

How we can help

- ✓ **1-2-1 support** - our team of accredited professionals provide high quality support, advice and information.
- ✓ **Emergency accommodation** - we can help people escape abuse through our refuges and dispersed accommodation.
- ✓ **Free, confidential helpline** - available 7 days a week on 03000 110 110.
- ✓ **Groups and programmes** - including our own Moving on From Domestic Abuse programme (MODA), the Freedom Programme and You and Me Mum.
- ✓ **Respect Young Person's Programme (RYPP)** - supporting young people and their families to live free from abuse and violence.
- ✓ **Peer mentoring and befriending** - provided by our dedicated volunteers, we offer survivors additional befriending support and the opportunity to talk through their experiences with a peer mentor.
- ✓ **Live chat** - for people who don't want to or can't contact the helpline we provide a confidential Live Chat service from 5pm until 7pm via our website.
- ✓ **Counselling and therapy** - working closely with our partner agencies we can refer people on for counselling and therapeutic support.
- ✓ **Training and awareness** - from our free online training and our well-resourced website to our accredited advanced courses we offer a range of training to help professionals increase awareness and confidence in dealing with domestic abuse.

CALL **03000 110 110**