

**Domestic Abuse**

**SOURCES OF HELP AND SUPPORT**

**Locally**

- **The IMPACT Programme**
  13 week programme for young women (13-17) which focuses on healthy relationships and keeping safe.

- **Huntingdon Youth Centre**
  Sallowbush Road
  Huntingdon
  PE29 7AF
  01480 372700

- **2byou**
  Support, friendship, projects and training for young people aged 14-24 in Cambridgeshire, discovering their sexuality
  2byou.org.uk

**Nationally**

- **The Hideout**
  Dedicated website for children and young people about domestic violence.
  The Freephone 24-hour National Domestic Violence Helpline provides a package of lifeline services to women and children experiencing domestic violence.
  www.thehideout.org.uk

- **Childline**
  24 hour confidential listening service for children.
  0800 1111
  www.childline.org.uk

- **Respect**
  Perpetrators, partners & practitioners.
  0845 122 8609 (Language Line)
  Textphone: 18001 0845 122 8609
  www.respect.uk.net

- **MALE**
  Support for male victims of domestic abuse.
  0808 801 0327
  www.mensadvice.org.uk

- **NSPCC**
  Advice for adults who are worried about a child.
  0800 800 5000 (24 hours)
  www.nspcc.org.uk

- **Disrespect NoBody**
  Website that provides information on Healthy relationships, Relationship abuse, Sexting, Consent, Rape and Porn.
  www.disrespectnobody.co.uk

- **Women’s aid**
  A range of information about domestic violence for survivors, professionals and the general public.
  www.womensaid.org.uk