Resources

Books about...

- ...abuse
- "Out of Control" by Natalie Collins
- "Why Does He Do That?" by Lundy Bancroft
- "Scars Across Humanity" by Elaine Storkey



- "Trauma and Recovery" by Judith Herman
- "The Body Keeps the Score" by Bessel Van Der Kolk
- "The Boy Who Was Raised as a Dog" by Bruce Perry
- "Trauma is Really Strange" by Steve Haines

...women and women's rights

- "Eve was Framed" by Helena Kennedy
- "Invisible Women" by Caroline Criado Perez
- "Come As You Are" by Emily Nagoski
- "The Gate to Women's Country" by Sherri Tepper

...men and masculinity

- "The Masculinity Conspiracy" by Joseph Gelfer
- "How Not To Be A Boy" by Robert Webb
- "Getting Off" by Robert Jensen

Websites

- Women's Aid are the federations supporting member organisations who run refuges and domestic abuse services:
- Women's Aid (England): www.womensaid.org.uk.
- Welsh Women's Aid: www.welshwomensaid.org.uk.
- Scottish Women's Aid: www.womensaid.scot.
- Women's Aid Northern Ireland: www.womensaidni.org.
- Women's Aid Ireland: www.womensaid.ie.
- Refuge are the largest single provider of refuges and domestic abuse services in England: www.refuge.org.uk.
- Rape Crisis support women and girls who have been subjected to sexual abuse:
 - England and Wales: www.womensaid.org.uk.
 - Scotland: www.rapecrisisscotland.org.uk.
 - Northern Ireland: www.rapecrisisni.org.uk
- Southall Black Sisters support for black and minority ethnic women with resources in help available in English, Hindi, Punjabi, Gujarati and Urdu, with interpretation available in Somali: www.southallblacksisters.org.uk.
- Beacon House provide therapeutic help for children, young people and adults with mental ill health, their website includes some useful free resources: www.beaconhouse.org.uk.
- Holes in the Wall provides support and resources for those dealing with child to parent violence: www.holesinthewall.co.uk.
- Disrespect Nobody is a resource for young people about abusive behaviour, consent etc.: www.direspectnobody.co.uk.
- Creepy Naked Stuff is a free resource for under 11s, parents and educators about pornographies: www.dayprogramme.org/creepy-naked-stuff.
- Love Respect is run by Women's Aid to support girls in recognising abusive behaviour within relationships: www.loverespect.co.uk.



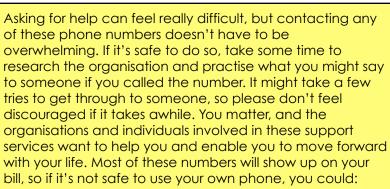


Resources

Helplines

Not all of these helplines have 24-hour availability, visit their website to check when they're available

- National Domestic Violence Helpline: 0808 2000 247 (www.nationaldahelpline.org.uk)
- National LGBT+ Domestic Abuse Helpline: 0800 999 5428; (www.galop.org.uk/domesticabuse)
- Rape Crisis: 0808 802 9999 (www.rapecrisis.org.uk)
- National Stalking Helpline: 0808 802 0300 (www.stalkinghelpline.org)
- Revenge Porn Helpline: 0345 6000 459 (www.revengepornhelpline.org.uk)
- Scottish Women's Rights Helpline: 0808 801 0789 (www.scottishwomensrightscentre.org.uk)
- Rights of Women Family Law: 020 7251 6577 (www.rightsofwomen.org.uk)
- Rights of Women Immigration and Asylum Law: 020 7490 7689
- Female Genital Mutilation Protection Helpline: 0800 028 3550
- Forced Marriage Protection Unit: 020 7000 0151
- The Samaritans: 116 123 (www.samaritans.org)
- National Association of People Abused in Childhood (NAPAC): 0808 801 0331 (www.napac.org.uk)
- Respect Perpetrator Phoneline: 0808 802 4040 (www.respectphoneline.org.uk)



- Use a payphone
- Use a friend's or family member's phone
- Get a cheap pay-as-you-go phone
- Ask the course facilitator to help you make a call



"With you I begin to realise that the sun can rise again, the rivers can flow again, the fires can burn again. With you, I begin to see that the hungry can eat again, the children can play again, the women can rage and stand again. It is not a matter of what ought to be. It is a power that drives to justice and makes it. Makes the sun blaze, the rivers roar, the fires rage. And the revolution is won again. And you and I are pushed by a power both terrifying and comforting. And 'I love you' means 'Let the revolution begin!' Isabel Carter Heywood

What are four things you could do to encourage yourself to contact a helpline?
1,
2
3
4

