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Support for survivors of abuse:

	A service put in place by the Police and Crime Commissioner as part of their victims strategy. To help ensure that anyone living, working or studying in Lincolnshire gets the support they need if they have been the victim of crime.	https://victimlincs.co.uk/ 01522 947510
	A specialist support service for women, girls, men and boys in Lincolnshire who have experienced any form of sexual violence.	https://www.lincolnshirerapecrisis.org.uk/contact-us.php 0800 33 4 55 00 support@lincolnshirerapecrisis.org.uk
	Support for adult survivors and training for those who support them.	https://napac.org.uk/ 0808 801 0331
	Support for sexually abused men as well as their friends and family, no matter when the abuse happened, and challenge the silence and attitudes.	https://www.survivorsuk.org/ 02035983898 help@survivorsuk.org
	The Survivors Trust is the largest umbrella agency for specialist sexual violence support services in Europe.	https://www.thesurvivorstrust.org/ 08088 010 818



Support for people experiencing mental health issues:

	Advice and support to empower anyone experiencing a mental health problem.	https://www.mind.org.uk/ 0208 215 2243 supporterrelations@mind.org.uk
	Samaritans works to make sure there's always someone there for anyone who needs someone.	https://www.samaritans.org/ 116 123 jo@samaritans.org
	A Lincolnshire-based network of people and organisations involved in or with experience of	http://www.lincsshine.co.uk/ 07969 872804 info@lincsshine.co.uk


Contacts for further information & support

	mental health and mental ill health and distress.	
	Free local support services and information for people with dementia and their carers.	https://www.alzheimers.org.uk/find-support-near-you 0333 1503456


Support for children experiencing difficulties in their peer or adult relationships:

	Childline is here to help anyone under 19 in the UK with any issue they're going through.	https://www.childline.org.uk/ 0800 1111
	Protecting children from abuse and harm.	https://www.nspcc.org.uk/ help@nspcc.org.uk. 0808 800 5000





Support & advice on stalking:

	Provides advice on personal safety and support if you feel you are being stalked.	https://www.suzylamplugh.org/refer-someone-to-us 0808 802 0300
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Support & care for people involved in ministry:

	An open and welcoming Community with a specialist care for people in ministry. They offer a variety of retreats, as well as an online hub with peer support and resources.	www.sheldon.uk.com 01647 – 252752 smm@sheldon.uk.com
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Support for those experiencing domestic abuse:

	Service providing a variety of advocacy support outreach workers, groups and programmes. Available to those who have experienced domestic abuse and sexual violence in North and North East Lincolnshire, and those who have experienced rape and serious sexual offences in Hull and the East Riding of Yorkshire . Part of Grimsby and Scunthorpe Rape Crisis.	0800 197 47 87 (01724) 841 947 info@thebluedoor.org
	<i>(Formerly West Lincolnshire Domestic Abuse Service)</i> EDAN Lincs Domestic Abuse Service is a charity providing emergency accommodation, support and assistance to women, men and children suffering, or fleeing from domestic abuse.	edanlincs.org.uk/ 01522 510041 info@edanlincs.org.uk
	Men's Advice Line: Advice and support for men experiencing domestic violence and abuse. There is also a webchat service available Tues & Thurs 10am-4pm and can be accessed from the website.	www.mensadviceline.org.uk 0808 8010327 info@mensadviceline.org.uk
	A phonenumber for domestic violence perpetrators. Also welcomes calls from those concerned about a perpetrator.	www.respect.uk.net 0845 122 8609

Contacts for further information & support

	<p>Offers emergency accommodation and support for women and children experiencing domestic violence.</p>	<p>www.refuge.org.uk 0808 200 0247</p>
	<p>Website for children and young people to inform them about domestic violence, to help them identify whether it's happening in their home, and to provide indirect and informal support.</p>	<p>www.thehideout.org.uk</p>
	<p>Restored is an international Christian alliance working to transform relationships and end violence against women. <i>They have also produced a handbook which is free for female Christian survivors of domestic abuse:</i> https://www.restoredrelationships.org/survivorshandbook/</p>	<p>restoredrelationships.org/ +44 (0)20 3906 3922 info@restoredrelationships.org</p>
	<p>Network of animal charities who can offer pet fostering and other support to people considering fleeing from domestic abuse.</p>	<p>http://thelinksgroup.org.uk/pet-fostering/</p>
	<p>Dogs Trust Freedom Project is a dog fostering service for people fleeing domestic abuse and going into refuge. They provide free and confidential foster care, enabling the owner to access a refuge without the fear of what may happen to their dog if left behind.</p>	<p>https://www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project 0207 837 0006</p>

Supporting perpetrators and managing destructive feelings:

	<p>Information and support for people troubled by their sexual thoughts about children and young people; help to cope with unwanted feelings and urges; and guidance about how to manage problematic behaviour.</p>	<p>https://www.stopitnow.org.uk/ 0808 1000 900</p>
	<p>The SLF is focused on reducing sexual offending and re-offending through rehabilitative and preventative initiatives.</p>	<p>http://saferlivingfoundation.org/ 01949 803 234</p>