

How we can help

- ✔ **1-2-1 support** - our team of accredited professionals provide high quality support, advice and information
- ✔ **Emergency accommodation** - we can help people escape abuse through our refuges and dispersed accommodation.
- ✔ **Free, confidential helpline** - available 7 days a week on 03000 110 110.
- ✔ **Groups and programmes** - including our own Moving on From Domestic Abuse programme (MODA), the Freedom Programme and You and Me Mum.
- ✔ **Respect Young Person's Programme (RYPP)** - supporting young people and their families to live free from abuse and violence.
- ✔ **Peer mentoring and befriending** - provided by our dedicated volunteers, we offer survivors additional befriending support and the opportunity to talk through their experiences with a peer mentor.
- ✔ **Live chat** - for people who don't want to or can't contact the helpline we provide a confidential Live Chat service from 5pm until 7pm via our website.
- ✔ **Counselling and therapy** - working closely with our partner agencies we can refer people on for counselling and therapeutic support.
- ✔ **Sexual violence** - for anyone affected by sexual abuse or violence we work closely with BSARCS to provide the right support.
- ✔ **Training and awareness** - from our free online training and our well-resourced website to our accredited advanced courses we offer a range of training to help professionals increase awareness and confidence in dealing with domestic abuse.

CALL **03000 110 110**