel safer and find the strength to move beyond crime. Our support is free, confidential and tailored to your needs.

Phone: 08081 689111



www.suzylamplugh.org

The National Stalking Helpline offers information and guidance to anybody in the UK who is currently or has previously been affected by harassment or stalking through a freephone number and email facility. The Helpline is open 09:30 to 16:00 weekdays except for Wednesdays when it is open 13:00 to 16:00. The Helpline is not open on bank holidays.

Phone: 0808 8020300



www.paladinservice.co.uk

Paladin is a trauma-informed service established to assist high risk victims of stalking in England and Wales. Paladin provides advice to professionals and all survivors of stalking that contact our service. Survivors can contact us directly or be referred via professionals.

Phone: 020 3866 4107



First Light works in partnership with the NHS to deliver immediate support for women, men and children who have experienced rape or sexual assault.

Phone: 01793 781 916

Email: sw.sarc@firstlight.org.uk



<http://respect.uk.net>

The Respect Phoneline is a confidential helpline, email and webchat service for perpetrators of domestic violence looking for help to stop. We help male and female perpetrators, in heterosexual or same-sex relationships. Partners or ex-partners of perpetrators, as well as concerned friends and family members and Frontline Workers are also welcome to contact us for information, advice and support.

Phone: 0808 802 4040

Email: info@respectphoneline.org.uk



www.mensadvice.org.uk

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.

Phone: 0808 8010327



www.mankind.org.uk

Our confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner). This can range from actual violence or object throwing to mental abuse such as constant bullying or constant insults. We provide both emotional support and practical information.

Phone: 01823 334244 Weekdays 10am to 4pm



www.samaritans.org

We offer a safe place for you to talk any time you like, in your own way – whatever's getting to you.

Phone: Call 116 123 any time, day or night from any phone for FREE.

Email: jo@samaritans.org



OTHER USEFUL TELEPHONE NUMBERS

Swindon Borough Council Homeless Department – 01793 463181

Army Welfare Service – 01980 615975

Lift Psychology – 01793 836836

NSPCC Service Centre - 01793 683 100

PASH (Preservation Around Self Harm) - 01793 649510 / 07796 196459

Swindon Drug and Alcohol Treatment Service 01793 611870