

External Support groups/helplines

Cornwall

Services	Description	Phone and/or Website
IDVA (Independent Domestic Violence Advocate) service for Cornwall is provided by First Light	Independent Domestic Violence Advocate.	https://www.firstlight.org.uk/ You can contact First Light on 0300 777 4777 during normal office hours. Alternatively contact Cornwall Domestic Abuse 24hr Helpline on 01872 225629.
Clear	Enables children and young people having experienced an abusive relationship to flourish within a therapeutic setting.	https://clearsupport.net/
Domestic violence help and advice	Sanctuary Scheme is available for high-risk victims of domestic abuse and/or sexual violence.	https://www.cornwall.gov.uk/health-and-social-care/domestic-violence-help-and-advice/
East Cornwall Women's Refuge		You can contact on 01726 871244.
Galop (previously Broken Rainbow Cornwall)	DV advice for LGBTQIA+ people.	https://galop.org.uk/types-of-abuse/domestic-abuse/
The Women's centre	Run by women, for women, we are here to provide a safe, supportive environment in which you are both valued and respected, listened to and believed: empowering you to live the life you want.	https://www.womenscentrecornwall.org.uk/

West Cornwall Women's Aid	West Cornwall Women's Aid (WCWA) has been working in the field of Domestic Abuse and Sexual Violence (DASV) in West Cornwall for over 30 years.	https://www.wcwaid.co.uk/
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Devon

Services/Company	Description	Phone and/or Website
Devon County Council	Domestic and Sexual Violence and Abuse support.	https://www.devon.gov.uk/dsva/ Devon's domestic abuse helpline <u>0345 155 1074</u> Rape crisis helpline <u>0808 802 9999</u>
Fear Free	For medium or high risk of domestic abuse and/or where the experience of domestic abuse is at acute or chronic levels.	https://www.fearfree.org.uk/ Call 0345 155 1074
North Devon Against Domestic Abuse	We offer the services of an Independent Domestic Violence Advisor (IDVA) to support you through the criminal and civil justice system and specialist IDVA's who work within the health arena.	http://www.ndada.co.uk/ Call 01271 321 946
Victim care unit	The victim care unit will help victims navigate and make informed choices about the organisation they wish to receive support from.	http://www.victimcaredevonandcornwall.org.uk/
SAFE	A multi-agency strategy, to end domestic violence in Exeter, East and Mid Devon. SAFE continues to work collaboratively with other domestic violence and abuse organisations in the South West, as well as with a wide range of statutory bodies and other voluntary agencies.	https://www.devonservices.org.uk/service/stope-abuse-everyone/

National

Services/Company	Description	Phone and/or Website
24-hour National Domestic Violence Helpline (Freephone)	A service for women experiencing domestic abuse, their family, friends, colleagues and others calling on their behalf. It is run by Refuge.	Callers may first hear an answerphone message, before speaking to a person. 0808 2000247 www.nationaldomesticviolencehelpline.org.uk
Men's Advice Line (Freephone)	A confidential helpline for men experiencing domestic abuse by a current or ex-partner. Caters for all men: whether in heterosexual or same-sex relationships. Offers emotional support, practical advice and information on a wide range of services for further help and support.	0808 801 0327 Days and times of phone support vary. www.mensadvice.org.uk
Respect Phone Line (Freephone)	A confidential helpline for people who are abusive and/or violent towards their current or ex-partner. Offers information and advice to support perpetrators to stop their violence and change their abusive behaviours. The main focus is to increase the safety of those experiencing domestic violence.	0808 802 4040 Days and times of phone support vary. www.respectphoneline.org.uk
National LGBT Domestic Violence Helpline	A confidential support to all members of the Lesbian, Gay, Bisexual and Trans (LGBT) communities, their family and friends, and agencies supporting them.	0300 999 5428

Karma Nirvana Helpline	A helpline which supports victims and survivors of forced marriage and honour-based abuse	0800 599 9247 www.karmanirvana.org.uk/
The Man Kind Initiative	A national charity that provides help and support for male victims of domestic abuse.	www.mankind.org.uk
Southall Black Sisters	An organisation offering advice and information on domestic abuse, racial harassment, welfare and immigration, primarily for Asian, African and African-Caribbean women.	www.southallblacksisters.org.uk
Sikh Women's Aid	A charity focussed on support and guidance for Sikh/ Panjabi women suffering domestic abuse.	www.sikhwomensaid.org.uk
National Stalking Helpline	A helpline providing information and guidance to anyone affected by harassment or stalking.	The helpline is open 0930-1600 Monday–Friday (except Wednesday when they open at 1300). They also offer advice via email and on their Forum which can be found on our website. 0808 8020300 advice@stalkinghelpline.org and www.stalkinghelpline.org/
Bright Sky Mobile App	Hestia and the Vodafone Foundation have launched Bright Sky, a free and unique mobile app providing comprehensive support and information to people affected by domestic abuse.	The App is free to download from the App Store and Google Play Store. https://www.hestia.org/brightsky