



FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

International Resources for Survivors of Abuse

People visit RAINN.org from all over the world.

For Americans Living Abroad

Get help in an emergency by [locating the nearest Embassy or Consulate](#).

You can also call the State Department's emergency numbers:

From the U.S. & Canada [1.888.407.4747](tel:18884074747)

From Overseas [+1 202.501.4444](tel:+12025014444)

Canada Resources

Emergency: Dial 211

<http://www.211toronto.ca/>

If your partner has abused or bullied you, you can get a Legal Aid Certificate for two hours of free legal advice. You do not have to prove you have a low income to get this Certificate. You must fill out a form called the "**Advice Lawyer Family Violence Authorization**" that you can get from some community legal clinics, women's shelters, Family Law Service Centres or by calling Legal Aid directly.

To apply for a Legal Aid Certificate, [visit their website at www.legalaid.on.ca](http://www.legalaid.on.ca) :

- [416-979-1446](tel:4169791446) (in Toronto)
- [1-800-668-8258](tel:18006688258) (toll free)
- [1-866-641-8867](tel:18666418867) (for TTY)
- **[Assaulted Women's Helpline - 1-866-863-0511](tel:18668630511)** — A 24-hour telephone and TTY crisis line for women in the province of Ontario. AWH also speaks to friends and family members of abused women, service providers and other professionals in contact with abused women.

Vancouver Rape Relief and Women's Shelter

Tel: [\(604\) 872-8212](tel:6048728212) Crisis Line

Fax: [\(604\) 876-8450](tel:6048768450)

TTY: [604- 877-0958](tel:6048770958) (9AM to 9PM)

info@rapereliefshelter.org

Sexual Assault Services of Saskatchewan

Ph: [306-934-1022](tel:306-934-1022)

E-mail: sass@sasktel.net

Canadian family law web site in 14 languages and special populations

<http://www.onefamilylaw.ca/>

- The National Clearinghouse on Family Violence:
- <http://www.phac-aspc.gc.ca/ncfv-cnivf/help-aide-eng.php>

• Legal services:

- issues related to violence against women, contact the Ontario Women's Justice Network (OWJN) <http://www.owjn.org/>

UK Resources

B

Barnardo's

Run projects across the UK supporting children, young people and families
Where abuse has happened.

Tel: Emergency: 999

Childline 0800 11 11

NSPC: 0808 800 5000

<https://believeinme.barnardos.org.uk>

Behind Closed Doors – Leeds

Working with men and women experiencing domestic abuse.

Leeds Domestic Violence Service: 0113 246 0401

<http://www.behind-closed-doors.org.uk>

Bradford Rape Crisis & Sexual Abuse Survivors Service

Tel: 01274 308 270

Broken Rainbow

Broken Rainbow – National Lesbian, Gay, Bisexual & Trans Domestic Violence Helpline

Tel: 0800 999 5428
www.brokenrainbow.org.uk

C

The Children's Society

Learn about child sexual exploitation, the forms it takes and children who are at risk. (CSE)

Tel: 0300 303 7000
<https://www.childrensociety.org.uk>

D

Daughter Arise

Support for Female survivors of sexual abuse and sexual violence

Initial contact via email: support@daughterarise.org.uk
<http://www.daughterarise.org.uk/our-services/>

Domestic Violence Services Keighley

01535 210999

Dorset Action on Abuse

Supporting men and women over the age of 16 who are survivors of child abuse in Dorset, Bournemouth and Poole.

Tel: 01202 732424
<http://www.dorsetactiononabuse.org.uk/index.html>

F

First Person Plural

Support groups for complex dissociation. Run by members
Norwich, Norfolk and Chester.

Tel: 01902 820082
<http://www.firstpersonplural.org.uk/support/peer-support-groups>

H

Harbour

Works with families and individuals who are affected by abuse from a partner, former partner or other family member.

Tel: 03 0000 20 25 25

<http://www.myharbour.org.uk>

The Healer Foundation

Professional Holistic Practitioner Network with members involved in a wide range of complimentary therapies.

Tel: 01226 700 791

<http://www.healerfound.co.uk/contactus.html>

Hope

HOPE provides self help and support groups and many other activities including counselling for survivors in the Scarborough, Whitby, Ryedale and Leeds.

Tel: 01723 381811

www.hopesurvivors.org.uk

support@hopesurvivors.org.uk

I**IDAS – York, Harrogate & Barnsley**

Supporting survivors of domestic abuse.

National Helpline: 0808 200 247

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

Into The Light

Offers support, counselling, information and resources around issues of sexual abuse. Skype groups, workshops and one to one counselling in Brighton or London.

Contact via email: infointothelight.org.uk

<http://www.intothelight.org.uk>

K**Khiron House**

A trauma clinic for residential and out patient therapies.

Harley Street, London.

Tel: 020 3811 2705
<http://khironhouse.com>

L

Lifecentre: Supporting survivors of rape and sexual abuse.

Sussex, England, UK.

Everyone who comes to Lifecentre for help has been through the most profound of personal experiences. The very core of their humanity and physicality has been violated. Repairing and preventing the impact of this violation is our passion and commitment.

Our team of dedicated counsellors walk alongside men, women and children of all ages who have been raped or sexually abused. We offer face to face therapy, crisis intervention, and helpline support.

<http://lifecentre.uk.com>

Helplines

adults tel: 0844 847 7879

under 18 tel: 0808 802 0808

text: 07717 989 022

N

NAPAC Support Groups

Support groups for all types of adult survivors of childhood abuse. Currently a waiting list for groups in London, Cardiff and Bradford.

Tel: Freephone 0808 801 0331

<https://napac.org.uk/support-groups>

National Domestic Violence Helpline

Tel: 0808 2000 247

National Health Service – Help after rape & sexual assault

<http://www.nhs.uk/Livewell/Sexualhealth/Pages/Sexualassault.asp>

National LGBT Domestic Violence Helpline

<http://www.brokenrainbow.org.uk/>

NWG

A network to support people/organisations working with young people at risk of or experiencing sexual exploitation and/or modern slavery. They can also give advice on suitable local resources in any part of the UK.

Tel: 01332 585371

<http://www.nwgnetwork.org/the-work-we-do/>

NSPC

Standing up for children, demanding that laws change and action is taken to better protect them.

Tel; Helpline for children and young people: 0800 1111

<https://www.nspcc.org.uk/what-we-do/>

O

Oxfordshire Sexual Abuse & Rape Crisis Centre

Support group for women and girls survivors of sexual abuse, rape, domestic abuse, and harassment.

Tel: 0800 783 6294 or 01865 726 295

<https://www.oxfordrapecrisis.net>

P

Positive Outcomes for Dissociative Survivors

Offering training for professionals and survivors to equip people to recover from childhood trauma. Also run a helpline and support information.

Support Line: 0800 1814420 (Tuesday only)

<http://www.pods-online.org.uk>

R

Rape Crisis England & Wales

Free phone 0808 802 9999

12 noon - 2.30pm and 7 - 9.30pm every day of the year

Find details of local Rape Crisis helplines and services near you.

Rape & Sexual Abuse Support Centre

South London

Free phone National Helpline: 0808 802 999

<http://www.rasasc.org.uk>

Rape Support Cheshire & Merseyside

Support for any adult or child affected by sexual violence

Tel: 0330 363 0063

<http://www.rapecentre.org.uk>

Refuge

Support for women and children of domestic abuse

24 hour helpline: 0808 2000 247

www.refuge.org.uk

ROSA – Rape or Sexual Abuse Support

Free confidential support for anyone experiencing the trauma of rape, sexual abuse or sexual violence.

Helpline: 01788 551151

<https://rosasupport.org>

S

Safeline

Surviving sexual abuse & rape

Helpline: 0808 800 508

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

Stop It Now! (UK & Ireland)

To encourage adult abusers and those at risk of abusing to recognise their behaviour as abusive or potentially abusive and to seek help to change.

<http://www.stopitnow.org.uk/>

Tel: 0808 1000 900

Email Help: help@stopitnow.org.uk

Sex Addicts Anonymous

A fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency. Electronic meetings by telephone or internet are available if no face-to-face meetings can be found.

<http://saa-recovery.org/>

Tel: UK 07842 108302

Tel: Elsewhere (713) 869-4902

Email: info@saa-recovery.org

Samaritans

Free phone 24 hours a day: 116 123

<http://www.samaritans.org/how-we-can-help-you/contact-us>

Saras

Somerset & Avon

Rape & sexual abuse support

Tel: Women & Girls 0808 801 0456

Men & Boys 0808 801 0464

<http://www.saras.org.uk>

Sorry's Not Enough

Domestic Violence

<http://sorrystnotenough.co.uk>

Staying Put - Bradford

Domestic violence Support

Tel: 01274 667104

www.stayingput.uk.net

Email enquiries@stayingput.uk.net

Safeline

For survivors of sexual abuse. Groups available for women, men, young people and partners in the Warwickshire area.

Helpline Tel: 0808 800 5008

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

Support Line:

Helpline 01708 765 200

http://www.supportline.org.uk/problems/rape_sexual-assault.php

Survivors of Sexual Abuse Anonymous

A 12-step program for adults who have been sexually abused in East Sussex

<http://www.sosaa.org.uk>

The Survivors Trust

Support, Advice and information – 0808 801 0818

<http://thesurvivorstrust.org>

Survivors' Network

Members of Rape Crisis England and Wales. Supporting women survivors of sexual violence and abuse in Sussex. Drop-ins and workshops.

Office Tel: 01273 203380

<http://www.survivorsnetwork.org.uk>

T

The Meadows

Sexual Assault Referral Centre for residents of County Durham and Darlington.

Tel: 0191 301 8554

<http://www.themeadowsdurham.org.uk/>

Teen Challenge UK

Freeing people from addiction

Tel: 01664 822 221

http://teenchallenge.org.uk/?gclid=EAIaIQobChMlyZWv7fWu1QIVXMayCh1x1A72EAAYAAEgKuw_D_BwE

The Bridge

Help after rape and sexual assault

24 hour helpline: 0117 342 6999

<http://www.thebridgecanhelp.org.uk>

V

Victim Support

Support Line: Free phone 08 08 16 89 111

<https://www.victimsupport.org.uk/help-and-support/get-help>

W

West Yorkshire Police – Domestic Abuse Contacts

<https://www.westyorkshire.police.uk/helpadvice/domestic-abuse-affects-your-children-too/contact-information>

Women's Aid

Working with women and children survivors of domestic abuse.

Free phone: 0808 20000 247

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

We are a volunteer organization, and strive to keep these listings accurate and up to date. If you have additions or corrections, please write to: support@frea.support.