



Mansfield District Council

Directory of local and national support services

Nottinghamshire 24 hour helpline – free to call – 0808 800 0340

National 24 hour helpline – www.nationaldahelpline.org.uk (run by Refuge) - free to call - 0808 2000 247

24 Hour Text Helpline for use with a DDT or TTY: 0808 800 0341

Support for Women

**Nottinghamshire Women's Aid –
Commissioned specialist provider
Empowering women, children and
young people to survive and thrive
across Mansfield, Bassetlaw, Newark &
Sherwood**

We provide a safe environment for women, with ongoing support, advice, counselling and learning opportunities. We believe that every woman should live a life free from abuse and be the director in their own lives. At Nottinghamshire Women's Aid we believe in you and look forward to working for every woman who needs us.

Phone: 01909 491330
email: enquiries@nottswa.org
Website: www.nottswa.org

**Nottinghamshire Independent Domestic
Abuse Services (NIDAS)**

Provides support to children and young people living with domestic abuse across Mansfield & Ashfield

Phone: 01623 683250
Email: info@nidas.org.uk
Website: www.nidas.org.uk

**Juno Women's Aid (formerly WAIS)
Nottingham & Nottinghamshire**

Empowering women, children and teenagers to live free from abuse in Ashfield, Broxtowe, Gedling, Nottingham City, and Rushcliffe

0808 800 0340 – 24/7 freephone
For general enquiries - 0115 947 5257
e-mail: enquiries@junowomensaid.org.uk
Website: junowomensaid.org.uk



Women's Aid – National Information and Support	womensaid.org.uk
Refuge – National Information and Support	refuge.org.uk
Support for Men	
Equation – Provides guidance and support to male victims of domestic abuse in Nottinghamshire and Nottingham	Phone: 0115 960 5556 Email: info@equation.org.uk Website: www.equation.org.uk
The Men's Advice Line , for male domestic abuse survivors	0808 801 0327 (run by Respect)
Mankind - Male Victims of Domestic Abuse	01823 334244
Support for Children and Young People	
Nottinghamshire Women's Aid - Commissioned specialist provider Children and young people's services - for children and young people from 4 years up to 18 years (21 years for young people with additional needs) who are/have been living with domestic violence or abuse. Young people's service / Teens service - for young people aged 13 – 18 years who are experiencing domestic abuse in their own relationship.	Phone: 01909 491330 email: enquiries@nottswa.org Website: www.nottswa.org
NIDAS Children's outreach service – for children aged 5 to 11 years who are or have been affected by domestic abuse. Teens outreach service – for young people aged between 12 to 25 years old who have been affected by domestic abuse within the family or their own intimate relationships.	Phone: 01623 683250 Email: info@nidas.org.uk Website: www.nidas.org.uk
Support for LGBT+ Community	

GALOP - Runs a national lesbian, gay, bisexual and trans (LGBT) domestic abuse helpline	Phone: 0300 999 5428 or 0800 9995428 Email: help@galop.org.uk Website: www.galop.org.uk
Support for elderly victims of abuse	
Action on Elder Abuse - An agency which can give specialist help targeted at older people.	Free phone helpline: 0808 808 8141 Email: enquiries@elderabuse.org.uk Website: www.elderabuse.org.uk
Age UK - provides advice on elder abuse, and information for people concerned that someone they know is a victim of elder abuse.	Phone: 0800 169 2081 Website: www.ageuk.org.uk
Support for perpetrators of abuse	
RESPECT - A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner.	Phone: 0808 802 4040 Email: respectphoneline.org.uk Website: www.respectphoneline.org.uk
Your Choice Project – Nottingham and Nottinghamshire perpetrator programme. A partnership between domestic abuse support charity Equation, The Jenkins Centre in Leicester, Women's Aid North and Juno Women's Aid. The programme aims to tackle the cause of domestic abuse by working with perpetrators and supporting partners or ex-partners who are suffering the consequences of the abuse through a Partner Support Service (PSS).	contact@yourchoiceproject.org.uk
Support services for victims of sexual violence	
Nottinghamshire sexual violence support services – For anyone aged 18+ who has experienced rape, sexual violence or childhood sexual abuse, either recently or in the past. Support for children and young people	helpline on 0115 941 0440 Website: nottssvss.org.uk Phone: 0800 183 0023 Website: www.emcypsas.co.uk

S.H.E. UK. - based in Nottinghamshire, offers a holistic range of support services for survivors of childhood sexual abuse, exploitation, and sexual violence.	Phone: 01623 622 916 Email: info@she-uk.org.uk Website: she-uk.org.uk/
Imara - an independent specialist service that supports children, young people and their safe family members following a disclosure or discovery of child sexual abuse or domestic abuse. Support offered across Nottinghamshire	Phone: 0800 183 0023 Email: info@imara.org.uk Website: https://imara.org.uk/
Sexual Health support	
My Sexual Health (Sherwood Forrest Hospitals) Provides free and confidential sexually transmitted infection (STI) screening and treatment, information and advice on sexual health matters and the full range of reversible contraception methods, including emergency contraception.	Phone: 01623 672260 Email: sfhtr.AdminSexualHealth@nhs.net Website: http://www.sfh-tr.nhs.uk/index.php/my-sexual-health
Support for victims of perceived honour based crime and forced marriage	
Karma Nirvana offers help and support to victims of honour based crime and forced marriage.	UK Helpline: 0800 5999 247 Website: www.karmanirvana.org.uk
Foreign and Commonwealth Office Forced Marriage Unit (FMU) Provides support to any individual, in the UK and overseas. Consular assistance is provided to British nationals, including dual nationals. The FMU operates a public helpline to provide advice and support to victims of forced marriage as well as to professionals dealing with cases.	fmu@fcdo.gov.uk Telephone: 020 7008 0151 From overseas: +44 (0)20 7008 0151 Monday to Friday, 9am to 5pm Out of hours: 020 7008 5000 Website: www.gov.uk/guidance/forced-marriage
Support for victims of female genital mutilation (fgm)	
NSPCC FGM Helpline - A 24 hour helpline to protect children from FGM in the UK	Phone: 0800 028 3550 Email: fgmhelp@nspcc.org.uk Website: www.nspcc.org.uk/fgm

Support for minority ethnic communities	
Jewish Women's Aid - For Jewish women and children affected by domestic and sexual violence in the UK	Phone: 0808 801 0500 Website: www.jwa.org.uk
Muslim Community Helpline - The Muslim Community Helpline is a confidential, non-judgemental listening and emotional support service.	Phone: 0208 904 8193 Phone: 0208 908 6715 Website: www.muslimcommunityhelpline.org.uk
Nottingham and Nottinghamshire refugee Forum - Offering advice, support and friendship to refugees and asylum seekers in Nottingham and Nottinghamshire	Phone: 0115 960 1230 Website: www.nottsrefugeeforum.org.uk
Refugee Council - Provides free advice and information to asylum seekers and refugees in UK, offering practical advice and support	Website: www.refugeecouncil.org.uk
Eastern European Support Services - We are the only organisation in Nottinghamshire that provides services specifically tailored to the needs of Polish and other Eastern European migrants. We are a front line organisation with a bi-lingual staff that works closely with the Eastern European community and in partnership with many relevant organisations	Public phone: 0115 970 0446 / 0115 978 1396 Email: help@empp.co.uk
Support with substance misuse issues	
Change, Grow, Live (CGL) - We offer an all-age service to everyone living in Nottinghamshire who is experiencing problems with drugs and/or alcohol. Our service includes support for individuals as well as children and family members impacted by someone else's substance misuse.	Website: changegrowlive.org/nottinghamshire
Hetty's - Providing emotional help and support to families in Nottinghamshire affected by a loved one's alcohol or drug use	Tel: 08000 850 941 Support Line: 9am-6pm Daily e-mail: info@hettys.org.uk Website: hettys.org.uk



Support for victims of child sexual exploitation and their families	
PACE - support for victims of child sexual exploitation and their families	Tel: 0113 240 3040 Website: paceuk.info
Child exploitation and online protection (CEOP) – Support if you are worried about online sexual abuse or the way someone has been communicating online	Website: ceop.police.uk
Support for people with disabilities/ vulnerable adults	
Disability Nottinghamshire - Promoting the independence and choice of all persons with disabilities and impairments within the Nottinghamshire County Council area.	Phone: 01623 625891 Email: advice@disabilitynottinghamshire.org.uk Website: http://www.disabilitynottinghamshire.org.uk
Support with housing	
Shelter - We exist to defend the right to a safe home. Because home is everything.	Phone: 0808 800 4444 Website: www.shelter.org.uk
Support for victims of stalking and harassment	
Nottinghamshire Women's aid – support with domestic and non-domestic stalking for women	Phone: 01909 491330 email: enquiries@nottswa.org Website: www.nottswa.org
Equation - support with domestic and non-domestic stalking for men	Phone: 0115 960 5556 Email: info@equation.org.uk Website: www.equation.org.uk
Suzy Lamplugh Trust – Support with stalking and personal safety advice	National stalking helpline - 0808 802 0300 Website: suzylamplugh.org
National Stalking Advocacy Service (Paladin) - Assists high risk victims of stalking	Phone: 020 3866 4107 Email: info@paladinservice.co.uk Website: paladinservice.co.uk

Mental Health Support	
Samaritans - Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide	Phone: 116 123 Email: jo@samaritans.org Website: www.samaritans.org
MIND - National helpline which offers trained advisers who will listen and give help and advice on any mental health problems and where to get help	Infoline: 0300 123 3393 Email: info@mind.org.uk Website: www.mind.org.uk
Support for victims of crime	
Victim Support – supports victims of crime and traumatic events. We provide specialist help to support people to cope and move on to the point where they feel they are back on track with their lives.	Support line on 08 08 16 89 111 Website: www.victimsupport.org.uk
Support agencies	
Citizens Advice Bureau - Provides free, independent, confidential and impartial advice on a wide range of topics to everyone.	Website: www.citizensadvice.org.uk
Crimestoppers – Speak up, Stay safe - Enables victims and witnesses of crime to pass on information anonymously.	Phone: 0800 555 111 Website: www.crimestoppers-uk.org