

# Are you worried about domestic abuse or sexual violence?

## Contact our helpline

for free confidential advice and support for males and females aged 13 and over in Leicester, Leicestershire and Rutland.



**0808 80 200 28**

(Open **8am - 8pm, Monday - Saturday**. This is a special freephone tariff, free from all mobiles, payphones and landlines and hidden on the bill)



### Helpline

The helpline is a confidential freephone number that allows callers to access information and the support services of UAVA.



### Group Work Programmes

We provide group support to help you with understanding the impact of your experiences and to build confidence.



### Face to Face Support

We provide short or long term support, including advocacy support. We focus on reducing the risk of further violence and/or abuse and keeping you safe.



### Counselling

We work with a range of specialist counselling services to provide therapeutic support. We can offer short, medium or long term support.

[www.uava.org.uk](http://www.uava.org.uk)