

Referral Directory

For people needing specialist support

Please talk to your keyworker if you would like support accessing any service

Moving on Project: Delivered by **Medaille Trust** – Supporting women who have been affected by human trafficking & modern-day slavery through one-to-one support and signposting to other services. Referrals from professional only.

The Mayflower Society – Support for Trans people, we aim to provide social opportunities in safe surroundings where people can meet and socialise with like-minded people. **Please email:** tamsin@mayflowersociety.org.uk

PIPPA (Prevention, Intervention, & Public Protection Alliance) – Alliance group of specialist sexual & domestic services in Southampton. **Clients can also call the PIPPA helpline directly on 02380917917.**

Yellow Door – Offering a wide range of specialist therapeutic, supportive and preventative services in Southampton around the issues of domestic & sexual abuse. Group support, outreach and education programmes. **Telephone 02380 636312**

Treetop – SARC (sexual assault referral centre) offer medical, emotion and practical help to anyone who has been raped or sexually assaulted. **Call us 24 hours a day 7 days a week on: 03001236616.**

Stop Domestic Abuse – National support/advice **0330 016 5112. Or Stop Domestic Abuse Emergency Refuge Mon to Thurs evenings 07771 125991. Weekend and on bank holidays please call: 07501 378314**

Steps to Wellbeing – Offers counselling support to those suffering with mental health problems. **Call on: 0800 6127000 (self-referrals) Or 02380 272000.**

Gam Care – Is the leading UK provider of free information, support for anyone harmed by gambling. **Please call on 0808 8020 133**

CGL – Change Grow Live, drug and alcohol support service in Southampton **call 02380 717171**

Match Mothers – Support for parents whose children have been removed/separated. **Please email enquiries to** enquiries@matchmothers.org

Stonewall – To ensure that LGTB people across all communities are valued, welcomed by all. **Contact can be made via** stonewall.org.uk and 0808 200 0247

Respect Men's Advice Line - for support for men experiencing domestic abuse or call 0808 8010 327

PAUSE - Supports women who have experienced, or are at risk of, repeat removals of children from their care. Through an intense programme of support, it aims to break this cycle and give women the opportunity to reflect, tackle destructive patterns of behaviour, and to develop new skills and responses that can help them create a more positive future.