

SUPPORT SERVICES

NUMBERS TO CALL



Central Access Point

☎ 0808 800 3302

Call for urgent mental health needs or when you are in crisis. This number can be also used by friends or family.

Available 24hrs.

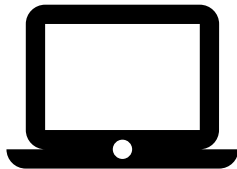
Samaritans

☎ 116 123

A free, **completely confidential** number to call when you need to talk to someone. **Available 24hrs.**

Harmless

Harmless is a centre dedicated to self-harm and suicide support and prevention.



Their website is full of resources for anyone needing support as well as friends and family members.



www.harmless.org.uk

SCAN ME

Self referral form



They offer face-to-face sessions to anyone in Leicester, Leicestershire and Rutland. They have a self-referral form on their website.

Quell

Free digital mental wellbeing support for adults across the UK.



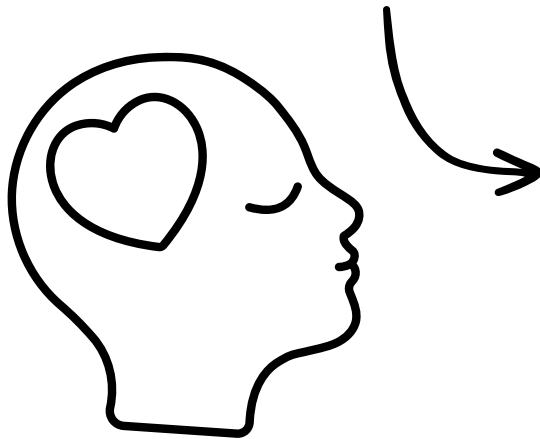
- Chat to a practitioner
- Connect with community
- Use guided self-help

www.qwell.io

Please be aware!
To use Quell, you have to create an account (which is completely anonymous).

Mind

A mental health charity that provides advice and support to empower anyone experiencing a mental health problem.



www.mind.org.uk

SEXUAL ABUSE

SUPPORT SERVICES

Quetzal


A service to support women recovering from the trauma of childhood sexual abuse.

 **0333 101 4280**



Juniper Lodge


A service for anyone over the age of 18 that has been affected by rape or sexual assault.

 **0116 273 3330**



Jasmine House


A service that works with female survivors of sexual abuse, sexual violence and rape aged 13+.

 **0116 255 8852**



First Step Service

A service for male survivors of sexual abuse or rape, and their supporters.

 **0116 254 8535**



DOMESTIC ABUSE

SUPPORT SERVICES

 **0808 80 200 28**

This helpline number is the main route to **all domestic and sexual violence services**, provided by **Freeva** (free from violence and abuse). This number is free to call and hidden from bills.

FOR MORE INFORMATION...

 info@freeva.org.uk

 Text support: **07715 994 962**

 www.freeva.org.uk



Jenkins Centre

Integrated domestic abuse service to help adults and young people aged 10+ to stop using abusive behaviour in their relationships.


 www.jenkinscentre.org 

Living Without Abuse (LWA)

A charity that provides support and help to anyone suffering from domestic abuse or sexual violence.

 **01509 550317**

 lwa.org.uk 

More helpful websites
continued on next page. 

Respect

Online advice and support for those wanting to stop abusive behaviours in their relationships, including young people.


Also offering specialist support for male victims of abuse.

www.respect.uk.net



Mankind Initiative

Support for male victims of domestic abuse.


 **01823 334 244**

 **www.mankind.org.uk**



Panahghar

Dedicated BME multi-lingual support for victims and their families of domestic abuse or gendered abuse.

 **0808 80 200 28**

 **www.safehouse.org.uk**

