

South Yorkshire Domestic Abuse Support Services

If you need help or are concerned about a friend or family member please call:

Sheffield Domestic Abuse Helpline 0808 808 2241

Rotherham Rise 0330 202 0571

Barnsley Domestic Abuse Helpline 03000 110 110

Doncaster Domestic Abuse Hub 01302 737080

Apna Haq

Regional service

Practical and emotional support for Asian domestic abuse survivors, based in Rotherham

Contact: 01709447700

Ashiana Sheffield

Regional service

Provides practical and emotional support to BAMER victims of Domestic Abuse and Trafficking

Contact: 0114 2555740,
advocacy@ashianasheffield.org

Changing Lives

Regional and nationwide service

Supports women and children who have suffered from childhood abuse and domestic abuse, based in Doncaster

Contact: 01302 309800

Doncaster Women's Aid

Regional service

A national federation of over 180 organisations supporting women and children affected by domestic violence

Contact: 01302 326411, rdash.nhs.uk

GALOP

Nationwide service

A national LGBTQ+ anti-violence charity offering advice and support from people who have experienced abuse

Contact: 08009995428, help@galop.org.uk

Haven

Regional service

A Sheffield organisation who supports children affected by domestic abuse

Contact: 01142130590, admin@havenorg.uk

IDAS

Regional service

IDAS is the largest specialist charity in Yorkshire supporting people affected by domestic abuse and sexual violence

Contact: 03000 110 110 (North Yorkshire and Barnsley), 0808 808 2241 (Sheffield), 0808 2000 247 (National 24 hour helpline), info@idas.org.uk

Karma Nirvana

Nationwide service

A helpline providing support for survivors of forced marriage and honour-based abuse

Contact: 08005999247, info@karmanirvana.org.uk

LASS (Lesbian Asylum Support Sheffield)

Regional service

Supports and empowers LBTQ+ and non-binary identifying asylum seekers and refugees

Contact: 07522956284, lassheffield@outlook.com

The Men's Advice Helpline

Regional service

Provides information, emotional support and practical advice to male victims of domestic abuse and violence

Contact: 08088010327, info@mensadvice.org.uk

www.sayit.org.uk/callitout



Doncaster Council

Mums in Need

Regional service

A specialist domestic abuse organisation for mums who have left abusive relationships

Contact: 08008527414, enquiries@mumsinneed.com

NAPAC (National Association of People Abused in Childhood)

Regional and nationwide service

Provides support and advice for adults who are recovering from abuse in childhood

Contact: 0808810331

Respect Helpline

Regional service

Helpline offers advice and support to perpetrators of domestic abuse with the overall aim of helping them to stop being abusive

Contact: 08088024040,
info@respectphonenumber.org.uk

Roshni Asian Women's Centre

Regional service

A resource centre run by and for South Asian women in Sheffield, including women suffering from isolation, domestic violence, depression and anxiety, older women and women with long term health conditions

Contact: 01142508898

Rotherham Rise

Regional service

Provides help and support for survivors of domestic abuse and sexual exploitation

Contact: 03302020571

SARAS (Sheffield Area Refuge and Support)

Regional service

Offers a safe, supportive space for women and their children to live after leaving abusive relationships

Contact: 0114 242 6887, mail@saras.org.uk

SAYIT Sheffield: Call It Out

Regional service

A year-long project aiming to improve access to domestic abuse services for LGBT+ people across South Yorkshire.

Contact: 01142412728

Sheffield DACT (Sheffield Domestic Abuse Coordination Team)

Regional service

Sheffield DACT have responsibility for domestic abuse services in Sheffield

Contact: 08088082241, help@sheffielddact.org.uk

Sheffield NSPCC

Regional and nationwide service

A national charity supporting children who have suffered abuse or neglect

Contact: 01142289200 (Sheffield), 08088005000 (National), sheffield@nspcc.org.uk

SRASAC (Sheffield Rape and Sexual Abuse Centre)

Regional service

A specialist service offering free and confidential support to individuals who have experienced rape or sexual abuse at any time in their lives

Contact: 08088020013, info@srasac.org.uk

Survivors UK

Nationwide service

Support for sexually abused boys & men as well as their friends and family

Contact: 020 3322 1860 (SMS), 074 9181 6064 (Whatsapp), help@survivorsuk.org

www.sayit.org.uk/callitout



Together Women Project

Regional and nationwide service

Provides safe women-only spaces to enable women to move away from damaging lifestyles

Contact: 01142758282

Women's Aid

Nationwide service

National charity working to end domestic abuse against women & children.

Contact: 0808 2000 247,

helpline@womensaid.org.uk

YWHP (Young Women's Housing Project)

Regional service

Provides supported accommodation and therapeutic support to young women aged 16-25 and their children who have been affected by sexual abuse, sexual exploitation, child sexual exploitation (CSE) and peer/intimate partner abuse

Contact: 0114268580, ywhp@ywhp.org.uk

www.sayit.org.uk/callitout



Doncaster Council

Mental Health Support Services

CASS (Confidential Anonymous Self Injury Support)

Nationwide service

A helpline for women who self-harm

Contact: 08088008088, 07537 432444 (text support)

IAPT (Improving Access to Psychological Therapies)

Regional service

Provides free psychological therapies for people suffering from mild to moderate depression, anxiety and stress

Contact: 0114 2264380

Interchange Sheffield

Regional service

Supports the emotional wellbeing of children and young people (aged 8-25) who live in Sheffield

Contact: 0114 276 8922

No Panic Sheffield

Regional service

Self help groups for those who have panic attacks, social anxiety, OCD, PTSD, GAD, and other related anxiety disorders including depression (18+)

Contact: 07505712164

Saffron

Regional service

Formerly Sheffield Women's Counselling and Therapy Service. A specialist service providing free, confidential counselling and therapy services for women in Sheffield who have experienced abuse and/or trauma

Contact: 01142752157

Samaritans

Regional and nationwide service

24 hour, 365 day a year support for those who are experiencing feelings of distress and despair, including those which lead to suicide

Contact: 0114 276 7277

Sheffield Health and Social Care 24/7 Mental Health Helpline

Contact: 08001386550

Sheffield Mind

Regional and nationwide service

A national mental health charity providing advice and support to anyone experiencing mental health problems

Contact: 0114 258 4489

TESS

Regional service

A text helpline for young women affected by self injury

Contact: 07800472908

VIDA Therapy

Regional service

Provides counselling and therapy to women who have experienced trauma from abuse

Contact: 01142750101

www.sayit.org.uk/callitout



Doncaster Council