

Contact details for Safeguarding Organisations and Charities

Action on Elder Abuse

UK Charity addressing elder abuse within people's own homes (whether by family, friends or paid staff), within sheltered housing, and within care homes and hospitals

www.elderabuse.org.uk

Tel: 0808 808 8141

Anne Craft Trust

Supporting organisations to safeguard disabled children and adults at risk and minimise risk of harm

www.anncrafttrust.org

Tel: 0115 9515 400

Centre for Action on Rape and Abuse

CARA is a confidential support service for women and young people who have been raped, sexually abused or assaulted either recently or in the past by a stranger, friend or family member.

www.caraessex.org.uk

Tel: 01206 769795

CEOP

Child Exploitation and Online Protection

www.ceop.police.uk

Tel: 0870 000 3344

ChildLine

Helpline for children

www.childline.org.uk

Tel: 0800 1111

Crimestoppers

Charity that you can contact anonymously with information about crime

www.crimestoppers-uk.org

Tel: 0800 555 111

Eighteen and under

Offers confidential support and information to any young person aged 18 and under who has experienced sexual, physical or emotional abuse.

www.18u.org.uk

Tel: 0800 731 40 80

Essex County Fire & Rescue Service

Home Safety Team: Trained officers will visit the home of anyone living in Essex and offer advice based on individual needs.

www.essex-fire.gov.uk/Home_Fire_Safety

Tel: 0300 303 0088

Checklist for Person-Centred Home Safety Risk Assessment: [www.essex-fire.gov.uk/ img/pics/pdf_1533558848.pdf](http://www.essex-fire.gov.uk/img/pics/pdf_1533558848.pdf)

Essex Police: Child sexual exploitation

For anyone with concerns about child sexual exploitation and concerns about young people being exploited.

www.essex.police.uk/advice/child-sexual-exploitation

Tel: 01245 452058 (*This hotline is open Monday to Friday between 8am and 4pm and you can leave a voicemail outside of these hours. You can speak to Essex Police directly about your concerns and they'll be on hand to offer advice and take reports that help them investigate crimes.*)

In an emergency always dial 999

Essex Police: Domestic Abuse Central Referral Unit (CRU)

You don't have to be experiencing domestic abuse yourself to report it. You can call if you're worried about a friend, relative, colleague or neighbour.

www.essex.police.uk/advice/domestic-abuse/reporting-domestic-abuse

Tel: 101 extension 180340 (CRU)

Tel: 0800 358 0351 (*dedicated domestic abuse non-emergency number*)

In an emergency always dial 999

Galop

The LGBT (Lesbian, Gay, Bisexual and Trans*) & anti-violence charity that supports those that have experienced hate crime, sexual violence or domestic abuse.

www.galop.org.uk

Tel: 0800 999 5428

The Havens

The Havens are centres in London for people who have been raped or sexually assaulted in the past 12 months.

www.thehavens.org.uk

Tel: 020 3299 1599 (general enquiries and non-urgent information)

Tel: 020 3299 6900 (This urgent advice / appointments number is for you if you've been raped or sexually assaulted recently and you need first-time support or advice, or an appointment in the next few hours for a forensic medical examination.)

Hoarding UK

UK-wide charity solely dedicated to supporting people affected by hoarding behaviours.

www.hoardinguk.org

Tel: 020 3239 1600 (10:00-17:00 Monday-Friday)

Kidscape

UK charity committed to keeping children safe from harm or abuse

www.kidscape.org.uk

Tel: 0845 120 5204

London Fire Brigade

If you know someone who lives in home that has become hoarded and you are concerned book a home fire safety visit.

www.london-fire.gov.uk

Tel: 0800 028 4428

The Lucy Faithfull Foundation

A UK-wide child protection charity dedicated solely to preventing child sexual abuse. Working with entire families that have been affected by sexual abuse including: young people with inappropriate sexual behaviours; adult male and female sexual abusers; victims of abuse and other family members.

www.lucyfaithfull.org.uk

Tel: 0808 1000 900 (Stop it Now! Helpline)

MACSAS

Minister & Clergy Sexual Abuse Survivors

www.macsas.org.uk

Tel: 08088 01 03 40

Mankind UK

Charity that offers support, advice and counselling for male victims of sexual abuse, assault, rape or violence

www.mankind.org.uk

Tel: 01823 334244

Men's Advice Line

A confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members)

www.mensadviceline.org.uk

Tel: 0808 801 0327

Modern Slavery Helpline

The UK Modern Slavery Helpline and Resource Centre provides victims, the public, statutory agencies and businesses access to information and support on a 24/7 basis.

www.modernslaveryhelpline.org

Tel: 0800 0121 700

MOSAC

Supports all non-abusing parents and carers whose children have been sexually abused

www.mosac.org.uk

Tel: 0800 980 1958

NAPAC

National Association of People Abused in Childhood. Charity offering support to adult survivors of all types of childhood abuse

www.napac.org.uk

Tel: 0808 801 0331

National Domestic Violence Helpline

Run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf

www.nationaldomesticviolencehelpline.org.uk

Tel: 0808 2000 247

NSPCC

National Society for the Prevention of Cruelty to Children

www.nspcc.org.uk

Tel: 0808 800 5000

NSPCC FGM (Female genital mutilation) Helpline

Call the FGM helpline if you're worried a child is at risk of, or has had, FGM. It's free and anonymous.

www.nspcc.org.uk

Tel: 0800 028 3550

NSPCC Whistleblowing Advice Line

The Whistleblowing Advice Line offers free advice and support to professionals with concerns about how child protection issues are being handled in their own or another organisation.

www.nspcc.org.uk

Tel: 0800 028 0285

Rape and Sexual Assault Abuse Support Centre

Provides a national helpline for female and male survivors, partners, friends and family.

www.rasasc.org.uk

Tel: 0800 802 9999

Rape Crisis England & Wales

How to get help if you've experienced rape, child sexual abuse or any kind of sexual violence

www.rapecrisis.org.uk

Tel: 0808 802 9999

Refuge

Providing a range of services for abused women and children

www.refuge.org.uk

Tel: 0808 2000 247

Respect Phonenumber

A confidential helpline for perpetrators of domestic violence looking for help to stop

www.respectphonenumber.org.uk

Tel: 0808 802 4040

Respond

To lessen the effect of trauma and abuse on people with learning disabilities, their families and supporters.

www.respond.org.uk

Tel: 0207 383 0700

Safe

Metropolitan Police website for young people and adults alike, giving advice and support on all forms of online abuse. From cyberbullying and sexting to social media stalking and online grooming.

www.safe.met.police.uk

Safer Places

An independent charity which provides a comprehensive range of services to adults and children affected by all forms of Domestic Abuse

www.saferplaces.co.uk

Tel: 03301 025811

The Salvation Army

The Salvation Army provides support for anyone who suspects that they, or someone they have come across, might be a victim of modern slavery in need of help.

www.salvationarmy.org.uk/modern-slavery

Tel: 0300 3038 151 (confidential Referral Helpline)

Samaritans

Charity you can talk to off the record about whatever's getting to you. You don't have to be suicidal to call the Samaritans

www.samaritans.org

Tel: 116 123

South Essex Rape and Incest Crisis Centre (SERICC)

SERICC is a charity that provides specialist services any individual who has or who is experiencing any form of sexual violence at any time in their life. You can also phone if you are worried about your child, someone else in your family, or someone you know.

www.sericc.org.uk

Tel: 01375 381322

StopItNow!

Help for anyone who wants to prevent abuse - including if you are worried about your own actions

www.stopitnow.org.uk

Tel: 0808 100 0900

The Survivors Trust

TST is a national umbrella agency working with women, men and children who are victims/survivors of rape, sexual violence and childhood sexual abuse.

www.thesurvivorstrust.org

Tel: 0808 801 0818

Survivors UK

To help sexually abused men as well as their friends and family, no matter when the abuse happened.

www.survivorsuk.org

Victim Support

An independent charity that provides free and confidential support to help people affected by crime or traumatic events get the support they need and the respect they deserve.

www.victimsupport.org.uk

Tel: 0845 456 5995

Women's Aid

Free phone 24 hour National Domestic Abuse Helpline

www.womensaid.org.uk

Tel: 0808 2000 247

Women and Girls' Network (WGN)

A free, women-only service that supports women in London who have experienced violence, or are at risk of violence.

www.wgn.org.uk

Tel: 0808 801 0660 (Practical advice and support)

Tel: 0808 801 0770 (Sexual violence helpline)