Local & National Abuse Support Networks

Where to find resources you might need:

Local

Lighthouse
lighthousewa.org.uk

Lighthouse Women's Aid is based in Ipswich and provides emotional support to women, young people and children experiencing domestic abuse in their personal or family relationships.

ACT Anglia Care Trust
Support • Advice • Action
angliacaretrust.org.uk

ACT provide a variety of services including: Community Safety – helping people to feel safe; Housing Services – helping people to keep a roof over their heads; Advice, Guidance and Advocacy – helping people to be heard

Leeway
leewaysupport.org

Leeway is an independent charity providing support to adults, young people and children who are experiencing domestic abuse in Norfolk and Suffolk.

The Ferns
theferns-suffolk.org.uk

The Ferns is a SARC (Sexual Assault Referral Centre). They offer medical care and emotional support to any victim of rape and sexual assault. 24hr Helpline: 0300 123 5058

SUFFOLK RAPE CRISIS
suffolkrapecrisis.org.uk

Local support and confidential advice for women who have experienced rape or sexual assault. Helpline is open Tues and Thurs, 7pm – 9pm: 0800 0850 520

National

women's aid
until women & children are safe
burystedmundswomensaid.org.uk

Women's Aid is a national grassroots federation working together to provide life-saving services in England and build a future where domestic abuse is not tolerated.

Refuge
For women and children.
Against domestic violence.
nationaldomesticviolencehelpline.org.uk

National Domestic Violence Helpline 24/7: 0808 2000 247 - the helpline can provide confidential advice for women experiencing domestic abuse, or others calling on their behalf.

NSPCC
nspcc.org.uk

If you are an adult and you have concerns about a child, you can get free, confidential advice by calling the NSPCC Helpline, available 24hrs a day: 0808 800 5000

galop
galop.org.uk

Gallop is the national domestic violence charity for LGBTQ+ people, offering advice, support and referral services. Helpline: 0800 9995428

Local & National Support Networks

Where to find resources you might need:

wellbeing
Helping you live your life
wellbeingnands.co.uk/suffolk

Wellbeing Suffolk provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. Helpline: 0300 123 1503

SAMARITANS
samaritans.org

The Samaritans offer listening and support to people and communities in times of need. They are there day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Helpline: 116 123

galop
galop.org.uk

Gallop is the national domestic violence charity for LGBTQ+ people, offering advice, support and referral services. Helpline: 0800 9995428

hope
after · suicide · loss
hopeaftersuicideloss.org.uk

HOPE is dedicated to providing comprehensive support, specifically tailored to meet the needs of suicide loss, to alleviate isolation, reduce secondary suicides and offer a service with no waiting list. Bereaved by Suicide? – Contact HOPE on 07531 087 623

ManKind Initiative
mankind.org.uk

The Mankind Initiative is the principal, expert and specialist charity in the UK focussing on male victims of domestic abuse. Confidential helpline for male victims of domestic abuse and domestic violence: 01823 334244

Respect
Phoneline
respectphoneline.org.uk

Respect runs a confidential helpline for domestic violence perpetrators (male or female). They offer information and advice to support perpetrators stop their violence and change their abusive behaviours. Helpline: 0808 802 4040

NSPCC
nspcc.org.uk

If you are an adult and you have concerns about a child, you can get free, confidential advice by calling the NSPCC Helpline, available 24hrs a day: 0808 800 5000

childline
ONLINE. ON THE PHONE. ANYTIME
childline.org.uk

ChildLine is a national counselling service for children and young people. If you're a young person and you're worried about something, big or small, you can speak to someone about it by calling ChildLine: 0800 1111