

Centre for Socio-Legal Studies

Manor Road Building, Manor Road, Oxford OX1 3UQ

Dr Natalie Kyneswood (Principal Investigator): natalie.kyneswood@csls.ox.ac.uk

Alma Ionescu (Postdoctoral Researcher): alma.ionescu@csls.ox.ac.uk

Social Sciences and Humanities Interdivisional Research Ethics Committee Ref: 1847247



Care in the Courtroom Case Study on Specialist Sexual Violence Support Courts Further information sheet: Newcastle

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 may 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 or 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



Rape Crisis Tyneside and Northumberland

Helpline and free, confidential support and counselling service in Northumberland, North Tyneside, South Tyneside, Newcastle, Gateshead and Sunderland

Call 0191 222 0272 or email enquiries@rctn.org.uk between 10 am and 4 pm.

Helpline **0800 035 2794** and email support emailsupport@rctn.org.uk is available Mon – Thurs (6.00 pm – 8.30 pm).



Someone Cares

ISVA support and free counselling service for survivors and supporters of abuse, specialising in childhood sexual abuse, rape and sexual assault in North Shields, Blyth and Sunderland. Call 0191 257 8094 Mon-Tues 9.30-5pm, Wed 9.30-6pm, Thurs 9.30-5pm, Fri 9:30-3.30pm or email enquiries@someonecares.org.uk

Visit <https://someonecares.org.uk/>



The Angelou Centre

ISVA and IDVA support, counselling and confidence building programmes for Black and minoritised communities in the North East. We help women, after experiencing violence, abuse or unfair treatment. Call **0191 226 0394**

Email admin@angelou-centre.org.uk or visit <https://angelou-centre.org.uk/>.



NIDAS (Newcastle Integrated Domestic Abuse Service)

Free support for survivors of domestic and sexual abuse in Newcastle – includes refuge, helpline, ISVA/IDVA advocacy and outreach.

24-hour helpline 0191 226 3688 **ISVA Service: 0191 481 4132**

Email nidas.team@changing-lives.org.uk

Visit www.changing-lives.org.uk/find-support/nidas

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



Sunderland Counselling Service

Offers a range of talking therapies and mental health support across the North East. They also run Counselling Adult Survivors of Sexual Violence and Abuse (CASSVA), a counselling service for anyone over 18, living in Sunderland, who has experienced Sexual Violence. **Call 0191 5147007, email** office@sunderlandcounselling.org.uk

Visit <https://sunderlandcounselling.org.uk/>

Safe Haven



Safe Haven

For people in Newcastle, Northumberland and North Tyneside who are aged 18+ and experiencing mental health crisis or distress.

Open from 2.00-10.00pm, 365 days a year – no appointment necessary.

Visit www.everyturn.org/crisis-support/safe-havens/



Mind Tyneside and Northumberland

Counselling services and support Line available for those over the age of 16 and living in Newcastle, Gateshead or Northumberland.

Support Line: **0330 1743 174** or **0191 4774 545** (Calls charged at local rate)

Mon-Fri 2pm-10pm; Sat-Sun 12pm-8pm

Email admin@tynesidemind.org.uk or **visit** <https://www.tynesidemind.org.uk/>