

Helplines

Domestic Abuse Helpline for Dorset (You First)

0800 032 5204

You First work with women, men and children.

Free phone: 0800 032 5204 (Please be aware that calls to 0800 numbers may show up on itemised phone bills)

Visit: <https://theyoutrust.org.uk/>

Email: youfirst@theyoutrust.org.uk

Sexual Assault

The Shores - Dorset SARC (Sexual Assault Referral Centre)

Providing a comprehensive service to men, women and children who have been raped or sexually assaulted.

Call: 01202 552 056

<http://www.the-shores.org.uk>

Children's Mental Health Service

CAMHS

CAMHS, Blandford Community Hospital, Betty Highwood Unit, Milldown Road, DT11 7DD

Telephone: 01258 394149
08.30am – 5.00pm, Monday to Friday

<https://camhsdorset.org/>

Childline

0800 11 11

Honour Based Violence (HBV)

Karma Nirvana

0800 5999247

National charity supporting men and women who are being pressured to get married against their will, fear bringing shame or dishonour to their family or are concerned about being disowned

For people committing domestic violence

Respect

0808 802 4040

A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner

Support for the lesbian, gay, bisexual and transgender community

Galop - LGBT anti-violence and abuse charity

0300 999 5428

If you've experienced hate crime, sexual violence or domestic abuse, we're here for you. We also support lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system.

Emergency local assistance fund

The fund (offered by [First Point Dorset, via YouTrust](#)) is for situations in which individuals or families face an immediate risk to their health and safety and all other avenues of support have been exhausted.

fleeing a situation of domestic violence
recently left institutionalised care
exceptional pressure (for example, victim of a non preventable disaster - house fire, flood)

Applications are only accepted via telephone.

Telephone number: 0330 1234 225

Opening hours: 8.30am to 5pm, Monday to Friday.

Sherborne Citizens Advice

Call on the Freephone Dorset Adviceline Telephone Number **0800 144 88 48**

Citizens Advice is an independent service providing free, confidential and impartial advice to everybody regardless of race, gender, disability, sexuality, nationality, ethnicity, religion and belief.

National helplines

National Domestic Violence Helpline: 0808 2000 247

The National Centre for Domestic Violence: 0800 9702070

Women's Aid: 0808 2000 247

Samaritans: 116 123

Elder Abuse: 080 8808 8141

Citizen's Advice: 0344 411 1444

Shelter: 0808 800 4444

