

**The following numbers below may also be of assistance:**

The NSPCC; for adults concerned about a child – 0808 800 5000

Childline; for children and young people – 0800 1111

Action on Elder Abuse; helpline – 0808 808 8141 (24-hour)

National Domestic Violence; helpline – 0808 2000 247

NAPAC, offers support and advice to adult survivors of childhood abuse – 0808 801 0331

Stop It Now; helps prevent child sexual abuse – 0808 1000 900

Cruse; bereavement helpline – 0808 808 1677

Family Lives; provides support and advice on family issues – 0808 800 222

MACSAS; for people who have been abused by church officers – 0808 801 0340

The Samaritans; for people struggling to cope and needing someone to talk to – 116 123

**Sources of support for victims and families of abuse**

The Survivors Trust – <http://thesurvivorstrust.org>

Safeline - <https://safeline.org.uk/>

Support Line – [www.supportline.org.uk/problems/rape\\_sexual-assault.php](http://www.supportline.org.uk/problems/rape_sexual-assault.php)

Victim Support – [www.victimsupport.org.uk/crime-info/types-crime/childhood-abuse](http://www.victimsupport.org.uk/crime-info/types-crime/childhood-abuse)