

Help for those who have experienced domestic abuse

Domestic Abuse Helpline for Dorset (Paragon):

0800 032 5204

Please note that You First has been rebranded to Paragon

Local outreach and help lines

Dorset County - Paragon integrated domestic abuse service

Paragon 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: ParagonDorset@theyoutrust.org.uk

Poole and Bournemouth outreach

Bournemouth: 01202 547 755

Poole: 01202 710 777

Visit: <https://www.bcha.org.uk/our-services/supported-housing/domestic-abuse/>

Refuges

24 hour helplines:

Dorset 0800 032 5204

Bournemouth 01202 547 755

Poole 01202 710 777 (can take men, those experiencing Honour Based Violence and forced marriage)

Courses for survivors

There are courses available for people who have experienced domestic abuse and live in Dorset. The courses are run by experts working in domestic abuse services.

[Find out more about the awareness courses](#)

Dorset Police

In an emergency always dial 999

For all other enquiries, dial 101

[See Dorset Police's information on domestic abuse](#)

Other local support services

Victim Support

An independent charity who provide one to one support for all victims of crime, including support for male and female victims of domestic abuse, historical sexual violence and for children affected by crime. Support is free, confidential and tailored to your needs.

Southwest Victim Care Unit call 0300 3030 163

National helpline 0808 1689 111

Live chat - this is available 24 hours a day, seven days a week. The service is anonymous, confidential and free to use. To access it please visit the [Victim Support website](#) or visit the [Victim Care website](#).

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>

Stars

A voluntary organisation run for men, women, young people and children who have been raped or sexually abused.

Call: 01202 308 855

www.starsdorset.org

Survivor Pathway - sexual violence support service


The Dorset survivor pathway is a guide for anyone wanting to know more about specialist sexual violence support services in Dorset.

<https://www.survivorpathway.org.uk/dorset/>

Children and young people

[Childline](#): 0800 11 11

[Safe DATE](#): Support and guidance on relationship abuse, sexting and consent to help you make the right decisions and stay safe.

[The Hideout](#) : A space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you.

The [Family Partnership Zones](#) are able to offer support and guidance for children and families living in Dorset and advice and guidance to professionals of other services that they might find useful to signpost families to.

[WAVES \(The Children's Society\)](#): 01305 768768


Worried about a child

[NSPCC](#): Call: 0808 800 5000 Text 88858

[Contact our Children's Advice and Duty Service](#) if you're concerned about a child or young person.

[Dorset Safeguarding Children's Board](#): (DSCB) Made up of representatives from statutory, voluntary and community organisations/services, the DSCB meets regularly to agree and oversee the effectiveness of agencies working to safeguard and promote the welfare of children and young people in Dorset.

Men experiencing domestic abuse


[Men's Advice Line](#) : 0808 801 0327 - Confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).

[The ManKind Initiative](#): 01823 334 244 - Confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner).


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.

[The Intercom Trust](#)[☎]: 0800 612 3010 - Intercom Trust is a lesbian, gay, bisexual and trans community resource in Cornwall, Devon, Dorset and the wider South West.

Stalking

Paragon: 0800 032 52 04 - a Paragon Stalking Advocate will talk with you about stalking and carry out a risk assessment with you. Please phone if you think you are being stalked or harassed.

[National Stalking Helpline](#)[☎]: 0808 802 0300

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](#)

[Shelter](#):0808 800 4444

Legal advice

Many local solicitors are able to help victims of domestic violence and abuse with legal advice and access to civil legal remedies. The [National Centre for Domestic Violence](#) can also provide legal help and support and can be contacted on 0800 9702070. [UK call charges and rates](#)

Healthy relationships

With challenges of the COVID-19 pandemic, life at home is difficult for people at the moment. Confidential support is available for anyone struggling with their relationship.

Contact Relate on 01302 380900 or visit the [Relate website](#). You can also speak to the Samaritans on Freephone 116 123.

[Tips on looking after yourself and maintaining healthy relationships.](#)