

Honour Based Abuse Support Agencies

(Local / Greater Manchester support agencies highlighted in purple)

British Red Cross

0808 196 3651 contactus@redcross.org.uk www.redcross.org.uk

The British Red Cross provides support to people in the UK and around the world get the support they need if crisis strike. From hiring a wheelchair or dealing with loneliness, to adjusting to life in a new country, help is available. Helpline: free and confidential 10 am – 6 pm daily. Helpline provides support in 200 languages.

Child Line

08001111 www.childline.org.uk

Child line offers free, confidential advice and support to any child or young person whatever their worry. Helpline open: 24 hours a day, 7 days a week.

Citizens Advice Bureau

0800 1448848 (national advice line) 0808 278 7803 (local advice line)
www.citizensadvice.org.uk (national) www.casort.org (local)

The Citizens Advice Bureau offers free, confidential and impartial information and advice on a wide range of subjects including benefits, work, debt and money, consumer issues, housing, immigration, and health matters. National advice line open and web chat service available: 9 am – 5 pm, Monday – Friday. **NB Local advice line is open, 8:30 am 5:30 pm, Monday to Friday. An out of hours emergency helpline service (0161 850 5053) is available to all Greater Manchester residents, from 6 pm-9 pm, 7 days a week.**

Independent Choices

0800 254 0909 (GM domestic abuse help line)

www.domesticabusehelpline.co.uk

Provides the Greater Manchester domestic abuse confidential helpline for women. Provides practical advice, information and referral to safe refuge accommodation. Non-urgent email advice and support provided to agencies around domestic abuse issues. Helpline open 10 am – 4 pm, Monday - Friday excluding bank holidays. Community helpline language service in Urdu and Punjabi provides support to South Asian women and is open 10 am – 4 pm, Monday – Friday.

Iranian and Kurdish Women' Rights Organisation (IKWRO)

0207 920 6460 www.ikwro.org.uk

IKWRO helps Middle Eastern and Afghan women and girls who are living in the UK. Provides advice on issues including honour based abuse violence, forced marriage, domestic abuse violence, separation and divorce, child custody, housing and benefits. Advice is provided in Farsi, Kurdish, Arabic, Dari, Pashto, Turkish, and English 9.30 am - 5.30 pm, Monday - Friday. Out-of-hours emergencies call: Kurdish / Arabic / English: 07846 275246; Farsi / Dari / English: 07846 310157. IKWRO also provide a free counselling service in Farsi, Kurdish, Arabic and English.

Karma Nirvana

0800 5999 247 www.karmanirvana.org.uk

A free, national helpline supporting men and women experiencing honour based abuse violence or at risk of a forced marriage. Confidential support provided to both victims and professionals. Helpline open 9 am – 5pm, Monday - Friday.

Lesbian and Gay Foundation

0345 3 30 30 30 helpline@lgbt.foundation www.lgbt.foundation

Confidential helpline and centre offering information, advice and support to the diverse range of people who identify as lesbian, gay, bisexual and trans on a wide range of issues including domestic abuse. Helpline is open 9 am – 9 pm weekdays.

Men's Advice Line

0808 801 0327 info@mensadviceline.org.uk www.mensadviceline.org.uk

Men's Advice Line is a confidential helpline for male victims of domestic abuse and those supporting them. Offers advice and emotional support to men experiencing abuse. Helpline support is available 10 am – 8 pm, Monday - Friday. Email support 9 am – 8 pm, Monday – Friday. Web chat support 10 am – 11.30 am and 2.30 – 4 pm, Wednesday.

Naz and Matt Foundation

hello@nazandmattfoundation.org

www.nazandmattfoundation.org

Naz and Matt Foundation exists to support LGBT+ individuals, their friends and family to work towards resolving challenges linked to sexuality or gender identity, particularly where religion is heavily influencing the situation.

New Step for African Communities (NESTAC)

07862 279289 / 07894 126157 info@nestac.org.uk

www.nestac.org.uk

NESTAC is a charity based in Rochdale aimed at supporting refugees, asylum seekers and other immigrants, with a focus on those from African origin living in Greater Manchester. Projects include: mental health and well-being programme, youth engagement initiative; and FGM programme. Enquiries: 10 am – 6 pm daily.

NSPCC

0808 800 5000

help@nspcc.org.uk

www.nspcc.org.uk

The NSPCC free helpline provides advice and support to adults concerned about a child. Helpline is open 10 am – 4 pm Monday – Friday.

NB separate NSPCC Asian Child Protection Helpline now; use NSPCC number as above.

The Proud Trust

0161 660 3347

www.theproudtrust.org

The Proud Trust helps LGBT+ young people. Provides information on a variety of issues relevant to LGBT+ youth. Enquiries: 9 am – 5.30 pm daily.

Rochdale Women's Welfare Association (RWWA)

01706 860157

www.rwwa.org.uk

Delivering HBAV / domestic abuse support services. Supports women affected by issues including physical, emotional and sexual abuse, self-harm, isolation, control and forced marriage. Counselling service. Women's support group. Support available in South Asian languages. Free and confidential service: 9 am – 4 pm, Monday – Friday.

Saheli

0161 945 4187 info@saheli.org.uk www.saheli.org.uk

Saheli provides safe, temporary accommodation for South Asian women and their children who have left their homes due to domestic abuse / violence. Any South Asian woman who is fleeing domestic abuse / forced marriages can refer herself to Saheli directly or via an agency. Counselling and practical support is provided within the refuge. Advice and support is available 9 am – 5 pm, Monday - Friday.

Southall Black Sisters

0208 571 9595 info@southallblacksisters.co.uk www.southallblacksisters.org.uk

Southall Black Sisters run an advice, advocacy and resource centre in West London and provide a service to women experiencing violence and abuse and other forms of inequality. Specialist advice, information, casework, advocacy, counselling and self-help support services are offered in several community languages, especially South Asian languages. The centre is open 9am – 5 pm, Monday - Friday.

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