



Helpful Telephone Numbers

November 2016

Domestic Abuse Services

Waveney Domestic Violence & Abuse Forum	01502 572143
.....or call our mobile	07906 245979
Anglia Care Trust – Male, Female or Family	0800 977 5690
Leeway Outreach service	0300 5610077
Freedom Programme	0845 467 1420
<i>Liberty Project</i>	
Trauma & Abuse Therapy	07906 245 979
Lighthouse Women's Aid.....	01473 228270
Nationwide Women's Aid	0808 2000 247
Local Domestic Abuse Team Officer	01986 835170
Karma Nirvana.....	0800 5999 247
<i>Honour Crimes & Forced Marriage</i>	
PHOBE Black & Ethnic Minority	01473 231566
Victim Support.....	0300 303 0165
Elder Abuse	0808 808 8141
Respect Men's Advice Line	0808 801 0327
Respect	0808 802 4040
<i>National Perpetrator support</i>	
Caring Dads.....	01502 572143
<i>Dads who want to deal with their abusive behaviours</i>	
Norfolk & Suffolk LGBT Project.....	01603 219299
Galop.....	0800 999 5428
<i>National LGBT Domestic Abuse Helpline</i>	

Sexual Abuse Services

Surviving United	07900 391412
<i>Survivors Support Group</i>	
Suffolk Rape Crisis	Confidential Helpline 0800 0850 520
Counselling Service	Office number 01473 231200
Survivors In Transition	07765 052 282
<i>Survivors of childhood sexual abuse</i>	
Sexual Assault Referral Centre (SARC)	0300 123 5058
Sue Lambert Trust Norfolk Counselling Service...	01603 622406
Make A Change Team	01473 282352
<i>Sexual Exploitation & Prostitution</i>	



Registered Charity No. 1149288

www.waveneydvforum.co.uk

Information, help and support are available in Waveney



TRAUMA & ABUSE THERAPY

Waveney Domestic Violence & Abuse Forum

01502 572143 • 07906 245 979

info@waveneydvforum.org.uk

Please phone us to speak with a professional advisor during office hours. If you want to leave a message we have a 24 hour answerphone service and we will call you back as soon as is possible.

**Waveney
Domestic Violence & Abuse Forum**

01502 572143

info@waveneydvforum.org.uk

Health & Wellbeing Services

Suffolk Wellbeing Service	0300 123 1781
NHS-non emergency	111
James Paget Hospital (General)	01473 452452
Carlton Court Hospital (Mental Health)	01502 527900
Mencap	0808 808 1111
MIND	01493 842129
<i>East Coast Community Health (ECCH)</i>	
School nurses/midwives/Health Visitor etc	01502 718600
Adult Social Care.....	0808 800 4005
Turning Point (Drug & Alcohol service)	01502 531138
Dual Diagnosis Team.....	01502 527225
<i>Combined poor mental health & alcohol/ substance misuse</i>	

Suffolk/Norfolk Police.....101
In emergency call999

Domestic Violence National 24 hour Helpline

0808 2000 247



This leaflet is published by WDVAF, to reduce domestic violence & abuse in Waveney & Suffolk by bringing this hidden issue into the open.

About us

Waveney Domestic Violence & Abuse Forum work to support female and male survivors of domestic and sexual abuse. Our therapists will work with you to look at both your short and long-term needs.

All our therapists are accredited and work to a strict code of ethics and practice. Your Confidentiality will be maintained at all times unless we are concerned that you or your family are at serious risk of harm.

This is a free service available in Waveney.

When do I need a Trauma Therapist?

This type of therapy is for those who have suffered trauma, at any age, and continue to be affected by it. You may have suffered abuse which could have been sexual, emotional, mental, neglect, or domestic abuse. The traumatic event you suffered may result in you having irrational fears, flashbacks or feeling overwhelmed and unable to cope with aspects of your life as an adult. This could be the therapy you need to recover.

Trauma therapy is a flexible method adapted to individual needs. It consists of thorough, effective techniques to bring about lasting change without the need of recalling traumatic incidents.

Therapists

We have qualified experienced, professional therapists, who have worked for a number of years supporting clients in their recovery.

You will be able to discuss your needs confidentially with someone who will understand, and if this service is not for you, Waveney Domestic Violence & Abuse Forum will, where possible, signpost you to a more suitable service.

For more information contact us on 01502 572143 or email info@waveneydvforum.co.uk

