

# Finding Help

## Telephone support

To talk to someone about unhealthy relationships or report abuse, it is free to call the following numbers and they will not appear on itemised phone bills.

### Childline

Support for young people.

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

0800 1111

### Samaritans

A unique charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide.

<https://www.samaritans.org/?nation=wales>

116 123

### Meic Cymru

Information, advice and advocacy helpline for children and young people

<https://www.meiccymru.org/>

080880 23456

Text: 84001

### Live fear free

All Wales Domestic Abuse and Sexual Violence Helpline.

<https://gov.wales/live-fear-free>

0808 80 10 800

### Forced Marriage unit

Provides information on Forced Marriage.

<https://www.gov.uk/stop-forced-marriage>

020 7008 0151

### UK Modern Slavery Helpline

Helpline and Resource Centre: Provides victims, the public, statutory agencies and businesses access to information and support on a 24/7 basis.

<https://www.modernslaveryhelpline.org/>

08000 121 700

## Community support organisations

Young people affected by abuse are supported by the following community organisations:

### Stori

A charitable housing association that provides housing and support.

Primarily working with those escaping Domestic abuse.

[Home | Stori \(storicymru.org.uk\)](http://storicymru.org.uk)

01267 225555

### Relate Cymru

Provides relationship counselling.

<https://www.relate.org.uk/cymru>

### Dewis Wales

Information about people and services in your local area that can help.

<https://www.dewis.wales/>

### NSPCC

Help and support for children and young people anyone concerned about a child.

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

0808 800 5000

### Dyn Wales

Dyn Project provides support to men who are experiencing domestic abuse from a partner.

[www.saferwales.com](http://www.saferwales.com)

0808 801 0321

### Safer Wales

An independent charity whose mission is to support, protect people including victims of domestic abuse.

<http://www.saferwales.com/about-us>

029 2022 0033

## BAWSO

Advice for those affected by or at risk of Domestic abuse and all forms of violence such as Female Genital Mutilation and Human Trafficking.

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

0800 7318147

## National support organisations

Young people affected by abuse are supported by the following National organisations:

### Freedom Charity

Raises awareness of forced marriage and preventing child abuse, keeping children safe.

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

0845 607 0133

Textline: text '4freedom' to 88802

### FORWARD UK

FORWARD (Foundation for Women's Health Research and Development) is the African women-led organisation working to end violence against women and girls.

<https://forwarduk.org.uk/>

Phone: 0208 960 4000, extension 1  
Mobile: 07834 168 141

**Karma Nirvana**

Supporting victims of honour-based abuse and forced marriage.

<https://karmanirvana.org.uk/help/>

0800 5999 247

## Online domestic abuse resources

To find more information, click the links to visit the pages of these support organisations:

**Agenda**

Supporting children in making positive relationships matter.

<http://agenda.wales/>

**The Hideout**

Women's Aid have created this space to help children and young people to understand domestic abuse.

<http://thehideout.org.uk/>

**Action for Children**

Support for vulnerable children, young people and their families.

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

## CEOP

A law enforcement agency to keep children and young people safe from sexual abuse and grooming online.

<https://www.ceop.police.uk/safety-centre>

## Statutory support

Young people affected by abuse are supported by the following statutory organisations:

### The Police

#### Children's services

This team deals with all initial enquiries and referrals relating to children in need, including child protection issues.

### Awdurdodau Addysg Lleol

## CEOP

Child Exploitation and Online Protection Centre.