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A project by



CYMORTH I FENYWOD
CYFANNOL
WOMEN'S AID

Gyda'n gilydd rydym yn gryfach
Together we are stronger

Head Office

The Chrysalis Centre
3 Town Bridge Buildings
Park Road, Pontypool NP4 6JE
Open Mon-Fri 9am-5pm
Tel • 01495 742052 (24 hours)

Accessing Support

Support is available across Gwent.
For information about accessing support
in your area, please contact us.

Referrals

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

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

When you get in touch with us, we will discuss your needs to establish which service(s) you would like to access.

Get in Touch

We welcome enquiries about our services and the support we can provide, so please feel free to contact us for further information.

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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 (Monday 7pm-9pm)

**National Self Harm Network
(online forum)**
<http://www.nshn.co.uk>



**Gwent-wide
specialist
sexual violence
support services**

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Supporting anyone who has been affected by:

Sexual Bullying

Sexual Assault

Intimate Partner Sexual Violence

Rape

Childhood Sexual Abuse

Female Genital Mutilation

Online Grooming

Organised/Ritual Sexual Abuse

Forced Marriage

Trafficking

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 is an important part of healing.

Our Support Services

Independent Sexual Violence Advisor (ISVA)

Our Independent Sexual Violence Advisors and support team listen and provide personalised support to men, women and children based on their individual needs. Our ISVA service is available to all survivors, whether they choose to report or not, offering:

Emotional and practical support:

Listening to survivors and responding to their needs, someone to talk to in a safe space, providing help with practical matters and support to access other agencies, as appropriate.

Support through the legal process:

Providing information about the legal process and rights; those who decide to make a report to the police will be supported by their ISVA in all stages of the legal process.

Sexual Violence Counselling

Specialist counselling is available in confidential community spaces across Gwent for women, men and children aged 13+ who are currently experiencing, or have in the past experienced, sexual abuse.

Our counselling service can help individuals to bring about effective change in their lives, improving wellbeing and self-esteem, developing coping mechanisms and reducing harmful behaviours. The aim of the service is to provide freedom from the damaging effects of sexual abuse, supporting survivors to move on and regain control of their lives.

Sexual Exploitation Advocacy Support Service (SEASS)

A specialist project providing information, advice, support and advocacy services to women who are currently, or are at risk of, experiencing sexual or financial exploitation.

Our Group Support Services

The Sexual Violence Recovery Toolkit

A 12-week programme that helps survivors, who are in a position to take part in a group, come to terms with their experiences and develop positive lifestyle and coping strategies.

Peer Support Group

A group that brings together people with shared experiences to support each other, offering useful information on coping with the trauma of sexual violence and abuse and introducing ideas and approaches that others have found helpful.

Family and Friends of Survivors Wellbeing Group

When someone close to us has been a victim of sexual abuse, it can feel frightening and overwhelming. Being in a group with others that are experiencing this can help family members and friends to explore these feelings, while gaining more knowledge to help themselves as well as their loved ones.

No Sexual Harassment (No...SH!) Project



A peer-led project working with young women with learning difficulties or autism, supporting them to recognise sexual harassment and abuse, speak out and access support.

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/survivors 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.

Support for Family and Friends

The after effects of sexual violence can be felt by not just the survivor but by their partner, family members and friends. We offer support and promote understanding of the impact of sexual violence and abuse.

Survivor-centred Services

We work closely with survivors to address barriers and ensure support is available to everyone how and when they need it. We offer:

Online Support

For people who may not be in a position to attend face-to-face counselling or support sessions, online video and live-chat support is available via our website.

No Time Limits on Support

Support is available for as long as survivors need it and the option is always left open for individuals to access or return to support at a point that suits them.

Safe Emergency Accommodation

When survivors have felt at risk or unsafe, we have been able to offer safe emergency accommodation.

Outreach

For those already engaged with other services, our outreach worker can arrange to visit wherever is most comfortable.