


# SUPPORT SERVICES

## NUMBERS TO CALL



*Central Access Point*

 **111 - option 2**

Call for urgent mental health needs or when you are in crisis.  
This number can be also used by friends or family.

**Available 24hrs.**

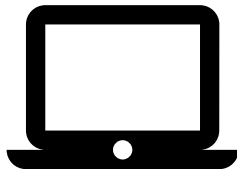
*Samaritans*

 **116 123**

A free, **completely confidential** number to call when you need  
to talk to someone. **Available 24hrs.**

## *Harmless*

Harmless is a centre dedicated to self-harm and suicide support  
and prevention.



Their website is full of resources  
for anyone needing support as  
well as friends and family  
members.



[www.harmless.org.uk](http://www.harmless.org.uk)

**SCAN ME**

*Self  
referral  
form* 



They offer face-to-face  
sessions to anyone in  
Leicester, Leicestershire  
and Rutland. They have a  
self-referral form on their  
website.

## Quell

Free digital mental wellbeing support for adults across the UK.



- Chat to a practitioner
- Connect with community
- Use guided self-help

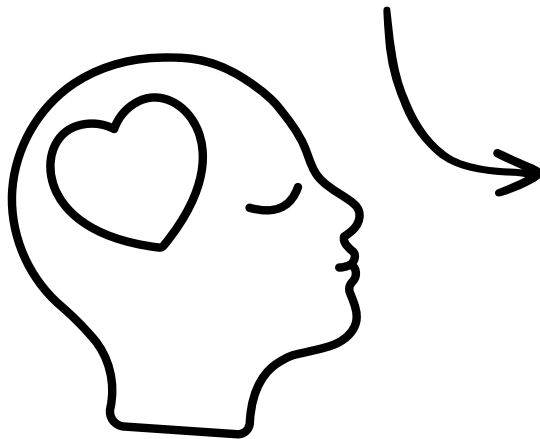
[www.qwell.io](http://www.qwell.io)

### **Please be aware!**

To use Quell, you have to create an account (which is completely anonymous).

## Mind

A mental health charity that provides advice and support to empower anyone experiencing a mental health problem.



[www.mind.org.uk](http://www.mind.org.uk)

# *SEXUAL ABUSE*

## *SUPPORT SERVICES*

### **Quetzal**

A service to support women recovering from the trauma of childhood sexual abuse.


 **0333 101 4280**

 →  
[quetzal.org.uk](http://quetzal.org.uk)



### **Juniper Lodge**

A service for anyone over the age of 18 that has been affected by rape or sexual assault.

 **0116 273 3330**

 →  
[juniperlodge.org.uk](http://juniperlodge.org.uk)



### **Jasmine House**

A service that works with female survivors of sexual abuse, sexual violence and rape aged 13+.


 **0116 255 8852**

 →  
[www.jasminehouse.org.uk](http://www.jasminehouse.org.uk)



### **First Step Service**

A service for male survivors of sexual abuse or rape, and their supporters.

 **0116 254 8535**

 →  
[firststepleicester.org.uk](http://firststepleicester.org.uk)



# DOMESTIC ABUSE

## SUPPORT SERVICES

 **0808 80 200 28**

This helpline number is the main route to **all domestic and sexual violence services**, provided by **Freeva** (free from violence and abuse). This number is free to call and hidden from bills.

### FOR MORE INFORMATION...

 **info@freeva.org.uk**

 **Text support: 07715 994 962**

 **www.freeva.org.uk**



### Jenkins Centre

Integrated domestic abuse service to help adults and young people aged 10+ to stop using abusive behaviour in their relationships.

   
**www.jenkins  
centre.org**



### Living Without Abuse (LWA)

A charity that provides support and help to anyone suffering from domestic abuse or sexual violence.

 **01509 550317**

   
**lwa.org.uk**



## *Respect*

Online advice and support for those wanting to stop abusive behaviours in their relationships, including young people.


Also offering specialist support for male victims of abuse.

[www.respect.uk.net](http://www.respect.uk.net)



## *Mankind Initiative*

Support for male victims of domestic abuse.


 **01823 334 244**

 **[www.mankind.org.uk](http://www.mankind.org.uk)**



## *Panahghar*

Dedicated BME multi-lingual support for victims and their families of domestic abuse or gendered abuse.

 **0808 8020028**

 **[www.safehouse.org.uk](http://www.safehouse.org.uk)**

