

Support Organisations for Survivors in the UK

Safe Spaces

A free and independent support service for anyone who has experienced abuse in relation to the Church of England, the Church in Wales or the Catholic Church of England and Wales. This could be abuse by someone who holds any role at the church or anyone linked with or participating in a church-led activity or group.

If you have been affected, however long ago, Safe Spaces can provide you with support. You do not have to have told the police or the church authorities, and you do not have to still be involved with the church. Your information will not be shared without your consent unless you or someone else is in immediate danger.

The Safe Spaces team is available on its helpline at the times listed below. You can also email them or contact them anonymously via the chat facility on their website.

Website: <https://www.safespacesenglandandwales.org.uk/>

Telephone: 0300 303 1056 (Mon–Fri: 9am–9pm, Sat: 9am–1pm, Sun: 1pm–5pm)

Email: safespaces@firstlight.org.uk

Childline

Free and confidential help and advice service for anyone under the age of 19. Their phone line operates 24 hours a day, 7 days a week.

Website: <https://www.childline.org.uk>

Telephone: 0800 1111 (Mon–Sun: 24 hours a day)

Galop

Supporting LGBT+ people who have experienced abuse and violence.

Website: <https://galop.org.uk/>

Telephone: 0800 999 5428 (Mon, Tue, Fri: 10am–5pm, Wed–Thu: 10am–8pm)

Grief to Grace

Provide a specialised five-day programme of spiritual and psychological healing for anyone who has suffered sexual, physical, emotional or spiritual abuse in childhood, adolescence or adulthood, including those who are the victims of rape, incest or abuse by a member of the clergy.

Website: <https://www.griegtograceuk.org/>

Telephone: 020 8154 2719 (Mon–Fri: 10am–5pm)

Hourglass

Formerly *Action on Elder Abuse*. A charity that works to challenge and prevent the abuse of older people.

Website: <https://wearehourglass.org/>

Telephone: 0808 808 8141 (Mon–Sun: 24 hours a day)

Karma Nirvana

A charity that helps anyone who has been affected by honour-based abuse.

Website: <https://karmanirvana.org.uk/>

Telephone: 0800 5999 247 (Mon–Fri: 9am–5pm)

Mankind

Help and support for male victims of domestic abuse and domestic violence.

Website: <https://www.mankind.org.uk/>

Telephone: 01823 334244 (Mon–Fri: 10am–4pm)

Medaille Trust

Provides refuge and freedom from modern slavery.

Website: <https://www.medaille-trust.org.uk/>

Telephone: 0800 069 9916 (Mon–Sun: 24 hours a day)

Minister and Clergy Sexual Abuse Survivors (MACSAS)

Supports women and men who have been sexually abused, as children or adults, by ministers, clergy or others under the guise of the Church.

Website: <https://www.macsas.org.uk/>

Telephone: 08088 010340 (Sat: 9am–11:30am, Wed: 7pm–9:30pm)

National Association for People Abused in Childhood (NAPAC)

Offers support to adult survivors of all types of childhood abuse.

Website: <https://napac.org.uk/>

Telephone: 0808 801 0331 (Mon–Thu: 10am–9pm, Fri: 10am–6pm)

National Society for the Prevention of Cruelty to Children (NSPCC)

The UK's leading children's charity.

Website: <https://www.nspcc.org.uk>

Telephone: 0808 800 5000 (Mon–Fri: 8am–10pm, Sat–Sun: 9am–6pm)

Rape Crisis England & Wales

Provides specialist information and support to all those affected by rape, sexual assault, sexual harassment and all other forms of sexual violence and abuse.

Website: <https://rapecrisis.org.uk/>

Telephone: 0808 500 2222 (Mon–Sun: 24 hours a day)

Refuge

Help for women and children experiencing domestic abuse and violence.

Website: <https://www.refuge.org.uk/>

Telephone: 0808 2000 247 (Mon–Sun: 24 hours a day)

Replenished

Support for those who have experienced abuse and trauma in a religious context.

Website: <https://www.replenished.life/>

Telephone: 07746 153703 (Mon–Tue: 9am–5pm)

Respect

Helpline for male victims of domestic abuse.

Website: <https://mensadviceline.org.uk/>

Telephone: 0808 801 0327 (Mon–Fri: 9am–8pm)

Stop It Now

UK-wide charity dedicated solely to preventing child sexual abuse.

Website: <https://www.stopitnow.org.uk/>

Telephone: 0808 1000 900 (Mon–Thu: 9am–9pm, Fri: 9am–5pm)

Unseen

A UK charity that provides safe houses and support in the community for survivors of trafficking and modern slavery.

Website: <https://www.unseenuk.org/working-with-survivors/>

Telephone: 08000 121 700 (Mon–Sun: 24 hours a day)

Women's Aid

Charity for women and children who are living with domestic abuse.

Website: <https://www.womensaid.org.uk/>

Telephone: 0808 2000 247 (Mon–Sun: 24 hours a day)

Prepared by the CACS Safeguarding Team.

