

A GUIDE TO

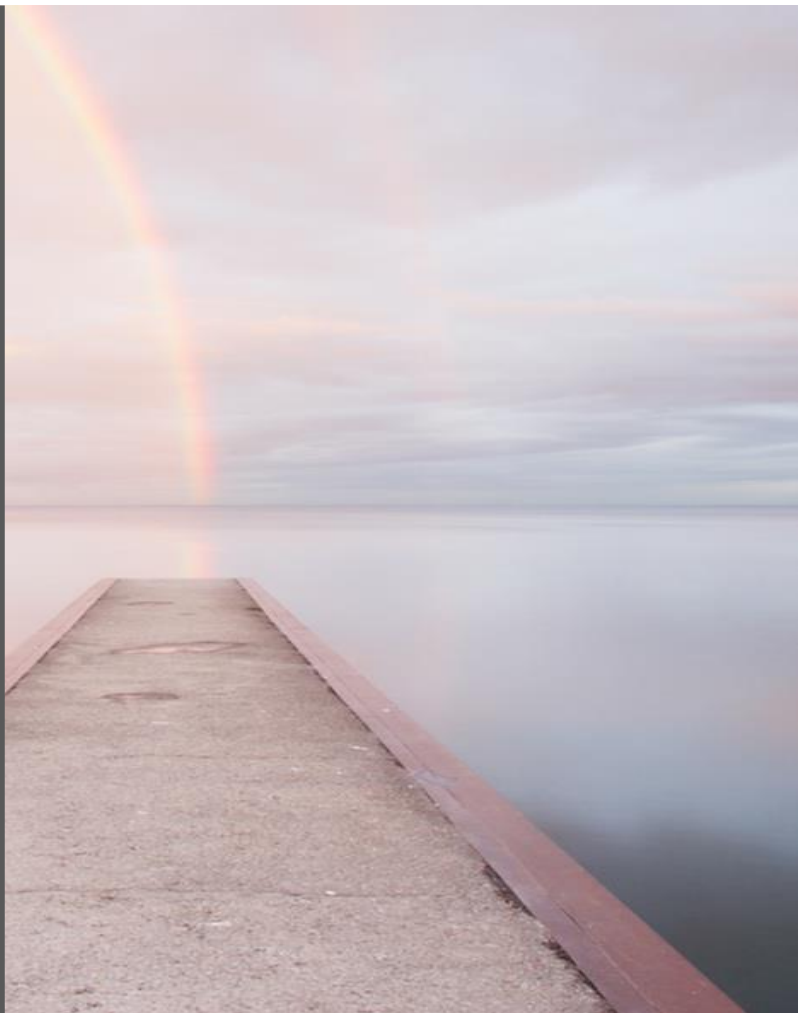
SUPPORT

LISTENING TO & SUPPORTING SURVIVORS OF ABUSE

Abuse in a church context can include sexual, physical, emotional, spiritual, and financial abuse that happened in your childhood or as an adult. You may have experienced more than one type of abuse, and it can also be continuing to happen now. It is about an imbalance of power and can have a devastating effect on your life.

"THE HEALTH OF A
SOCIETY MAY BE JUDGED
BY ITS CARE AND
CONCERN FOR ITS MOST
VULNERABLE MEMBERS."

HOUSE OF BISHOPS'
SAFEGUARDING POLICY



The Diocese of London is committed to responding sensitively and effectively to those who have come to harm within a church context.

How to contact us:

T: 020 7932 1224

E: safeguarding@london.anglican.org

W: safeguarding.london.anglican.org



It is still vitally important that if you have a concern about something you have experienced in church or a diocesan related activity now or from the past, that you are able to come forward.

The opportunity to speak about the past has not come to an end, and we want to be able to offer you the support and for you to share the information with us. **You will be heard, and you will be taken seriously.**

There are several external organisations that can offer you support:

Your GP: Speaking to your own doctor is a great way to get support for your well-being and mental health. It can be hard to ask for help. This site has some tools that will help you prepare for the first time you visit a doctor to discuss your mental health.

Safe Space: A free and independent support service, providing a confidential, personal, and safe space for anyone who has been abused through their relationship with either the Church of England, the Catholic Church of England and Wales or the Church in Wales

Samaritans Helpline: A free support service if you if you feel you are struggling to cope and need someone to talk to. Whatever you're going through, a Samaritan will face it with you. They are there for you 24 hours a day, 365 days a year.

Childline: Is free 24 hour confidential counselling service for children and young people up to their 19th birthday where you can speak about any issue past or present that has cause distress or concern

The Silverline Helpline: A free support service for older people suffering abuse or neglect, and loneliness. Providing information and support, access local groups and services, a referral to regular friendship calls run by partner charity, Age UK, support for those experiencing abuse and neglect.

NAPAC: Supporting recovery from childhood abuse.
If you're an adult survivor of any form of child abuse, NAPAC are there for you, providing you with support and signposting on your road to recovery.

Women's Aid: Work together against domestic abuse to support women and children to feel safe, and work with survivors of domestic abuse to build a future where domestic abuse is not tolerated.

Victim Support: provides specialist help to support people to cope and recover to the point where they feel they are back on track with their lives, after experiencing crime and traumatic incidents.

Respect: There to support men experiencing domestic abuse. You can speak to their friendly and professional advisors on the phone, by email or on webchat. No pressure, no judgement, just help.

The Survivors Trust: is an umbrella agency for specialist rape and sexual abuse services, providing information, advice, support and therapy. Working with victims and survivors of all ages, all genders, of all forms of sexual violence, sexual abuse and sexual exploitation.

Web: docready.org
hubofhope.co.uk additional local support for those experiencing mental or emotional distress

Tel: 0300 303 1056
Email: safespaces@firstlight.org.uk
Web: safespacesenglandandwales.org.uk

Tel: 116 123
Email: jo@samaritans.org (takes 24 hours for response)
Web: samaritans.org

Tel: 0800 11 11
Web: childline.org.uk
Offers email and chat service from their website 24 hours a day, 7 days a week.

Tel: 0800 470 8090
Web: thesilverline.org.uk
There for older people 24-hours a day, 7 days a week

Tel: 0808 801 0331
Email: support@napac.org.uk
Web: napac.org.uk

Email: helpline@womensaid.org.uk
Web: womensaid.org.uk/information-support
Chat online via their website

Tel: 08 08 16 89 111
Web: victimsupport.org.uk
Offers email and chat service from their website.

Freephone: 0808 8010327
Email: info@mensadviceline.org.uk
Web: mensadviceline.org.uk

Tel: 08088 010818
Email: helpline@thesurvivorstrust.org
Web: thesurvivorstrust.org