

## COMPASS

### Essex Compass

A partnership of domestic abuse services providing a response in Essex. Also, offer help for men who are victims of domestic abuse.

**Essex Domestic Abuse Helpline:** 0330 3337444 (8am - 8pm weekdays and 8am – 1pm weekends, messages responded to within 24 hours)

**Website:** <https://www.essexcompass.org.uk/>



**The Next Chapter** (Braintree, Chelmsford, Colchester, Maldon, Tendring & Uttlesford)

Provides support so that survivors of domestic abuse can reclaim their lives and choose the future that they want.

**Helpline:** 0330 3337444 or 01206 500585

**Website:** <https://www.thenextchapter.org.uk/>



**The Change Project** (Chelmsford)

Provide counselling, to address behavioural and sexual problems (working with young people in schools and families as well) and offer behavioural change programmes to perpetrators. Also, provide training for professionals.

**Tel:** 0800 5003006 **Email:** [tcp@thechangeportfolio.org](mailto:tcp@thechangeportfolio.org)

**Website:** <https://www.thechange-project.org/>



**Skylark Church** (Chelmsford)

Is a beacon church and partners with **Restored** (see below) working with men, women and the LGBTQ+ community. They offer 1:1 support in the form of a buddy system, counselling that members of the community can access, run empowerment courses for victims/survivors and provide a safe space for those who are in need of somewhere to plan an escape. To access these services please contact: **Tel:** 07757796492

**Email:** [eddie.lawless@skylarkchurch.com](mailto:eddie.lawless@skylarkchurch.com)

**Website:** <https://skylarkchurch.com/about-us/>

### Restored

### Restored

Restored, have a vision for a network of churches that never tolerate abuse, and are committed to providing a safe refuge for survivors and nurturing them back to health.

**Website:** <https://www.restored-uk.org/>



### Refuge

Can give advice about your legal rights, give help with specialist support and help you find a safe refuge.

**National Domestic Abuse Helpline:** 0808 2000247 (open 24 hours a day)

**Website:** <https://refuge.org.uk/> (Online chat available Monday – Friday 3pm – 10pm)

**National Domestic Abuse Website:**

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

### Respect

Respect is a charity which runs support services and programmes for those who inflict abuse in relationships including young men and women.

**Phoneline:** 0808 802 4040 (Monday - Friday 10am - 5pm)



**Email:** [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk) (Monday – Friday 9am – 5pm)

**Website:** <https://respectphoneline.org.uk/> (Webchat available Thursday 2pm – 4pm)

**Men's Advice Line:** 0808 801 0327

**Email:** [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

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



#### Galop

Galop offers support for lesbian, gay, bisexual, and transgender (LGBT+) people experiencing hate crime, sexual violence or domestic abuse.

**Helpline:** 0800 999 5428

(Monday – Thursday 10am – 8.30pm, Friday 10am – 4.30pm).

**Email:** [help@galop.org.uk](mailto:help@galop.org.uk)

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



#### The Sharan Project (South Asian Women Help & Support)

If you have been affected by domestic abuse or harmful practices (honour-based abuse, forced marriage, dowry conflict) and are looking for free, confidential, non-judgmental advice, support or guidance, get in touch.

**Email:** [info@sharan.org.uk](mailto:info@sharan.org.uk)

**Tel:** 0844 504 3231

**Website:** <https://sharan.org.uk/>



#### The National Centre for Domestic Violence

The National Centre for Domestic Violence provides a free, fast emergency injunction service for survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.

**Freephone:** 0800 970 2070 Text: NCDV to 60777 (they will call you back)

**Email:** [office@ncdv.org.uk](mailto:office@ncdv.org.uk)

**Website:** <https://www.ncdv.org.uk/>



#### Victim Support

Confidential support for all victims of crime and domestic abuse.

**Support Helpline:** 0808 1689111

**Website:** <https://www.victimsupport.org.uk/>



#### Women's Aid

Women's Aid is a national charity which works to end abuse against women and children.

**Email:** [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

Live Chat: <https://chat.womensaid.org.uk/> (Monday – Friday 8am – 6pm Saturday – Sunday 8am – 6pm)

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

**Domestic Abuse directory:**

<https://www.womensaid.org.uk/womens-aid-directory/>

**Other Abuse Support:****Hourglass**

As the UK's only charity focused on the abuse and neglect of older people, we staff a free-to-call 24/7 helpline. It's an absolute lifeline for older men, women and their families suffering from the five forms of abuse: physical, psychological, financial, sexual or neglect.

**Helpline:** 0808 808 8141

**Text:** 07860052906

**Email:** [enquiries@wearehourglass.org](mailto:enquiries@wearehourglass.org)

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

**Childline**

The UK's free and confidential helpline is not just for children. They also offer help to young people up to the age of 19 who are in distress or danger.

**Tel:** 0800 11 11 (24-hour helpline)

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

**Freedom Charity**

Freedom (UK based Charity) believes that all children should have the right to live free from abuse and coercion, without being forced into marriage or to endure the horrors of female genital mutilation (FGM). Freedom protects children through a 24/7 helpline, answered by professionals who understand dishonour abuse and how to help victims.

**Helpline:** 0845 607 0133

**Textline:** text '4freedom' to 88802

**Website:** <https://freedomcharity.org.uk/>

**Karma Nirvana**

Karma Nirvana is a registered Charity that supports victims and survivors of forced marriage and honour-based abuse.

**Telephone:** 0800 5999 247

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

**CARA (based in Colchester)**

CARA (Centre for Action on Rape and Abuse) works with victims and survivors of sexual violence and child sexual abuse, providing independent, specialist support and promoting and representing their rights and needs.

**Tel:** 01206769795 **Email:** [info@caraessex.org.uk](mailto:info@caraessex.org.uk)

(Self referral or Client referral available)

**Website:** <https://caraessex.org.uk/>

**Essex-wide First Contact Navigators:**

**Tel:** 03000037777 **Email:** [support@synergyessex.org.uk](mailto:support@synergyessex.org.uk)

**Website:** <https://synergyessex.org.uk/>

**NHS advice for Help after Rape or Sexual Assault**

If you've been sexually assaulted it's important to remember that it was not your fault. Sexual violence is a crime, no matter who commits it or where it happens. Don't be afraid to get help.

Website: <https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

**Reporting concerns:**

If you see, hear or suspect that an adult is being abused, contact **Essex Social Care Direct** via phone or email.

If you suspect a crime has been committed ring **999** if it is an emergency, or **101** if it is not an urgent situation.

**Where there are concerns about the immediate welfare or safety of an adult contact:**

**Essex Adult Social Care** on 0845 603 7634

**Southend Adult Social Care** on 01702 215008

**Thurrock Adult Social Care** on 01375 511000

**Help with pets for people escaping domestic abuse:****Freedom Project:**

Takes care of dogs from families fleeing domestic abuse.

**Tel:** (London & South East) 0800 2989199

**Email:** [freedomproject@dogstrust.org.uk](mailto:freedomproject@dogstrust.org.uk)

**Website:** <https://www.dogstrustfreedomproject.org.uk/en/contact-us>

**Paws Protect:**

Takes care of cats from families fleeing domestic abuse.

**Tel:** (London & South East) 0345 2601280

**Email:** [pawsprotect@cats.org.uk](mailto:pawsprotect@cats.org.uk)

**Website:** <https://www.cats.org.uk/what-we-do/paws-protect/accessing-paws-protect>