

WELLBEING RESOURCES

CRASAC – Coventry Rape and Sexual Abuse Centre

<https://www.crasac.org.uk/>

Coventry Haven Women's Aid

<https://www.coventryhaven.co.uk/>

Integrated Sexual Health Service Coventry

<https://www.ishs.org.uk/>

Something's Not Right – Warwickshire

<https://www.somethingsnotright.co.uk/index.php?u=5>

Barnardo's Beacon Service – West Midlands

<https://www.barnardosbeacon.org.uk/>

Blue Sky Centre – Nuneaton

<https://blueskycentre.org.uk/#>

RoSa – Rugby

<https://rosasupport.org/about-us/>

Rape Crisis England and Wales

<https://rapecrisis.org.uk/>

Survivors UK

<https://www.survivorsuk.org/>

The Survivors Trust

<https://www.warwickshire.gov.uk/keeping-child-safe/sexual-assault-sexual-exploitation/1>

Rape Crisis national freephone helpline on 0808 802 9999 (12-2.30pm and 7-9.30pm every day of the year)

24-hour freephone **National Domestic Abuse Helpline**, run by Refuge, on 0808 2000 247

Victim Support

Free live chat on website

08 08 16 89 111

<https://www.victimsupport.org.uk/crime-info/types-crime/rape-and-sexual-assault/>