

Need Support for Domestic Abuse?

Mental Health & Emotional Support/Advice

Adult Community Mental Health Team

01234 880433

www.elft.nhs.uk/services/bedford-adult-recovery-cmht

Central Bedfordshire Council Adult Safeguarding Team

0300 300 8303 (in office hours) and 0300 300 8123 (out of hours)

Mental Health Crisis Cafes

In Central Bedfordshire, Bedford, Luton and Milton Keynes

Go to www.elft.nhs.uk/services and search 'Crisis Cafe'

Bedfordshire Talking Therapies Service

01234 880 400

Also provide counselling to victim/survivors of domestic abuse

Stay Alive app

Download from the App Store on your mobile device

MIND

0300 1233 393 or www.mind.org.uk

Shout

Text 'SHOUT' to 85258 to start a conversation with a trained volunteer

Housing and Home Safety Advice

Central Bedfordshire Council Housing

0300 300 8302

Central Bedfordshire Council Housing

Go to www.centralbedfordshire.gov.uk and search 'Homeless due to domestic abuse'

The Bobby Scheme

Email your contact details, address and security requirements to

BobbyScheme@beds.police.uk

Bedfordshire Fire and Rescue Service

Can support with Home Fire Safety Visits

Email HomeFireSafetyVisit@bedsfire.gov.uk

Domestic Abuse Resettlement Team (DART)

Offer support with relocation and administer the Flexi Fund

01234 264 109

The team covers Bedfordshire, Cambridgeshire and Peterborough

Other Support

Bedfordshire Domestic Abuse Partnership (BDAP)

www.bedsdv.org.uk

The website has information on BDAP Support Hubs and a 'Get Help' page which lists information on a range of local and national services

Victim Support - 01582 488 777

iMatter programme, www.victimsupport.org.uk and search 'iMatter'

The Rebuild Programme

www.centralbedfordshire.gov.uk and search 'Rebuild Programme'

Home-Start Central Bedfordshire - 01582 660 061

Run Pattern Changing and Own My Life programmes

Bedfordshire Victim Care Services - 0800 0282 887

Independent Sexual Violence Advisor (ISVA)

0300 002 0004 or onyx@ecpbedford.org

Emerald Centre Sexual Assault Referral Centre (SARC)

01234 842750 or admin.emeraldcentre@nhs.net

Legal Advice

The DA Alliance

0800 101 7110

They also offer the WEPROTECT app which can be downloaded from the App Store on your mobile device

Rights of Women

www.rightsofwomen.org.uk

Telephone number varies depending on type of legal advice sought

Concerned About Your Own Behaviours?

Respect Phonenumber

0808 8024040

The Chrysalis Centre

www.chrysaliscentre.net

enquiries@chrysaliscentre.net

Cost of Living Advice

Central Bedfordshire Council

Advice Page

www.centralbedfordshire.gov.uk and

search 'Cost of Living'

Surviving Economic Abuse Advice Page

survivingeconomicabuse.org/i-need-help

Drug and Alcohol Support

Path 2 Recovery

0333 332 4019

www.changeyourtomorrow.co.uk/#areas/elft/pages/Home

They also offer a Friends and Family Service

Alcoholics Anonymous

0800 9177 650

www.alcoholics-anonymous.org.uk

Narcotics Anonymous

0300 999 1212

ukna.org

Children and Young People

Embrace

0345 609 9960

embracecvc.org.uk

Sorted Counselling - FORTIS Project

01582 674442

Reflect

Text 'reflect' to 85258 for 24/7 text support service for young people (aged 11-25)

Central Bedfordshire Council Children's Safeguarding

0300 300 8585 (in office hours) and 0300 300 8123 (out of hours)

Online Safety

Chayn

www.chayn.co/safety

Refuge

www.refugetechsafety.org

Women's Aid

www.womensaid.org.uk and search 'Cover Your Tracks'



@bedsdv



www.bedsdv.org.uk

Take care: always scan QR codes and open websites in private browsing mode

Domestic Abuse Support

Bedfordshire Domestic Abuse Partnership (BDAP)

www.bedsdv.org.uk

National Domestic Abuse Helpline (for women)

0808 2000 247

Respect Men's Advice Line

0808 8010327

Galop (for the LGBTQ+ community)

0800 999 5428

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Community Independent Domestic Violence Advisor (IDVA)

centralbeds.IDVA@victimsupport.org.uk

Economic

The Financial Support Line for Victims of Domestic Abuse

0808 196 8845

www.moneyadviceplus.org.uk/fsl

Surviving Economic Abuse

survivingeconomicabuse.org



Safety and Info Apps

Download from the App Store on your mobile device

Hollie Guard App

Personal safety app

hollieguard.com

Bright Sky App

Practical domestic abuse support and information

www.hestia.org/brightsky

Pets

Dogs Trust Freedom Project

0800 298 9199

www.dogstrust.org.uk and search 'Freedom Project'

Cats Protection Paws Protect

0345 2601 280

www.cats.org.uk and search 'Paws Protect'

