**External Support groups/helplines**

**Cornwall**

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| **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/> |
| **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/>You can contact First Light on 0300 777 4777 during normal office hours.Alternatively contact Cornwall Domestic Abuse 24hr Helpline on 01872 225629. |
| **East Cornwall Women's Refuge** |   | You can contact on 01726 871244 |
| **Galop (previously Broken Rainbow Cornwall)** | DV advice for Lesbian, Gay, Bi Sexual and Transgender | <http://www.galop.org.uk/domesticabuse/> |
| **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/> |

 **Devon**

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| **Services/Company** | **Description** | **Phone and/or Website** |
| **Devon County Council** | Domestic and Sexual Violence and Abuse | <https://www.devon.gov.uk/dsva/>Devon's domestic abuse helpline0345 155 1074Rape crisis helpline0808 802 9999 |
| **Splitz** | For medium or high risk of domestic abuse and/or where the experience of domestic abuse is at acute or chronic levels.  | <https://www.splitz.org/devon>Tel: 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** |  Group Programmes  | <https://www.safe-services.org.uk/support-for-families-and-individual> |

**National**

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| **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 2000 247 [www.nationaldomesticviolencehelpline.org.uk](http://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.mensadviceline.org.uk](http://www.mensadviceline.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](http://www.respectphoneline.org.uk/) |
| **National LGBT Domestic Violence Helpline** | Providing 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** | supports victims and survivors of forced marriage and honour based abuse | 0800 599 9247 www.karmanirvana.org.uk/  |
| **The Man Kind Initiative** | Is a national charity that provides help and support for male victims of domestic abuse.  | [www.mankind.org.uk](http://www.mankind.org.uk/) |
| **Southall Black Sisters** | provides advice and information on domestic abuse, racial harassment, welfare and immigration, primarily for Asian, African and African-Caribbean women. | [www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk/) |
| **National Stalking Helpline** | provides 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 802 0300 advice@stalkinghelpline.org and [www.stalkinghelpline.org/](http://www.stalkinghelpline.org/) |
| **Sikh Women's Aid** | a charity focussed on support and guidance for Sihk/ Panjabi women suffering domestic abuse. | [www.sikhwomensaid.org.uk](http://www.sikhwomensaid.org.uk)  |
| **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 |