

Resources local to the Diocese of Exeter

SAFE (Stop Abuse For Everyone)

SAFE offer a wide range of services to support women and children to be safe and to live free from violence in the future.

030 30 30 0112

<https://www.safe-services.org.uk/>

Devon Domestic Abuse Support Service (Splitz)

Devon Domestic Abuse Support Service (DDASS) offer advice, guidance and support to women, men and children affected by domestic abuse.

0345 155 1074

<https://www.splitz.org/devon>

Plymouth Domestic Abuse Services (PDAS – Sanctuary Supported Living)

PDAS provide practical, non-judgemental support, advice and protection for all victims of domestic abuse.

0800 458 2558

<https://www.sanctuary-supported-living.co.uk/find-services/domestic-abuse/devon/plymouth-domestic-abuse-services-pdas>

Torbay Domestic Abuse Services (TDAS – Sanctuary Supported Living)

PDAS provide practical, non-judgemental support, advice and protection for all victims of domestic abuse.

0800 916 1474

<https://www.sanctuary-supported-living.co.uk/find-services/domestic-abuse/devon/torbay-domestic-abuse-service-tdas>

North Devon Against Domestic Abuse (NDADA)

Provide temporary refuge to women and children who have suffered Domestic Abuse and also offer support and aftercare to any woman who has left a refuge.

01271 321946

<http://www.ndada.co.uk/>

Devon Rape Crisis and Sexual Abuse Services

Offer support over the phone, via email or face-to-face, for women aged 13 and over and young men aged 13-25. Also offer limited support to the families, friends and partners of those affected by sexual violence. (Cover Devon and Torbay, but not Plymouth.)

01392 204 174

<http://www.devonrapecrisis.org.uk/>

First Light

First Light supports victims of sexual violence living in the Plymouth area. They can offer support in reporting the incident to the police, counselling for men, women and children, and art therapy (for under 18 year olds).

03458 121212

<https://www.firstlight.org.uk/>

Devon Rape and Sexual Abuse Helpline

Provide a free, anonymous, confidential listening and support helpline which can help to relieve the trauma and distress of rape, sexual violence and childhood sexual abuse. The service is for women and men over 16 years of age who have been raped or sexually abused, either recently or in the past.

0808 800 0188 (Check website for operating times/days)

<http://therapeandsexualabusehelpline.co.uk/>

Are You OK? (Safer Communities Torbay)

The 'Are You OK' website has been created by Torbay's Community Safety Partnership, Safer Communities Torbay, to provide information to anyone in Torbay who wants to find out more about domestic abuse and violence, how to access local help and support services, or how to support someone experiencing abuse or violence.

<http://www.areyouok.co.uk/>