

## Helpful Contacts

### All Wales Domestic Abuse and Sexual Violence Helpline

0808 80 10 800

### NAPAC

0808 801 0331

Support line for adult survivors of child abuse  
(Mon-Fri)

### NSPCC Helpline

0808 800 5000

Text: 88858

### MOSAC Helpline

0800 980 1958

Support for non-abusing parents  
and carers of sexually abused children

### C.A.L.L. (Community Advice & Listening Line):

### Mental Health Helpline for Wales

0800 132737

or text 'help' to 81066

### Samaritans

116 123

### Childline

0800 1111

### LGBT Cymru Helpline

0800 840 2069 (Mon & Wed 7pm-9pm)

### National Self Harm Network (online forum)

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



Grymuso Goroesywr | Empowering Survivors  
Trais Rhywiol | of Sexual Violence

Email • [horizon@cyfannol.org.uk](mailto:horizon@cyfannol.org.uk)

Tel • 01495 742052

ISVA Contact: Nichola Williams

Mobile • 07970 638595

Email • [nichola.williams@cyfannol.org.uk](mailto:nichola.williams@cyfannol.org.uk)

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CYMORTH I FENYWOD  
**CYFANNOL**  
WOMEN'S AID

**Gyda'n gilydd rydym yn gryfach**

**Together we are stronger**

The Chrysalis Centre, 3 Town Bridge Buildings

Park Road, Pontypool NP4 6JE

Open Mon-Fri 9am-5pm

Tel • 01495 742052 (24 hours)

Email • [info@cyfannol.org.uk](mailto:info@cyfannol.org.uk)

Monmouthshire Multi Agency Centre

26b Monk Street, Abergavenny NP7 5NP

Open Mon-Fri 9am-5pm

Tel • 01873 859011 (24 hours)

Email • [office@cyfannol.org.uk](mailto:office@cyfannol.org.uk)

[www.cyfannol.org.uk](http://www.cyfannol.org.uk)



Grymuso Goroesywr | Empowering Survivors  
Trais Rhywiol | of Sexual Violence

Gwent-wide support  
services for anyone  
who has experienced  
rape, sexual violence  
or childhood abuse  
at any time in their life.

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**CYFANNOL**  
WOMEN'S AID

# Have you been affected by:

**Rape**

**Sexual Assault**

**Intimate Partner Sexual Violence**

**Childhood Sexual Abuse**

**Organised/Ritual Sexual Abuse**

**Forced Marriage**

**Sexual Bullying**

**Female Genital Mutilation**

**Trafficking**

**Sexual Exploitation**

**Online Grooming and Sexual Exploitation**

This can happen to anyone, regardless of their age, gender, race, religion, culture or social status.

Speaking out and acknowledging what has happened to you is an important part of healing.

## Horizon Services

### Independent Sexual Violence Advisor (ISVA)

Our Independent Sexual Violence Advisors will listen to you, find out what your needs are and assist you to gain support from other agencies. They will give you information about the legal process and your rights, so you can make informed choices. If you decide to make a report to the police, you will be supported in all stages of the legal process. Our ISVA service is available whether you choose to report or not.

### Sexual violence counselling

Specialist sexual violence counselling is available for adults in confidential community spaces across Gwent.

### Other services

We also offer:

- The Sexual Violence Recovery Toolkit Programme
- Safe emergency accommodation
- Support for family and friends

## Our Specialisms

### Adult survivors of childhood sexual abuse

For 80% of the people we work with, their abuse started in childhood. We understand the barriers individuals face when disclosing such traumatic events.

### Intimate partner sexual violence

We have been supporting victims of intimate partner sexual violence for 40 years. We recognise that all abuse thrives on secrecy and that threats and bribes are often used to maintain compliance.

### Referrals

Our Horizon services are confidential and free and we receive referrals from across Gwent.

You can contact us directly to access support or be referred by another agency.

Remember you have a right  
to be safe and to choose  
what happens to you