

## Centre for Socio-Legal Studies

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## Care in the Courtroom Case Study on Specialist Sexual Violence Support Courts

### Further information: Leeds

We've created this handout in case you'd like more details about specialist support available in your area. If you're in ever in danger or need urgent medical help, call 999. If you're experiencing distress or mental health problems, you can also talk to your GP or find one at <https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>.

### National helplines that focus on rape and sexual assault



**Rape Crisis** 24/7 Free rape and sexual abuse support helpline **0808 500 2222**  
24/7 Free online chat: <https://247sexualabusesupport.org.uk/>



**Survivors Trust** Free, confidential helpline for survivors aged 16+.  
**Call 0808 801 0818** or **text: 07860 022 956** open 7 days a week:  
Mon – Thurs: 10am-12.30pm, 1.30pm-3pm, & 6pm-8pm;  
Friday: 10am – 12.30pm & 1.30pm – 3pm;  
Saturday: 10am – 12.30pm; Sunday: 6pm – 8pm; Bank holidays: 10am – 12.30pm.

### Local helplines and services that focus on rape or sexual assault



#### Support after Rape and Sexual Violence Leeds (SARSVL)

Helpline, advocacy and counselling for women affected by sexual violence at any time in their lives. **Helpline** 0808 802 3344

Open Mon 12-2pm/ Tues 8-10pm/ Wed 6-8pm/ Thurs 2-4pm/ Sun 6.30-8.30pm.

**Email** [support@sarsvl.org.uk](mailto:support@sarsvl.org.uk); **Text** 07860022880; **Visit** [supportafterrapeleeds.org.uk/](http://supportafterrapeleeds.org.uk/)



#### Kirklees Calderdale and Wakefield Rape and Sexual Abuse Centre

Confidential helpline, anonymous email/webchat service, therapeutic support, support groups and drop-ins.

**Helpline 0300 303 4787** open Mon & Tuesday 9-4pm; Wednesday - Friday 9-5pm

**Email** [helpline@rasac.co.uk](mailto:helpline@rasac.co.uk) or **visit:** <https://www.rasac.co.uk/>



#### Bradford Rape Crisis & Sexual Abuse Survivors Service BRC & SASS

Supporting women and girl survivors who've experienced any form of sexual violence and abuse, sexual domestic violence, sexual harassment, child rape or sexual abuse.

**Helpline 0800 448 0710** open Mon 9:30– 12:15pm; Wed 9:30– 4:15pm; and

Thurs: 9:30 – 6:30 pm (Jyoti Service – Urdu and Punjabi-speaking staff available to answer your call) **Visit** <https://bradfordrapecrisis.org.uk/index.php>



#### Victim Support West Yorkshire - Help after sexual violence

Free, confidential, ISVA support to victims of sexual assault and rape.

**Supportline**, free 0808 168 9111, 24 hours a day, 7 days a week

**Call** 0300 303 1971 Mon-Fri 9-5pm. **visit:** [www.victimsupport.org.uk/west-yorkshire/help-after-sexual-violence-west-yorkshire/](http://www.victimsupport.org.uk/west-yorkshire/help-after-sexual-violence-west-yorkshire/)

## National and local services that focus on mental health and wellbeing



### dial 111 (freephone) and select mental health option

National helpline, open 24/7 for urgent help for mental health, support and advice.



### Samaritans

Offering a safe space to talk any time you like, in your own way – about whatever's getting to you. **Call 116 123 open 24/7**

They'll also arrange a call back the next day to check how you are doing.



**Dial House** is a Leeds-based survivor-led service that supports people in crisis or distress. Open 6pm–1am every Mon, Wed, Fri, Sat and Sun.

**Call 0808 800 1212** or **text 07922 249 452** on the night you want to come.

**Email** [survivor.led@lslcs.org.uk](mailto:survivor.led@lslcs.org.uk) **Visit** <https://www.lslcs.org.uk/services/>



**Dial House @ Touchstone** offers support for people from Black and Minority Ethnic backgrounds, refugees and asylum seekers.

**Call 0113 249 4675** or **text 07763 581 853** after **6pm** to arrange support.

**Visit** <https://www.lslcs.org.uk/services/dial-house-touchstone/>.



### Women's Counselling and Therapy Service

Offers a free, or low-cost, counselling and psychotherapy service for women and girls on low incomes in Leeds. **Tel** 0113 245 5725 or **text** 07590 863 205

Open Mon & Tues 9am – 7pm/ Wed 12pm – 5pm/ Thurs 9am – 6pm/ Fri 9am – 4pm.

**Email** [info@womenstherapyleeds.org.uk](mailto:info@womenstherapyleeds.org.uk)

**Visit** <https://www.womenstherapyleeds.org.uk/>



### WomenCentre

Wide-ranging services include emotional and practical support on issues such as debt, benefits, mental or physical health, domestic violence and counselling.

**Email** [info@womenscentre.org.uk](mailto:info@womenscentre.org.uk) or **visit** <https://womenscentre.org.uk/>

**Halifax:** 01422 386 500 **Huddersfield:** 01484 450866 **Dewsbury:** 07714489445



### Mind Leeds

Counselling and peer support across Leeds and West Yorkshire.

**Call 0113 305 5800** or **email** [info@leedsmind.org.uk](mailto:info@leedsmind.org.uk).

Open Mon to Thurs 9am – 5pm/Friday 9am – 4:30pm or **visit** [www.leedsmind.org.uk/](http://www.leedsmind.org.uk/)



### Shantona Women's and Family Services

Multi-lingual support organisation tackling health inequalities and promoting wellbeing in Harehills and Chapeltown in Leeds to South Asian and Bangladeshi women.

**Call 0113 249 7120**

**Email** [admin@shantona.co.uk](mailto:admin@shantona.co.uk) or **visit** <https://shantona.co.uk/>



**MindWell** is a mental health website for people specifically in Leeds.

**Visit** <https://www.mindwell-leeds.org.uk/>