

SAFE IN FAITH  
DOMESTIC ABUSE  
SIGNPOSTING TOOLKIT  
FOR CHURCHES AND  
FAITH LEADERS



# CONTENTS

1. Introduction .....	Page 3
2. In an emergency .....	Page 4
3. Signposting guidance through the stages of recovery .....	Page 5
4. Signposting to specialist organisations .....	Page 9
5. Signposting for people perpetrating harm .....	Page 13
6. Learning more about supporting victims and survivors .....	Page 14



# 1. INTRODUCTION

This toolkit is for clergy or pastoral workers offering spiritual support to victims and survivors of domestic abuse through Safe in Faith. The toolkit is focused on safe signposting and is not a comprehensive guide to supporting victims and survivors.

We encourage this toolkit to be used in conjunction with:

- Safe in Faith Training for Catholic Faith Leaders (Please check our website for upcoming training events [www.safeinfaith.org.uk](http://www.safeinfaith.org.uk))
- National Board of Catholic Women's Domestic Abuse Handbook (Free) <https://www.cbcew.org.uk/wp-content/uploads/sites/3/2020/08/NBCW-Domestic-Abuse-A4-Booklet.pdf>
- Restored's Church Guide [www.restored-uk.org/shop/church-guide-ending-domestic-abuse/](http://www.restored-uk.org/shop/church-guide-ending-domestic-abuse/)
- The Black Church Domestic Abuse Forum Toolkit [www.bcdaf.org.uk/toolkit/](http://www.bcdaf.org.uk/toolkit/)



## 2. IN AN EMERGENCY

If there is immediate danger call 999 police

- For an emergency protection order
- National Domestic Abuse Helpline (available for all genders) 0808 2000 247 [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)
- Live Fear Free Helpline (national helpline in Wales) 0808 8010 800 [www.gov.wales/live-fear-free](http://www.gov.wales/live-fear-free)
- Emergency legal support for female victims [www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)





# 3. SIGNPOSTING GUIDANCE THROUGH THE STAGES OF RECOVERY

The support people find helpful changes through their journey. Below is signposting guidance for four different stages.

- Stage 1: Recognising abuse
- Stage 2: Getting safe from danger
- Stage 3: Healing trauma
- Stage 4: Positive living and helping others

## Stage 1: Recognition: “I’m not sure if this is domestic abuse”

Signpost to online information about domestic abuse:

- [www.womensaid.org.uk/information-support/what-is-domestic-abuse/](http://www.womensaid.org.uk/information-support/what-is-domestic-abuse/)
- [safeinfaith.org.uk/what-is-domestic-abuse/](http://safeinfaith.org.uk/what-is-domestic-abuse/)
- Freedom programme to learn with other female survivors [www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk)
- Restored UK Survivors’ handbook [www.restored-uk.org/survivors/i-need-help/survivors-handbook/](http://www.restored-uk.org/survivors/i-need-help/survivors-handbook/)
- Counselling – directory of trauma informed, faith literate counsellors and psychotherapists [www.safeinfaith.org.uk/support/](http://www.safeinfaith.org.uk/support/)
- The Hideout – domestic abuse information website for children and young people [www.thehideout.org.uk](http://www.thehideout.org.uk)

## Stage 2. Safety: “I am afraid”

Call 999 if there is urgent danger

Signpost to:

- National domestic abuse helpline: 0808 2000 247 [www.nationaldaservice.org](http://www.nationaldaservice.org) (all genders)
- Your local domestic abuse service (This information is available on your local authority website)
- Brightsky App (this is disguised as a weather app for safety and gives information about support in your area)

If someone needs an emergency protection order you can also contact

- Rights of Women [www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)

See section 4 if someone need specialist support



### Stage 3. Healing: “I’m safe now, but I need help to overcome the trauma”

- Safe in Faith counselling directory [www.safeinfaith.org.uk](http://www.safeinfaith.org.uk)
- Restored Survivor’s network [www.restored-uk.org/survivors/i-need-help/survivors-network/](http://www.restored-uk.org/survivors/i-need-help/survivors-network/)
- AVA’s Breathing Space app [www.breathingspace-ava.org.uk/](http://www.breathingspace-ava.org.uk/)

See section 4 for faith literate counselling support



## Stage 4 Positive living: “I want to use my experiences to help other people”

- Opportunities for volunteering:
- Safe in Faith [www.safeinfaith.org.uk](http://www.safeinfaith.org.uk)
- Caritas Westminster Volunteer Service [www.caritaswestminster.org.uk/volunteer/](http://www.caritaswestminster.org.uk/volunteer/)
- Jewish Volunteering Network [www.jvn.org.uk](http://www.jvn.org.uk)
- Some specialist organisations have opportunities for volunteers. See section 4.



## 4. SIGNPOSTING TO SPECIALIST ORGANISATIONS

“I need help that understands my identity or community”

### Gender & Sexuality

- Specialist support for male victims  
Respect Male Advice Line [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk) helpline 0808 801 0327
- Meet and celebrate with other LGBT+ catholics [www.lgbtcatholicswestminster.org](http://www.lgbtcatholicswestminster.org)
- Specialist support for LGBTQIA+ communities  
Galop [www.galop.org.uk](http://www.galop.org.uk) National helpline 0800 999 5428 [help@galop.org.uk](mailto:help@galop.org.uk)
- Catholics for AIDS Prevention and Support: Support and information for people living with HIV/AIDS  
<https://caps-uk.org/>

### By and for services for women victims from minoritised communities

- Southall Black Sisters [www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk)
- Halo Project [www.haloproject.org.uk](http://www.haloproject.org.uk)
- Latin American Women's Rights Service [www.lawrs.org.uk](http://www.lawrs.org.uk)



## Support for women of faith and faith literate counselling

- Jewish Women's Aid [www.jwa.org.uk](http://www.jwa.org.uk) helpline 0808 801 0500
- Restored UK [www.restored-uk.org](http://www.restored-uk.org)
- Muslim Women's Network UK Helpline [www.mwnuk.co.uk](http://www.mwnuk.co.uk)
- Sikh Women's Aid [www.sikhwomensaid.org.uk](http://www.sikhwomensaid.org.uk)

Grief to Grace : Restoring Human Dignity after Abuse [www.griegtograceuk.org](http://www.griegtograceuk.org)

General faith-literate counselling

- Safe in Faith Counselling Directory (interfaith) [www.safeinfaith.org.uk](http://www.safeinfaith.org.uk)
- Association for Christians in Counselling and Related Professions [www.acc-uk.org](http://www.acc-uk.org)
- Muslim Counselling and Psychotherapy Network [www.mcapn.co.uk](http://www.mcapn.co.uk)

## Specialist help for young people

- The Mix [www.themix.org.uk](http://www.themix.org.uk)
- Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Papyrus (suicide prevention for young people) [www.papyrus-uk.org.uk](http://www.papyrus-uk.org.uk) HopeLine247: 0800 068 4141
- The Hideout domestic abuse information website for children and young people [www.thehideout.org.uk](http://www.thehideout.org.uk)
- NSPCC [www.nspcc.org.uk](http://www.nspcc.org.uk) Helpline 0808 800 5000 (for children and young people or if you are worried about a child) [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)
- Muslim Youth Helpline [www.myh.org.uk](http://www.myh.org.uk)

## Accessible support for Deaf or Disabled people

- SignHealth Domestic Abuse Service for Deaf people [www.signhealth.org.uk/with-deaf-people/domestic-abuse/](http://www.signhealth.org.uk/with-deaf-people/domestic-abuse/)
  - Signs of Hope (Accessible faith-literate counselling for Deaf people) [www.caritaswestminster.org.uk/dearservice/signs-of-hope/](http://www.caritaswestminster.org.uk/dearservice/signs-of-hope/) [signsofhope@rcdow.org.uk](mailto:signsofhope@rcdow.org.uk) (voice or text) 07936939522
  - Stay Safe East (supporting disabled survivors of abuse) [www.staysafe-east.org.uk](http://www.staysafe-east.org.uk)
  - Respond (domestic abuse support for people with learning disabilities)
- 

Catholics for AIDS Prevention and Support: Support and information for people living with HIV/AIDS

<https://caps-uk.org/>

“I need specialist help because of my situation”

## Legal help

- Paramily [www.paramily.uk](http://www.paramily.uk)
- Rights of Women [www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)
- FLOWS (Finding Legal Options for Women Survivors) [www.flows.org.uk](http://www.flows.org.uk)

## Mothers subjected to child removal

- Project Lighthouse [www.projectlighthouse.org.uk](http://www.projectlighthouse.org.uk)

## Insecure immigration status/no recourse to public funds

- Southall Black Sisters [www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk)
- Latin American Women's Rights Service [www.lawrs.org.uk](http://www.lawrs.org.uk)
- Rights of Women [www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)

## Harmful Practices

- Forward [www.forwarduk.org.uk](http://www.forwarduk.org.uk)
- Asian Women's Centre [www.asianwomenscentre.org.uk](http://www.asianwomenscentre.org.uk)
- Karma Nirvana [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

## Rape and sexual assault

- Rape Crisis [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)
- New Pathways (Wales) [www.newpathways.org.uk](http://www.newpathways.org.uk)
- My body back project (cervical screening and maternity care for survivors of sexual assault) [www.mybodyback.com](http://www.mybodyback.com)

## Support for people affected by trafficking and exploitation

- Modern Slavery Helpline [www.modernslaveryhelpline.org](http://www.modernslaveryhelpline.org) 0800 0121 7000
- Human Trafficking Foundation [www.humantraffickingfoundation.org](http://www.humantraffickingfoundation.org)
- Caritas Westminster Bakhita House [www.caritaswestminster.org.uk/bakhita-house/](http://www.caritaswestminster.org.uk/bakhita-house/)
- Women at the Well [www.watw.org.uk](http://www.watw.org.uk)



## 5. SIGNPOSTING FOR PEOPLE PERPETRATING HARM

- Respect Phonenumber (advice for people who think they may be harming the people they love)
- 0808 802 4040

If you suspect that someone claiming to be a male victim may actually be a perpetrator, signpost them to Men's Advice Line 0808 801 0372 [www.mensadvice.org.uk](http://www.mensadvice.org.uk) where staff are trained to recognise and signpost people appropriately



## 6. LEARNING MORE ABOUT SUPPORTING VICTIMS AND SURVIVORS

### Training

- Safe in Faith training [www.safeinfaith.org.uk/training/](http://www.safeinfaith.org.uk/training/) (QR code)
- Restored UK Beacon Churches [www.restored-uk.org/partner/churches/restored-beacons/become-a-restored-beacon/](http://www.restored-uk.org/partner/churches/restored-beacons/become-a-restored-beacon/)
- Sikh Women's Aid training [www.sikhwomensaid.org.uk/services](http://www.sikhwomensaid.org.uk/services)
- Jewish Women's Aid training [www.jwa.org.uk/training-in-the-jewish-community](http://www.jwa.org.uk/training-in-the-jewish-community)

### Resources:

- Restored Handbook for Christian Survivors of Domestic Abuse [www.restored-uk.org/i-need-help/survivors-handbook/](http://www.restored-uk.org/i-need-help/survivors-handbook/)
- Domestic Abuse in Church Communities: A Safe Pastoral Response (Nikki Dhillon Keane) [www.rpbooks.co.uk/domestic-abuse](http://www.rpbooks.co.uk/domestic-abuse)
- SHERA - a global research group/collective who aim to develop research into improving equality and human rights for women and children. Their website hosts a range of articles, podcasts and resources. They are not a frontline service but the site contains links to RESPECT, an accredited to abuse support services for women, men and children of all ages and backgrounds. [www.shera-research.com](http://www.shera-research.com)
- Cancer and domestic abuse: A toolkit for professionals This new toolkit was created by Macmillan cancer care, Standing Together Against Domestic Abuse and Bristol University to address the needs of people living with domestic abuse and cancer <https://rb.gy/vfrx9d>

This resource is a living document and will be periodically updated by Safe in Faith. We have provided information about organisations that we believe provide a good service. We invite you to give us feedback to help maintain the quality of this document. Safe in Faith are not responsible for the service of third party organisations.

Please contact [safeinfaith@rcdow.org.uk](mailto:safeinfaith@rcdow.org.uk) if you have feedback about this resource or any of the organisations featured, or if you have an organisation you think should be included.

