

Contacts for Women Who are Victims of Domestic Abuse

The following organisations can provide support and help to women experiencing domestic abuse locally and nationally:

Local Organisations	Telephone Number
31/SODA (Survivors of Domestic Abuse)	01325 317903
No. 75	01388 660953
Wear Valley Women's Aid Refuge	01388 600094 07946 19020203 24hr Helpline
East Durham Domestic Violence Forum	0191 5971555
Harbour Children's Outreach	01429 868805
Harbour Freedom Programme	0845 602 7308
Harbour Peterlee Refuge	0191 586 8890 (24 hrs)
Harbour Outreach (North)	0845 602 7308
Chester-le-Street and Durham Outreach	07949 511653
Durham's Women Refuge	0191 3865951
Derwentside Domestic Violence Forum	01207 232666
Terentia House	01207 582797
Victim Support	01388 816644
Darlington and County Durham Rape Crisis and Sexual Abuse Centre	01325 369933

National Organisations	Telephone Number
Domestic Violence National Helpline	0808 2000247
Women's National Helpline	0845 7023468
Panah, Black Women's Refuge	0191 2846998
Victim Support National Helpline	0845 3030900
Drug Rape Trust	01702 317695
The Samaritans	08457 909090
NSPCC Helpline	0808 8005000
NHS Direct	0845 4647
Community Legal Service Direct	0845 3454345
Mesmac North East (Newcastle and Middlesbrough)	0191 2331333 01642 8044000
GADD (Gay Advice Darlington and Durham) (Monday – Friday, 11am – 4 pm)	01325 355551
Broken Rainbow (Monday – Thursday, 2 pm – 8 pm; Wednesday 10 am – 1 pm)	0845 2604460
Kiran Asian Women's Aid	0208 5581986
Jewish Women's Aid	0800 591203
Chinese Information and Advice Centre	0207 6923697

Other Language Advisors	
Bengali	0800 09677 14
Gujarati	0800 09677 15
Hindu	0800 09677 16
Punjabi	0800 09677 17
Urdu	0800 09677 18
English	0800 09677 19
Newham Asian Women's Project	0208 5525524
Shakti Women's Aid	0131 4752399
Southhall Black Sisters'	0208 5719595
Immigration Advisory Service	0207 9671200
Imkaan	0207 4349945
Panahghar	0120 3228952
The Muslim Women's Helpline	0181 9048193
Karma Nirvarna (Asian Women's Project)	01322 604098