

CARA – Centre for Action on Rape and Abuse

Confidential and non-judgemental support service for women and young people who have been raped, sexually abused or assaulted either recently or in the past and could involve a strange, friend or family member.

Enquiry line: 01206 769795

Website: www.caraessex.org.uk

Maldon District Council Housing Team

Housing Services provide a range of options to help you find a home, help you remain in your home and work to create new homes. We also provide helpful links to other organisations.

Tel: 01621 854477

Website: www.maldon.gov.uk

Moat Housing Group

Moat is a leading housing association working in London and the South East. We have a trusted reputation for delivering high quality affordable homes and building communities where people are proud to live. Our dedicated team is committed to providing excellent customer service.

Tel: 0845 6001006

Website: www.moat.co.uk

Citizens Advice Bureau

Benefits, Debt, Employment, Family Issues, Housing, Divorce, Care Provision, Taxation

The Bureau is a independent voluntary organisation that exists to give free, comprehensive and impartial advice.

Ring us at the Bureau or drop in to see one of our advisers.

Tel: 01621 841195

National Domestic Violence Helpline

The Helpline can give support, help and information over the telephone wherever the caller might be in the country. The Helpline is staffed 24 hours a day by fully trained female support workers and volunteers. All calls are completely confidential. Translation facilities for callers whose first language is not English and a service for callers who are deaf or hard of hearing are available.

FREEPHONE helpline: 0808 2000 247

Website: www.nationaldomesticviolencehelpline.org.uk

Victim Support

National charity for victims and witnesses of crime in England and Wales.

Helpline: 0845 456 5995

Website: www.victimsupport.org.uk

Support Line

Offering confidential emotional support to children, young adults and adults by telephone, email and post

Helpline: 01708 765200

Website: www.supportline.org.uk

Broken Rainbow

Support for lesbian, gay, bisexual and transgender (LGBT) people experiencing domestic violence.

Helpline: 08452 604460

Website: www.broken-rainbow.org.uk

Asian Male and Female Project

Supporting all victims of honour based and forced marriages.

Helpline: 0800 5999247

Website: www.karmanirvana.org.uk

NSPCC

Supporting children and families.

Helpline: 08080 800 5000

Website: www.nspcc.org.uk

Hidden Hurt

Hidden Hurt is a UK-based Abuse Information and Support site.

Website: www.hiddenhurt.co.uk

Action on Elder Abuse

Action on Elder Abuse (AEA) works to protect and prevent the abuse of vulnerable older adults.

Helpline: 0808 808 8141

Website: www.elderabuse.org.uk

Mpower

Supporting Male Survivors of Abuse.

Helpline: 0808 808 4321

Website: www.male-rape.org.uk

Help for Young People

If you are a young person who is a victim or a witness of Domestic Abuse you can contact any of the agencies below: -

Childline

Tel: 0800 1111

Website: www.childline.org.uk

NSPCC

Tel: 0808 8005000

Website: www.nspcc.org.uk

Email: help@nspcc.org.uk

Crimestoppers

Tel: 0800 555111

Website: www.crimestoppers-uk.org