

## Are You Aware Of These Resources?

Unhealthy relationships can manifest in a number of safeguarding concerns, such as **domestic abuse** and the **exploitation of children and adults**.

Scan the QR codes below to access information about these organisations.

- **Your Sanctuary:** <https://www.yoursanctuary.org.uk>  
Helpline: 01483 776822  
Your Sanctuary is a Surrey based charity supporting survivors of Domestic Abuse



- **Respect:** <https://www.respect.uk.net>  
Leading the development of safe, effective work with perpetrators, male victims and young people using violence and abuse

- **Women's Aid:** <https://www.womensaid.org.uk>  
Email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)  
Women's Aid is a grassroots federation working together to provide life-saving services in England and build a future where domestic abuse is not tolerated.



- **National Domestic Abuse Helpline:** <https://www.nationaldahelpline.org.uk>  
The freephone, 24-hour National Domestic Abuse Helpline is 0808 2000 247

- **Ask for Angela:** <https://www.met.police.uk/AskforAngela>  
This safety initiative 'Ask for Angela' is being rolled out to bars, clubs and other licensed businesses across London, providing a means to get urgent help if feeling threatened.



- **Ask Ani:** <https://wellbeinginfo.org/ask-ani-domestic-abuse-support/>  
This is a Domestic Abuse support scheme.

- **Prevention of CSE:** <https://www.csepoliceandprevention.org.uk>  
Supporter Care: 0300 303 7000  
The National Child Sexual Exploitation action plan has focused on four



approaches to help target offenders and protect children and young people through new ways of working.



- [Rape and Sexual Assault Support Centre \(RASASC\):](https://www.rasasc.org)

<https://www.rasasc.org>

Helpline: 01483 546400

RASASC is an inclusive service that supports survivors of all genders over the age of 13 from across Surrey, who have been raped, sexually abused or have had an unwanted sexual experience

- [NSPCC:](https://www.nspcc.org.uk)

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Helpline: 0808 800 5000 – call this number if you're worried about a child

Childline: 0800 1111 – call this number if you are a child or young person worried about anything.

Everything we do protects children today and prevents abuse tomorrow, to transform society for every childhood.



- [Child exploitation and on-line abuse - Police Safety Centre:](https://www.ceop.police.uk/Safety-Centre/)

<https://www.ceop.police.uk/Safety-Centre/>

Are you worried about online sexual abuse or the way someone has been communicating with you online?

- [Healthy Surrey:](https://www.healthysurrey.org.uk)

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This website helps you find self-care information, as well as

signposting to local services available to you as a Surrey resident.



- [Restored-UK](https://www.restored-uk.org)

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We speak up about the realities of violence against women and girls and aim to equip the Church to stand against domestic abuse and support survivors.

## Resources to help Identify and minimise the risk of harm to children and vulnerable adults

Proactive prevention is a vital part of safeguarding, doing all we can to prevent harm and abuse.

Steps can include using and signposting to resources that focus on prevention. For example:

- **Parents Protect:** <https://www.parentsprotect.co.uk>  
Confidential advice line: 0808 1000 900  
Resources to help parents and carers protect children from sexual abuse and exploitation.



- **Stop it Now!:** <https://www.stopitnow.org.uk>  
Confidential Helpline: 0808 1000 900  
Help and support to prevent child sexual abuse.

- **NSPCC PANTS Campaign:** <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>  
Talk PANTS is a simple conversation to help keep your child safe from sexual abuse.

