

Support for our patients: Keeping safe

Worried about an adult in Devon?

If you suspect that a vulnerable adult is being abused, or you are being abused yourself and live within Devon Local Authority boundaries, please contact Adult Social Care on **0345 1551 007** (Monday to Thursday 9am to 5pm, Friday 9am to 4pm), or call the out of hours Emergency Duty Service on **0345 6000 388**. For more information, visit **www.devon.gov.uk/adult-social-care/solutions/safe-from-abuse**.

Worried about an adult in Torbay?

If you suspect that a vulnerable adult is being abused, or you are being abused yourself and live within Torbay Local Authority boundary, contact the Safeguarding Adults Single Point of Contact Team on **01803 219700** (Monday to Friday, 9am to 5pm) or call the out of hours Emergency Duty Service on **0300 4564 876**, or email **tsdft.safeguardingalert@nhs.net**. For more information, visit **www.devonsafeguardingadultspartnership.org.uk/reporting-a-concern/report-your-concern-torbay-local-authority-boundaries**.

Worried about a child's safety? (Devon area)

If you are concerned about the safety of a child in Devon or want to speak to someone, or if you are a child worried about your own safety, contact the Multi-Agency Safeguarding Hub (MASH) by completing the support form available on the website **devoncountycouncil.outsystemsenterprise.com/MASH/homepage**, call **0345 155 1071** or email **mashsecure@devon.gov.uk** and give as much information as you can. If a child is at immediate risk, contact the police on **999**.

Worried about a child's safety? (Torbay area)

If you are concerned about the safety of a child in Torbay or want to speak to someone, or if you are a child worried about your own safety, contact the Multi-Agency Safeguarding Hub (MASH) on **01803 208100** or email **mash@torbay.gov.uk**, or call the out of hours Emergency Duty Service on **0300 4564 876**. For more information, visit **www.torbaysafeguarding.org.uk**. If a child is at immediate risk, contact the police on **999**.

National domestic abuse support services

National Domestic Abuse Helpline

The freephone, 24-hour National Domestic Abuse Helpline: **0808 2000 247**. If calling is difficult, you can also access a live messaging service with advisors available 10am-10pm Monday – Friday at **www.nationaldahelpline.org.uk**.

Women's Aid

Women's Aid is a national charity supporting women and children who are facing domestic abuse. Visit their website **www.womensaid.org.uk** to access a wide range of helpful information and advice. You can also access support and advice via their live chat and email via the website.

Refuge

Operating safe houses across the UK for women and children escaping domestic violence, and the address is confidential. For more information, visit **[refuge.org.uk](https://www.refuge.org.uk)** or call the 24-hour helpline on **0808 2000 247**.

ManKind helpline

A support service for male victims of domestic abuse and violence, which includes a support helpline. Visit **[mankind.org.uk](https://www.mankind.org.uk)** or call **0808 800 1170** to access support.

Respect: Men's Advice Line

A helpline for male victims of domestic abuse and violence. Call **0808 8010 327** or visit **[mensadvice.org.uk](https://www.mensadvice.org.uk)** for more information.

Local domestic abuse support services

Fear Free: Interpersonal Trauma Response Service (ITRS)

Fear Free (ITRS) provides local support for anyone who needs advice and protection from domestic abuse, sexual violence and stalking who are registered with Kingskerswell & Ipplepen Health Centre. You can contact the team on **01752 963 493** or email **ITRS@fearfree.org.uk**. Visit **www.fearfree.org.uk/refer/devon** for more information.

Devon Domestic Abuse Alliance (DDAA)

An alliance of organisations supporting victims and survivors of domestic abuse across Devon aged 16 years and over offering the following services:

- Domestic abuse support tailored to your individual needs
- A range of accommodation and housing options based on your needs
- Access to one-to-one, group and peer support as well as trauma-focused therapy options
- Access to specialist support including substance use, and homelessness
- Access to Behaviour Change support, which helps people who harm break the cycle of abuse

For more information, visit **www.ddaa.org.uk**. You can also contact the service directly on freephone number **0808 281 6161** or email **hello@ddaa.org.uk** (opening hours are Monday -Friday 9am-5pm).

Torbay Domestic Abuse Service (for residents of Torbay)

Torbay Domestic Abuse Service (TDAS) provides support for men, women and children in Torbay who need advice and protection from domestic abuse. For more information, visit **www.areyouok.co.uk/directory/torbay-domestic-abuse-service**, or phone **01803 698869** or **0800 916 1474** or email **tdas@sanctuary-housing.co.uk**.

Intercom Trust

Intercom Trust is a person-centred, client-led, inclusive charity who supports LGBT+ people to offer a range of services such as counselling and Independent Domestic Violence Advisor (IDVA) Support based in Plymouth. For more information, visit www.intercomtrust.org.uk/get-help or **0800 612 3010**.

More Positive Me

More Positive Me supports people with low self-esteem and low self-worth to gain knowledge and understanding of domestic abuse and its intricacies. They empower people on their journey to heal and get their lives back on track by supporting their growth, confidence, and self-belief, enabling them to make sense of what happened and move forward with their lives. For more information, visit www.morepositiveme.co.uk or call **07510 515160**.

Refuge4Pets

Refuge4Pets provides a specialist Animal Fostering Service across Devon and Cornwall to victims and survivors of domestic abuse so that they can leave with their much-loved animals. For more information, visit refuge4pets.org.uk or call **0300 4000 121**.

Safe Foundation

The Safe Foundation supports adults and children experiencing difficulties in life through their experience of domestic abuse. Their community-based therapeutic programmes are delivered through a range of means including individual and group counselling, organisational guidance, training, and workshops. Visit wearesafe.org.uk/therapy or call **03030 300 112**.

Sexual abuse/violence support services

Sexual Assault Referral Centre (SARC)

The Sexual Assault Referral Centre service provides medical support, examination and counselling after rape or sexual assault across Devon, Cornwall and the Isles of Scilly. To access support, visit sarchelp.co.uk/get-help or call the 24-hour helpline on **0300 303 4626**.

Devon Rape Crisis and Sexual Abuse Services

This service offers confidential, professional support to survivors of rape, sexual assault and childhood sexual abuse in Devon, regardless of the time elapsed since the abuse has taken place. This service can provide specialist support online, in person or by phone. Visit devonrapecrisis.org.uk or call **01392 204174** to access support.

Momentum

Momentum is a local peer support group for adult male survivors of childhood sexual abuse. There are no waiting lists, you will always be in control of what you say, everything is at your pace and about healing from the effects of trauma and abuse. Momentum offers individual and group support and can help you find specialist therapy/ counselling if needed. For more information, visit www.momentumdevon.org.uk or call **07773 151080**.

Operation Emotion

This is a Plymouth based charity that provides services to male survivors of sexual abuse. They run a range of support options, including a support group based in Paignton. To access support, visit **operationemotion.co.uk** or call **07837 321514 / 07539810096 / 07721 069496** or email **opem@pm.me**.

The Survivors Trust

A free, national helpline 7 days a week for people aged 16+ who are survivors of rape or sexual abuse and violence. A fully inclusive service, providing safe, non-judgemental support to survivors as well as an online ISVA service. For more information, visit **thesurvivorstrust.org** or call the helpline on **08088 010818**.