

A blurred, motion-captured image of a crowd of people walking in a public space, likely a train station or a busy street. The background is out of focus, showing various colors and shapes of clothing and movement. A dark blue speech bubble is overlaid on the left side of the image, containing white text.

**HAVE YOU
BEEN AFFECTED BY
SEXUAL VIOLENCE
OR ABUSE?**

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WHAT IS SEXUAL VIOLENCE AND ABUSE?

“Any behaviour perceived to be of a sexual nature which is unwanted or takes place without consent or understanding.”

“Tackling Sexual Violence and Abuse” - A Regional Strategy 2008-2013

The Law recognises that no child under the age of 16 is capable of consenting to any sexual behaviour.

Needing Help?

There can be many reasons for feeling you need help. You may be experiencing intrusive thoughts about things that occurred in your past that you felt you had dealt with. You may be experiencing flashbacks, nightmares, and/or feelings of helplessness. You may be feeling guilty, or confused, ashamed and dirty. None of these feelings are your fault, but they are your current reality and will impact on your life and your relationships with others in a negative way that makes you feel worse. It can feel like a vicious circle and you need help to break it. In the words of one survivor; "You feel so isolated and alone. No one seems to be able to give you any answers."

Accessing Help

All of the agencies in this Directory will be happy to offer you help. The following types of support are included in this directory:

- **Specialist counselling for survivors: Children, Young People and Adults**
- **Reporting and investigating sexual violence**
- **Services offering general counselling or other related support services not necessarily only for survivors of sexual violence**

Please note that only services which you can contact yourself are included. GPs, community nurses or social workers may be able to refer you to other services such as clinical psychology which are not listed here.

Payment

Some agencies included in this Directory are in a position to offer free help, while others will ask for a donation towards their costs. This donation is voluntary and should not be more than you can afford. Most agencies offer a scale of suggested donations in accordance with individual circumstances. In all cases, the donation can be negotiated and your counsellor will, if you wish, help you in this matter.

Disclaimer

The agencies included in this Directory all offer help to those who have experienced childhood sexual abuse and/or current sexual violence. Some agencies have more experience than others and some specialise in this area of work. It is important that you find the right place for you, a place where you feel safe, so don't be afraid to "shop around" and ALWAYS ask for evidence of experience and qualifications in this area of counselling.

We hope that this Directory will be a good aid to you in finding the help you need and deserve and we wish you well on your journey.

Help Lines

Help Lines

Young Persons' Help Lines

Organisation	Services	Contact
ChildLine	Free 24 hour helpline.	0800 1111 www.ChildLine.org.uk
Lifeline	Suicide Prevention 24/7.	0808 808 8000 www.lifelinehelpline.info
NSPCC	Helpline for concerned adults 0808 800 5000.	0808 800 5000 www.nspcc.org.uk
PSNI Child Abuse Investigation Unit		0845 600 8000 or 999 (emergency) Crimestoppers 0800 555 111 Police Exchange 028 9065 0222

Help Lines

Adult Help Lines

Organisation	Services	Contact
24 Hour Domestic Violence Helpline & Text Support	Open to all women affected by domestic violence 24/7. Crisis intervention support after an assault is offering, as well as advice and support for those living with ongoing domestic violence and abuse. Helpline offers direct referral of women and children to Women's Aid refuges and services.	0800 917 1414 Free from Landlines Email Support: 24hrsupport@dvhelpline.org Text SUPPORT to 8688
Lifeline	Suicide Prevention 24/7.	0808 808 8000 www.lifelinehelpline.info
NSPCC	Help & advice for adults concerned about children.	0808 800 5000 www.nspcc.org.uk
PSNI Rape Crime Unit	Emergency 24 hour number.	0845 600 8000 or 999 (emergency)
Stop It Now	For individuals concerned about their own thoughts and behaviours towards children.	0808 100 0900 www.stopitnow.org.uk/help
The Samaritans		0845 790 9090 www.samaritans.org
Towards Healing	Helpline for survivors of clerical sexual abuse. Monday to Wednesdays 11am - 8pm. Fridays 11am - 4pm.	0800 096 3315 (N.I.) 1800 303 416 (ROI) www.towardshealing.ie Text Service 085 8022859

Specialist Services

Specialist Services

Province Wide

Services listed in this section are available to anyone in Northern Ireland and may have a centre near you. Local offices are also listed in the section on each county.

Organisation	Services	Contact
Alliance Victim Support Group	Men and women 16+ and their families who experienced abuse in Irish state run residential institutions during childhood. Access to counselling, family tracing, legal services.	028 3887 1708 www.alliancesupport.org
Brook NI	Specialist counselling for women under 19 and men under 25 years.	028 9032 8866 028 7034 2178 www.brook.org.uk
Child Care Centre	Investigation and treatment of child sexual abuse & telephone consultation service.	028 9024 4903
Nexus NI	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 9032 6803 www.nexusni.org
PSNI Rape Crime Unit	Emergency 24 hour number.	0845 600 8000 or 999 (emergency) Crimestoppers 0800 555 111 Police Exchange 028 9065 0222

Specialist Services

Province Wide

Organisation	Services	Contact
Lifeline	24/7 Lifeline crisis response helpline and counselling service for people of all ages experiencing distress or despair. Lifeline provides support, assessment and referral to people in crisis. If appropriate, Lifeline offers up to six free follow-up crisis counselling sessions, close to home within seven days of referral.	0808 808 8000 www.lifelinehelpline.info
Northern Ireland Women's Aid Federation	Accommodation to women and children experiencing domestic and sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, court support, specialist training programmes, follow-up, training, prevention and protection. Support for those affected by exploitation and trafficking.	0800 917 1414 028 9024 9041 www.womensaidni.org
NSPCC	Helps end cruelty to children. Support to young witnesses in all crown courts. Independent visitors for looked after children. Domestic abuse recovery services.	0808 800 5000 www.nspcc.org.uk
The Rowan (Sexual Assault Referral Centre for Northern Ireland)	24/7 services to children, young people and adults who have been raped, sexually assaulted or sexually abused, such as: emotional support, forensic medical examination, clinical assessment, sexual health screening and treatment, signposting onto counselling and other support services, and follow-up support.	0800 3894424 www.therowan.net

Province Wide

Organisation	Services	Contact
Threshold	Specialist counselling for young people 4-18 years of age.	028 9087 1313 www.threshold-services.co.uk

Belfast

Organisation	Services	Contact
Belfast Cognitive Therapy Centre	Professional counselling/ therapy for sexual issues/ sexual abuse.	028 9065 0060 www.belfastCTcentre.com
Belfast & Lisburn Women's Aid	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, court support, specialist training programmes, follow-up, training, prevention and protection.	028 9066 6049 www.belfastwomensaid.org.uk
Brook NI	Specialist counselling for women under 19 and men under 25 years.	028 9032 8866 028 7034 2178 www.brook.org.uk
Colin Community Counselling	Counselling service that supports emotional health & wellbeing	028 9060 4347
Contact NI	Provides counselling to address a wide range of crisis situations, prioritising suicide and self-harm prevention, troubles related trauma, depression, anxiety, and bereavement.	0808 808 8000 028 9074 4499 www.contactni.com

Belfast

Organisation	Services	Contact
Family Trauma Centre	Under 18's who have suffered trauma province wide.	028 9020 4700 www.belfasttrust.hscni.net
Men to Men	Specialist counselling for men 17+ in Belfast.	028 9024 7027 www.mentomen.org
NSPCC	Advice, counselling, treatment. Support to young witnesses in all Crown Courts. Independent visitors for looked after children. Domestic abuse recovery services.	0808 800 5000 028 9035 1135 www.nspcc.org.uk
Nexus NI	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 9032 6803 www.nexusni.org

Co. Antrim

Organisation	Services	Contact
Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey Women's Aid	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	028 2563 2136 www.womens-aid.org.uk
Family Centre	Family centres deal with family centred problems which include helping families with sexual abuse. Support includes therapeutic interventions for individuals and families. Family centres are run by social workers.	Antrim Family Centre 028 9442 8715 Newtownabbey Family Centre 028 9085 5960
Nexus NI	Specialist counselling for male and female survivors of sexual abuse/violence 16+.	028 9032 6803 www.nexusni.org
Threshold	Specialist counselling for young people 4-18.	028 9087 1313 www.threshold-services.co.uk

Specialist Services

Co. Armagh

Organisation	Services	Contact
Craigavon & Banbridge Women's Aid	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	0800 917 1414 028 3834 3256 www.womensaidni.org
Newry, Mourne, South Down and South Armagh Women's Aid	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	0800 917 1414 028 3025 0765 www.womensaidnewry.co.uk
Nexus NI	Specialist counselling for male and female survivors of sexual abuse/violence 16+.	028 3835 0588 www.nexusni.org

Co. Down

Organisation	Services	Contact
North Down and Ards Women's Aid	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	0800 917 1414 028 9127 3196 www.womensaidni.org
Nexus NI	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 9032 6803 www.nexusni.org

Co. Fermanagh

Organisation	Services	Contact
Fermanagh Women's Aid	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	0800 917 14 14 028 6632 8898 www.womensaidni.org
Nexus NI	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 6632 0046 www.nexusni.org

Co. L/Derry

Organisation	Services	Contact
Causeway Women's Aid	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	028 7035 6573 www.womensaidni.org
Foyle Women's Aid	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection. Support for those affected by exploitation and trafficking.	028 7141 6800 www.womensaidni.org
Magherafelt Family Centre	Family centres deal with family centred problems which include helping families with sexual abuse. Support includes therapeutic interventions for individuals and families. Family centres are run by social workers.	028 7936 5097
Men's Action Network	Generic counselling including domestic and sexual abuse counselling for male survivors 16+ up	028 7137 7777 www.man-ni.org

Co. L'Derry

Organisation	Services	Contact
NEST	Group counselling for adults surviving trauma. Faith based, open to all.	028 7964 2983
Nexus NI	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 7126 0566 www.nexusni.org
Western Health & Social Care Trust Psychosexual Service	Specialist multidisciplinary team providing treatment, support and advice on sexual abuse, dysfunction and disorders.	028 7186 5294

Co. Tyrone

Organisation	Services	Contact
Cookstown Family Centre	Family centres deal with family centred problems which include helping families with sexual abuse. Support includes therapeutic interventions for individuals and families. Family centres are run by social workers.	028 8672 3933 www.northerntrust.hscni.net
Cookstown & Dungannon Women's Aid	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group/individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	028 8676 9300 Floating Support 07796 386408 Helpline 0800 917 1414 www.cookstownwomensaid.org.uk

Specialist Services

Co. Tyrone

Organisation	Services	Contact
Omagh Women's Aid	Accommodation to women and children experiencing domestic and/sexual violence. Links to counselling, outreach, drop-in service, advocacy, group /individual sessions, support with solicitors, SSA, Social Services, case conferences, Court support, specialist training programmes, follow-up, training, prevention and protection.	028 8224 1414
Nexus NI	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	028 7126 0566 www.nexusni.org

Cross Border Services offering specialist counselling

Organisation	Services	Contact
Donegal Sexual Abuse & Rape Crisis		(+353) 074 9128 211 Freephone: 1800 448844
Sligo Rape Crisis	Specialist counselling for male and female survivors of sexual abuse/ violence 16+.	Freephone 1800 750780 (+353) 071 9171 188
Rape Crisis North East (Dundalk)		(+353) 042 9339 491

Reporting & Investigating Sexual Crimes

Reporting and Investigating Sexual Abuse/Violence

Rape Crime Units

Organisation	Services	Contact
The Rowan (Sexual Assault Referral Centre for Northern Ireland)	The specially trained team at The Rowan will deliver a range of services 24/7 to children, young people and adults who have been raped, sexually assaulted or sexually abused, such as: emotional support, forensic medical examination, clinical assessment, sexual health screening and treatment, signposting onto counselling and other support services, and follow-up support.	0800 3894424 www.therowan.net
PSNI Rape Crime Units	If you are unsure about reporting an incident you can ring for more information and advice on the matter.	0845 600 8000 or 999 (emergency) Crimestoppers 0800 555 111 Police Exchange 028 9065 0222

Child Abuse Investigation Units

Organisation	Services	Contact
PSNI Child Abuse Investigation Units	If you are unsure about reporting an incident you can ring for more information and advice on the matter.	0845 600 8000 or 999 (emergency) Crimestoppers 0800 555 111 Police Exchange 028 9065 0222

Reporting and Investigating Sexual Abuse/Violence

Gateway to Children's Social Work Service

First point of contact if you have concerns about a child or a family.

Organisation	Contact
Belfast Health & Social Care Trust Gateway	028 9050 7000 Out of Hours 028 9056 5444
Northern Health & Social Care Trust	0300 1234 333 Out of Hours 028 9446 8833
Southern Health & Social Care Trust	0800 7837 745 Out of Hours 028 3833 4444
South Eastern Health & Social Care Trust	0300 1000 300 Out of Hours 028 9056 5444
Western Health & Social Care Trust	028 7131 4090 Out of Hours 028 7134 5171

Signposting Organisations

Signposting Organisations

Province Wide

These agencies offer general counselling and support to survivors and may signpost on to other organisations who specialise in this field.

Services listed in this section are available to anyone in Northern Ireland and may have a centre near you. Local offices are also listed in the section on each county.

Organisation	Services	Contact
Accord NI	Counselling on relationship/family issues including sexual abuse/violence. Psychosexual therapy for individuals and/or couples. (Catholic based, open to all).	028 9023 3002 www.accordni.com
Age Concern/ Help the Aged NI Advocacy Development	Independent confidential and advocacy advice for older people, families and carers on Welfare Benefits, Residential and Nursing Care, Housing and Health.	0808 808 7575 028 9024 5729 www.ageuk.org.uk/northernireland
Barnardo's	Counselling for children province wide.	028 9066 8766 www.barnardos.org.uk
Barnardo's NOVA Trauma Support	Therapeutic support for children, young people and families who have experienced psychological trauma.	028 4062 8758 (Banbridge) www.barnardos.org.uk

Organisation	Services	Contact
Cruse Bereavement Care	Bereavement support for adults, children and young people from 4+, counselling, information, support in a bereavement group.	Freephone Helpline for young people: 0808 808 1677 Confidential Helpline: 0844 477 940 or 028 9079 2419 www.cruseni.org
Parenting NI	Information, support & guidance for family issues.	Freephone: 0808 801 0722 028 9031 0891 www.parentingni.org
PCI Counselling	General counselling for adults (mainly married couples) throughout province. Clients do not have to be Presbyterian.	028 9261 0586 www.pcibsw.org
LIGHTHOUSE	Support for anyone who is contemplating suicide. Support is also given to families who have lost loved ones and for those who are in crisis	028 9075 5070 www.lighthouseireland.org

Signposting Organisations

Province Wide

Organisation	Services	Contact
Relate NI	Counselling on relationship/family issues for adults and young people 11 years +.	028 9032 3454 www.relateni.org
The Rainbow Project	Provides a range of services and opportunities for LGBT people and their families including daily drop-in service 10am-4.30, LGBT youth groups and support, transsexual support group, gay men's counselling service, sexual health - condoms, information, HIV and Syphilis rapid testing, advocacy services and older men's support service.	028 9031 9030 028 7128 3030 www.rainbow-project.org

Belfast

Organisation	Services	Contact
Accord NI	Counselling on relationship/family units. Psychosexual therapy for individuals and/or couples.	028 9033 9944 www.accordni.com
Belfast Cognitive Therapy	Professional counselling/ therapy for: sexual issues/ sexual abuse, anxiety disorders (panic, phobia, OCD, trauma, worry, social anxiety).	028 9065 0060 www.belfastctcentre.com
Corpus Christi Services	General counselling.	028 9024 0653 www.corpuschristiservices.co.uk
Lenadoon Community Counselling Project	Young people counselling 14+	028 9060 0641
New Life Counselling	Children 5-11 and young adults 12-25 living in East Belfast to North and West Belfast.	028 9039 1630 www.newlifecounselling.net
One Point Referral Team - Belfast	Adults 18-65 in Belfast. Offer assessment and referral to appropriate service. Encouraged to contact GP first.	028 9073 7547
The Mount 1-2-1	Church based counselling agency that is open to all denominations. General counselling.	028 9078 2159 - Prayer line 028 9078 2160 www.cmh-themount.org/counselling

Signposting Organisations

Belfast

Organisation	Services	Contact
Parenting NI	Information, support & guidance for family issues.	Freephone 0808 801 0722 028 9031 0969 www.parentingni.org
SPES Community Counselling	Crisis counselling including out of hours for range of issues including sexual abuse/violence for under 18 years living in Greater West Belfast area.	0845 812 4123 www.spescounselling.com

Co. Antrim

Organisation	Services	Contact
Antrim Counselling Centre	Male/female 14+ Antrim/Ballymena area.	028 9442 9844

Co. Armagh

Organisation	Services	Contact
Care in Crisis	Individual counselling for male and female 13+ up. Couple counselling.	028 3832 9900 www.careincrisis.org.uk

Co. Down

Organisation	Services	Contact
Barnardo's	Counselling for children province wide	028 3026 0668 www.barnardos.org.uk
Christian Guidelines	General counselling, training and support to the church and wider community	028 9146 8846 www.christianguidelines.org

Signposting Organisations

Co. Fermanagh

Organisation	Services	Contact
The Aisling Centre	Hope, Healing and Growth	028 6632 5811 www.aislingcentre.com

Co. L/Derry

Organisation	Services	Contact
Derry Well Women Centre	General counselling, personal development programmes, eating disorders therapy group, training for counsellors. Miscarriage Counselling, Menopause Clinic, Breast Feeding Support Group, Cancer Support and Post Natal Depression Programme.	028 7136 0777 www.derrywellwoman.org
Men's Action Network	Advice, counselling & support for men 18+	028 7137 7777 www.man-ni.org
Parenting NI	Information, support & guidance for family issues.	028 7137 2006 www.parentingni.org
Relate NI	Counselling on relationship/family issues including sexual abuse/violence.	028 9032 3454 www.relateni.org
The Rainbow Project	Provides a range of services and opportunities for LGBT people and their families including daily drop-in service 10am-4.30, LGBT youth groups and support, transsexual support group, gay men's counselling service, sexual health - condoms, information, HIV and Syphilis rapid testing, advocacy services and older men's support service.	Derry: 028 7128 3030 www.rainbow-project.org

Co. L/Derry

Organisation	Services	Contact
Youthlife	Young people 6+ and families who have experienced bereavement and loss e.g. separation Individual and group counselling, personal development programmes. Youth help café.	028 7137 7227 www.youthlife.org
Zest - Healing the Hurt	Counselling mainly self-harm & suicide prevention and family support.	028 7126 6999 www.zestni.org

Co. Tyrone

Organisation	Services	Contact
Accord NI	Counselling on relationship/family issues including sexual abuse/violence. Psychosexual therapy for individuals and/or couples.	028 8224 2439 www.accordni.com
Koram Centre	General counselling for men & women 12+ and up.	028 7188 6181 www.koramcentre.com
Tara Centre	Psychotherapy - approach is holistic & addresses a wide range of issues.	028 8225 0024 www.taraomagh.com

Signposting Organisations

Supporting Victims of Crime

Organisation	Services	Contact
Victim Support Northern Ireland	<p>An independent charity that supports people affected by crime. Offers confidential services including:</p> <ul style="list-style-type: none">• Community service - coping with the personal effects of crime and dealing with the police, courts, legal professions & making a claim.• Criminal injuries compensation service - helping victims of violent crime to claim compensation.• Witness Service supporting people going to court. Helps witnesses at all Crown, Magistrates, Youth and Appeal courts.	<p>Belfast 028 9024 4039 Ballymena 028 2563 0784 Foyle 028 7137 0086 Newry 028 3025 1321 Omagh 028 8224 0012</p>

Glossary

SSA Social Services Agency

G.P. General Practitioner

HSC Health & Social Care

NEST New Experience for Survivors of Trauma

NSPCC National Society for the Prevention of Cruelty to Children

PCI Presbyterian Church in Ireland

PSNI Police Service of Northern Ireland

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