

There are several charities working to support people experiencing domestic violence that can provide temporary housing, confidential helplines offering emotional and practical support, and advocacy services.

Here are a few, to turn to if you need help:

Karma Nirvana

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



KARMA NIRVANA

Karma Nirvana is a specialist charity for victims and survivors of honour-based abuse in the UK. Honour-based abuse is a crime committed to protect or defend the 'honour' of a family or community.

According to the charity, it can take many forms – including child marriage, virginity testing, enforced abortion, forced marriage, female genital mutilation, as well as physical, sexual and economic abuse and coercive control.

The charity was founded by Dr Jasvinder Sanghera, who escaped a forced marriage at 15 and tragically lost her sister to honour-based abuse. You can reach the helpline on 0800 5999 247.

Flows

<https://www.flows.org.uk/>

FLAWS

Finding Legal
Options for
Women Survivors

Finding Legal Options for Women Survivors (Flows) is a legal support service to help protect women against domestic abuse. Its team of experts can help you to consider your options and it's entirely confidential and fully independent. You can access the services online, on the phone or in person in your local area.

You can use this interactive map to find advice agencies or legal aid family solicitors. These organisations – which include law centres, Citizens Advice bureaux, women's refuges and charities – are all part of the Flows network.



**Mayah's
Legacy**

ManKind Initiative

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



The ManKind Initiative has a confidential helpline for male victims of domestic abuse and domestic violence across the UK. It provides information, support and signposting. Call 01823 334244 to speak to their team confidentially.

Your support changes lives. Find out how you can help us help more people by signing up for a subscription

Hourglass

<https://wearehourglass.org/domestic-abuse>



Hourglass gives advice and support to older people who are victims of abuse and exploitation in the UK. It is the country's only charity focused on the abuse and neglect of older people. You can call the helpline on 08088088141, text 07860052906, email helpline@weare-hourglass.org or use the online chat function.

National Stalking Helpline

<https://www.suzylamplugh.org/pages/category/national-stalking-helpline>



The National Stalking Helpline is run by the Suzy Lamplugh Trust. The charity was founded following the disappearance of 25-year-old Suzy Lamplugh in 1986. The helpline can provide advice on how to deal with any type of stalking behaviour, including how to contact the police and what to expect when you report something. You can reach them on 0808 802 0300.

SignHealth

<https://signhealth.org.uk/>



SignHealth is a charity supporting deaf people across the UK, with a specialist domestic abuse service. It is the only domestic abuse service that specialises in supporting deaf people. The team currently works in London and the south-east but offers remote support across England. Text 07800 003421 or email da@sign-health.org.uk if you need help.

Rising Sun Domestic violence and abuse Service

<https://www.risingsunkent.com/>



Rising Sun
Domestic Violence
& Abuse Service

Rising Sun Domestic Violence & Abuse Service supports women and children affected by domestic abuse in Canterbury and East Kent. We support our users through every step of removing abuse from their lives and improving their safety. Phone: 01227 452852. For out of hours support call the National Domestic Violence Helpline on 0808 2000 247 (available 24 hours a day 365 days a year)

London Black Women's Project

<https://www.lbwp.co.uk/about.html>

London
Black Women's
Project

London Black Women's Project (LBWP) is a specialist, women-only organisation dedicated to supporting Black, Asian and minoritized women. Call the Free 24 hours National Domestic Violence Helpline: 0808 2000 247

Jewish Women's Aid

<https://www.jwa.org.uk/>



**JEWISH
WOMEN'S
AID**

JWA provides a freephone helpline, practical and legal advice and a confidential counselling service for Jewish women facing domestic violence. It also runs a secure refuge in London for women of all levels of religious observance and their children.
Helpline: 0808 801 0500

Chinese Information and Advice Centre

<https://ciac.co.uk/>



華人資料及諮詢中心

Chinese Information and Advice Centre

A UK charity offering free legal advice and support to disadvantaged Chinese people living in the UK. Their Women's Support Project helps women who are experiencing family or marital difficulties and provided access to services including housing and legal help.
Helpline: 08453 131 868z

Rights of women

<https://rightsofwomen.org.uk/>



Offers an advice line with free legal advice for women by women and a sexual violence helpline. Rights of Women is a voluntary organisation committed to informing, educating, and empowering women about their legal rights. Legal helpline: 020 7251 6577 Sexual violence helpline: 020 7251 8887

Women's Aid

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

women's aid

until women & children are safe

Women's Aid has been developing policy and supporting UK women for more than 45 years. The charity can provide temporary housing, offers an online live chat, a forum to speak with other women who have survived domestic abuse, email links to support workers and a survivor's handbook for help navigating life after experiencing domestic violence.

Refuge

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



Refuge opened the world's first safe house for women and children fleeing domestic abuse in 1971, in West London's Chiswick. Since then, the charity has grown into the UK's biggest service provider for survivors of domestic and gender-based violence, supporting more than 6,000 women and children per day.

Available 365 days a year and 24 hours a day, those in need can freephone Refuge's national helpline on 0808 2000 247 or seek support online.

The National Domestic Abuse Helpline

<https://www.nationaldahelpline.org.uk/>

The National Domestic Abuse Helpline is a freephone 24 hour helpline which provides advice and support to women and can refer them to emergency accommodation.

Rape Crisis

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



With a string of independent centres across the UK, Rape Crisis provides support for survivors of sexual violence, and works to develop common understanding of abuse in all its forms.

Visit the charity's website to be directed to your nearest centre, to find resources about escaping abuse, or to chat online with an expert.

Galop

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



Galop, run by LGBT+ people for LGBT+ people, supports those in the community who have experienced abuse, sexual violence and hate crimes.

They provide support over the phone and advocacy services for people who need assistance long-term, as well as campaigning for policy change to protect LGBT+ survivors of abuse.

Southall Black Sisters

<https://southallblacksisters.org.uk/>



Southall Black Sisters, created in 1979 to support Black and ethnic minority women, campaigns against gender-based violence and supports survivors.

Their advice and resource centre is based in West London – though the charity's work has a national reach – providing counselling, specialist advice, advocacy, casework and other support in several languages found in the local community.

Men's Advice Line

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



Men's Advice Line is a confidential helpline, email and webchat service for men who are survivors of domestic abuse. The charity offers non-judgmental emotional support and practical advice as well as signposting to other services which will help protect men and their children from further abuse.

Solace Women's Aid

<https://www.solacewomensaid.org/>



solace

Solace Women's Aid offers free advice and support to women and children in London to build safe and strong lives. The charity offers accommodation, advice and support, rape crisis service, tailored services for young women and people from disadvantaged backgrounds and therapeutic services. You can contact them on 0808 802 5565 if you need help.

Hopscotch

<https://hopscotchuk.org/>

hopscotch

WOMEN'S CENTRE

Since 1998, Hopscotch has been a safe space for minoritised ethnic women and their families in their times of need. We have helped thousands of women out of poverty, abuse and into employment. Our elder women's services and youth provision have given hundreds of women and girls a place away from isolation, moving towards friendship and positive mental health.

We have been increasing our outreach to strengthen access to our work via a wraparound service, so that we can be there for every woman who needs us.



Body language speaks louder than words. Your body language shapes people's perceptions. Seventy percent of any given conversation is non-verbal. That's why it's important to be aware of your body language and vocal tone.

Before any conversation or meeting, preparation is key. You are the expert on your own life and know what's best for you. Sometimes, people will think they know better, and you will disagree. It's important to remember that nobody knows you better than you do.



Have a clear plan for the issues you want to raise and the best way to communicate them.

People don't need to know everything about you, just what you need them to know. Make sure you clearly voice your concerns, wants, and needs so people can help you to the best of their ability. If people don't understand you the first time, think about a different way of describing what you're feeling and what you need.



It's good to help others, but not at the expense of your own health and well-being. Self-care is very important and can improve your mental, emotional, and physical health. It can also reduce anxiety. Once you've mastered good self-care, you're in a better position to help others.

You need to work out what's important to you. Can you compromise on your needs or wants? Can professionals? Write down what you can and can't change and begin to negotiate if you can't reach your desired outcome.



Don't end a conversation with a professional until you're sure you've understood everything they've told you. If you don't understand something, ask.

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You may not always feel able to self-advocate. There is support out there for you, whether it's a family member, friend, community support group, professional advocate, or online resources. Don't be afraid to seek help. Ask someone you feel comfortable with to get the ball rolling for you.

Try to view your situation as something you can change and take control of.



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