

Self Help Resources – Useful sites & Information

Abuse / Sexual Violence

Amethyst is the Sexual Assault Referral Centre (SARC) for the North Wales area. It offers a confidential service for men, women and children who have been sexually assaulted, either recently or in the past.

www.north-wales.police.uk/amethyst_2012/english/index.html

In Welsh:

www.north-wales.police.uk/amethyst_2012/welsh/index.html

Rape Crisis England & Wales provides information on how to get help after experienced rape, child sexual abuse and/or any kind of sexual violence, and details of your nearest Rape Crisis services.

<https://rapecrisis.org.uk/>

Live Fear Free is a Welsh Government website, providing information and advice for those suffering with violence against women, domestic abuse and sexual violence. It has a free 24/7 confidential helpline. It also provides information and helpline on honour based violence and forced marriage, slavery, and female genital mutilation.

The website is available in English and in Welsh.

www.livefearfree.gov.wales/

Bawso provides support, advice and information from several offices in Wales for people (men, women and children) from black and ethnic minority backgrounds who are affected by domestic abuse and other forms of abuse, including female genital mutilation, forced marriage, human trafficking and prostitution.

www.bawso.org.uk/

SurvivorsUK offers counselling, group work and helpline services for men who have experienced sexual violation recently or in the past.

The website is available in English and in Welsh.

www.survivorsuk.org/

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