

Hertfordshire Domestic Abuse Victim Service Directory

Updated December 2023

Please note that information provided is a summary of service overview – full details should be reviewed via each providers website

If you're worried someone might see you have visited this page, the [Women's Aid website](#) tells you how to cover your tracks online.

Domestic abuse can happen to anyone and anyone can be an abuser. You do not have to wait for an emergency situation to find help. If domestic abuse is happening to you, it's important to tell someone and remember you're not alone. The services below are designed to support you and keep you safe.

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The NHS website is also a good source of general advice for anyone experiencing domestic abuse.

[Getting help for domestic violence and abuse - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Other ways to get support:

- women can call [The Freephone National Domestic Abuse Helpline, run by Refuge](#) on [0808 2000 247](tel:08082000247) for free at any time, day or night. The staff will offer confidential, non-judgemental information and support
- talk to a doctor, health visitor or midwife
- men can call Men's Advice Line on [0808 8010 327](tel:08088010327) (Monday to Friday 10am to 8pm), or visit the webchat at [Men's Advice Line](#) (Wednesday 10am to 11.30am and 2.30pm to 4pm) for non-judgemental information and support
- men can also call [ManKind](#) on [0182 3334 244](tel:01823334244) (Monday to Friday, 10am to 4pm)

- if you identify as LGBT+ you can call [Galop](#) on [0800 999 5428](#) for emotional and practical support
- anyone can call [Karma Nirvana](#) on [0800 5999 247](#) (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. You can also call [020 7008 0151](#) to speak to the [GOV.UK Forced Marriage Unit](#)
- in an emergency, call 999.

Hertfordshire IDVA Service

Supporting High risk victims of domestic abuse. Refuge is the country's largest provider of specialist support for those experiencing domestic violence and abuse. Our services change lives and save lives. We provide confidential, non-judgmental, independent specialist support to women and men across Hertfordshire, who are over the age of 16.

Telephone: 0300 790 6772, Monday, Wednesday and Friday 9am-5pm, Tuesday and Thursday 9am - 8pm.

Email: hertsidva@refuge.org.uk

Safer Places

Domestic Abuse Charity within Hertfordshire

Our services are provided through safe accommodation and providing a safe place to stay, community outreach support and we have the ISAS service.

Our outreach support service covers East Herts, Broxbourne, Welwyn and Hatfield and until the end of this year North Herts and Stevenage.

Our ISAS covers all locations within Hertfordshire.

We have subcontractors that cover St Albans, Dacorum and Hertsmere.

As part of our support, we complete safety planning, create plans of support and can be around any individual needs such as financial support, housing, health and wellbeing support, work and learning support, support around children and signposting for this and we also facilitate the RRR programme which is our domestic abuse programme. This covers three different modules Recognition of the abuse, Recovery of the abuse and however to become resilient to the abuse. We can also support with legal advice around looking into putting protective orders in place, divorce or any child arrangement orders. We also can provide support around tech abuse when it comes to stalking and harassment.

Referral pathways -

<https://www.saferplaces.co.uk/forms/make-a-referral>

24 hour webchat on website

24 hour mainline number - 03301025811

We also have our mainline which is also 24 hours - 03301025811

I Am Cherished

Cherished is an initiative born out a passion to support women who have experienced domestic abuse. Many of our Staff and Volunteers are experts by their own experience, and can will give an honest account of what it is like to move forward.

Cherished provides a warm, safe, and supportive environment. We are passionate and dedicated to help women, at their pace, to regain control of their lives and the lives of their children and families.

Cherished is free, confidential, and open to all women without prejudice.

We have a weekly Coffee, Cake, and Chat group in Dacorum. We also run several courses, including but not limited to: 'Freedom', 'Domestic Abuse Recovery Toolkit', 'Own My Life', 'ACEs Recovery' and 'You and Me,Mum' face to face and online. When we register ladies, we will discuss the options and support women to find a course or courses to suit them.

We have no thresholds and women can be involved with Cherished until they feel ready to move on, although they are always welcomed back to Coffee, Cake and Chat to offer hope to others!

We can be contacted 01442 767390, enquires@iamcherished.co.uk

www.iamcherished.co.uk

Telephone: 07792 938089

Email and [Website](#)

Hertfordshire Beacon

Beacon Victim Care provides support to victims of crime within Hertfordshire for anyone over the age of 4. We support around all crime types other than RTA or homicide, and crimes do not have to have been reported to the police in order for us to support. We can also provide support around historic crimes that may still be having an impact. Both self-referrals and professional referrals are welcome. Types of support include:

Emotional Support

Information and Advice

Access to specialist support

Crime Prevention Advice

Advocacy

Restorative Justice

We also have a number of specialist support workers include 2 x Domestic Abuse Child and Young People Support Workers and a Child Sexual Exploitation Support Worker.

info@hertfordshirebeacon.org

referrals@hertfordshirebeacon.org

0300 0115 555 (Option 3)

Hertfordshire Domestic Abuse Helpline

The Hertfordshire Domestic Abuse Helpline is a free, confidential support and signposting service for anyone affected by domestic abuse in Hertfordshire and the surrounding areas. Whether you are a victim or survivor, concerned friend, family member, professional or even someone looking to change their own behaviours, we are here to listen. Call us Mon-Fri 9am-9pm or weekends and bank holidays 9am-4pm. 08 088 088 088 or you can email us anytime: kim@mailpurple.org

Watford Women's Centre

Relationship and domestic abuse support for women over 18. We provide face to face or phone appointments assessing safety needs and exploring options to women living within Hertfordshire.

We also provide immediate support provided by trained female volunteers giving emotional and practical support via telephone, email and weekly zoom support groups.

All support can be accessed Mon-Fri 9am-5pm 01923 927 500

ally@watfordwomenscentre.org.uk wwcplus.org.uk.

Hertfordshire Mind Network

If you are 16 years or over and experiencing domestic abuse, there is support available.

Our Domestic Abuse Caseworkers will offer you an easy-to-access, high quality service. We can provide one-to-one support at a safe place of your choosing within the local community. This could be at your home, a local community venue or other place that is agreed with you.

We will listen to you without judgement and help you to explore your options, make your own choices, and take actions at a pace that is right for you.

How can we help?

We will work with you to develop an individually-tailored support plan, based on your needs and wishes, which may include:

- Advice, information and support
- Emotional and practical help (ie finding alternative accommodation)
- Ensuring your views and concerns are heard
- Safety planning
- Support and information about the Criminal Justice System
- Support with civil orders and injunctions
- Signposting to other support agencies
- Providing support at meetings with relevant agencies

- Support with children's wellbeing and safety
- Liaison with other agencies such as housing, social services, solicitors, police, etc.

Find out more or make a self-referral on our website

[Domestic Abuse Service | Hertfordshire Mind Network \(hertsmindnetwork.org\)](https://hertsmindnetwork.org)