

### ManKind Initiative

The ManKind Initiative is a charity offering information and support to men who are victims of domestic abuse or violence. This can include information and support on reporting incidents, police procedures, housing, benefits and injunctions. They can refer you to a refuge, local authority or other another support service if you need it.

**Telephone:** 01823 334 244

Open Monday to Friday, 10am to 4pm and 7pm to 9pm (except Friday evenings)

**Email:** [admin@mankind.org.uk](mailto:admin@mankind.org.uk)

**Website:** [new.mankind.org.uk](http://new.mankind.org.uk)

### Everyman Project

The Everyman Project offers counselling to men in the London area who want to change their violent or abusive behaviour. It also has a national helpline which offers advice to anyone worried about their own, or someone else's, violent or abusive behaviour.

**Helpline:** 0207 263 8884 Open Tuesday 6.30pm to 9pm and Wednesday 6.30pm to 9pm

**E-mail:** [everymanproject@btopenworld.com](mailto:everymanproject@btopenworld.com)

**Website:** [www.everymanproject.co.uk](http://www.everymanproject.co.uk)

### M-Power

A national helpline for men who have who have been raped, assaulted or abused in childhood or adult life. The helpline also supports partners (male and female) and family members of abused men.

**Tel:** 0808 808 4321  
Open on Thursday evenings, 8pm to 10pm

**E-mail:** [support@seva-uk.org](mailto:support@seva-uk.org)

**Website:** [www.male-rape.org.uk](http://www.male-rape.org.uk)

## Other organisations

### Islington Mind

Supporting people with mental health issues locally. Their services include counselling, day centre, mind works, employment and training advice, job services, hospital advocacy.  
Archway Business centre, Unit 4/Wedmore Street, N19 4RU

**Telephone:** 020 3301 9850

**Email:** [admin@islingtonmind.org.uk](mailto:admin@islingtonmind.org.uk)

**Website:** [www.islingtonmind.org.uk](http://www.islingtonmind.org.uk)

Archway Business centre,  
Unit 4/Wedmore Street, N19 4RU

### iCope

Psychological Therapies Service offers treatment for a range of psychological problems, including anxiety and depression.

**Telephone:** 0203317 7252

North Islington Team – 10 Manor Gardens, London, N7 6JS

South Islington Team – Finsbury Health Centre, 17 Pine Street, London, EC1R 0JH

### Childline

Childline is here to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, our trained counsellors are here to support you.

Childline is free, confidential and available any time, day or night.

**Telephone:** 0800 1111

You can also log on for a 1-2-1 counsellor chat via [www.childline.org.uk](http://www.childline.org.uk)

# WORRIED ABOUT DOMESTIC VIOLENCE OR ABUSE?

# YOU'RE NOT

# ALONE

## Where to go for support in Islington



ISLINGTON

### Solace Women's Aid

Women's Aid Advice service offers information, advice and support about domestic and sexual violence. The service includes advice, counselling, drug and alcohol services, solicitors, Irish travellers' outreach and resettlement service, life skills, refuge accommodation, an Independent Domestic Violence Advocacy (IDVA) service and floating support.

**Telephone:** 0808 802 5565

**Email:** advice@solacewomensaid.org

**Website:** www.solacewomensaid.org

Unit 5-7 Blenheim Court,  
62 Brewery Road, N7 9NY

### Samira Project

A partnership of IMECE, KMEWO, (Kurdish and Middle Eastern Women's Organisation in Britain) and LAWA – Latin American Women's Aid. Providing support for BAMER (Black, Asian, Minority Ethnic, and Refugee) women who are survivors of domestic and sexual violence and harmful practices.

**Mon-Wed:** 0207 354 1359

**Wed-Fri:** 0207 275 0321

**Wednesdays only:** 0207 263 1027

**Email:** referral@samiraproject.co.uk

### National Domestic Violence helpline

The National Domestic Violence Helpline is a freephone 24 hour helpline which provides advice and support to women and can refer them to emergency accommodation.

The National Domestic Violence Helpline is run in partnership between Refuge and Women's Aid.

There are translation facilities if your first language is not English. The Helpline also offers BT Type talk for callers with hearing difficulties.

**Telephone:** 0808 200 0247 (24 hours)

**Email:** helpline@womensaid.org.uk  
(you will receive a response within 3 working days)

**Website:**  
www.nationaldomesticviolencehelpline.org.uk

### The Maya Centre

Provides long term counselling and psychological support to women who have experienced severe trauma through domestic violence, abuse in childhood or oversea in war and conflict.

**Telephone:** 0207 272 0995

**Email:** admin@mayacentre.org.uk

**Website:** www.mayacentre.org.uk  
Unit 8, 9-15 Elthorne Road, N19 4AJ

### Abianda

Abianda works with young women affected by gangs aged 11 to 24, and provides training for social workers, youth workers, police, health professionals, foster carers and other audiences.

**Telephone:** 020 768 60520

**Email:** hello@abianda.com

**Website:** www.abianda.com

### Families First

Families First supports families with school-aged children up to 19 years old. We know that being a parent is not always easy and that all families need extra help at some stage as children grow up.

This might be because your housing situation is difficult or you are hoping to get into work or training. A relationship may have broken down or someone close to you has gone to prison. Your teenager's behaviour might be challenging at home or at school. You may have growing debts or you may be at risk of losing your home.

Families First can provide that extra advice and support when you need it.

**Telephone:** 020 7527 4343

**Email:** ffcontacts@islington.gov.uk

**Website:** www.family-action.org.uk

### Bright Start Family Support Service

Bright Start family support provides outreach, individual assistance and signposting services for families with under-fives in local neighbourhoods.

Working in local children's centre, family support workers act as a bridge and resource for families who need help with accessing services. They also introduce families to their local children's centre activities.

**Telephone:** 020 7527 5959

**Email:** fis@islington.gov.uk

**Website:** www.islington.gov.uk/brightstart

### Rights of Women

Rights of Women offers confidential legal advice on domestic and sexual violence. They produce free information sheets which can be downloaded from their website - www.rightsofwomen.org.uk.

#### Family law advice line:

020 7251 6577 (Monday, Tuesday, Wednesday and Thursday 7pm-9pm; Friday 12 noon-2pm)

#### Criminal law advice line:

020 7251 8887 (Tuesday 11am-1pm)

#### Immigration and asylum law advice line:

020 7490 7689 (Monday 12 noon-3pm; Thursday 10am-1pm)

#### Textphone advice line:

020 7490 2562 (on the days and times above)

**Administration:** 020 7251 6575

**Fax:** 020 7490 5377

**E-mail:** info@row.org.uk

## Support for men

### Men's Advice Line

The Men's Advice Line is a confidential helpline for all men experiencing domestic violence by a current or ex-partner. They provide emotional support and practical advice, and can give you details of specialist services that can give you advice on legal, housing, child contact, mental health and other issues.

**Helpline:** 0808 801 0327

The helpline is open Monday to Friday, 10am to 1pm and 2pm to 5pm

**Email:** info@mensadviceline.org.uk

**Website:** www.mensadviceline.org.uk