

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

- "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 Phonenumber: 0808 802 4040 (www.respectphonenumber.org.uk)



“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

Asking for help can feel really difficult, but contacting any of these phone numbers doesn't have to be overwhelming. If it's safe to do so, take some time to research the organisation and practise what you might say to someone if you called the number. It might take a few tries to get through to someone, so please don't feel discouraged if it takes awhile. You matter, and the organisations and individuals involved in these support services want to help you and enable you to move forward with your life. Most of these numbers will show up on your bill, so if it's not safe to use your own phone, you could:

- 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

What are four things you could do to encourage yourself to contact a helpline?

1. _____
2. _____
3. _____
4. _____

