

## Centre for Socio-Legal Studies

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## 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](mailto:enquiries@rctn.org.uk) between 10 am and 4 pm.

Helpline **0800 035 2794** and email support [emailsupport@rctn.org.uk](mailto: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](mailto: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](mailto: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](mailto:nidas.team@changing-lives.org.uk)

**Visit** [www.changing-lives.org.uk/find-support/nidas](http://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](mailto: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/](http://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](mailto:admin@tynesidemind.org.uk) or **visit** <https://www.tynesidemind.org.uk/>