



The Diocese of
Southwark

Support

For those affected by abuse

“The health of a society may be judged by its care and concern for its most vulnerable members.”

House of Bishops' Safeguarding Policy.

The Diocese of Southwark is committed to responding sensitively and effectively to those who have come to harm in a church context. If you – or someone you care for – has been affected by abuse, it's never too late to come forward and have your voice heard. You can speak confidentially with a member of our specialist team, confident that you will be listened to and supported to take any next steps you might choose.

For support please contact our safeguarding team:

- phone 0207 939 9441
- safeguarding@southwark.anglican.org
- southwark.anglican.org/safeguarding

Christ
Centred
Outward
Focused

Diocesan Safeguarding Team Support

Within 48 hours of contacting the Diocesan Safeguarding Team you will receive an email back to arrange a meeting. This will include asking you when and how you would like to be contacted. An Assistant Diocesan Safeguarding Advisor will be allocated to you and they will be your specific point of

contact, maintaining contact every month, or longer if you prefer.

Listed below are some external organisations that can offer you support.

Your GP

Speaking to your own doctor is a great way to get support for your wellbeing and mental health. It can be hard to ask for help. This site has some tools that will help you prepare.

Web: docready.org

Web: hubofhope.co.uk (additional local support for those experiencing mental or emotional distress).

Safe Spaces

A free and independent support service, providing a confidential safe space for anyone who has been abused through their relationship with the Church of England.

Tel: 0300 303 1056

Email: safespaces@firstlight.org.uk

Web: firstlight.org.uk

Samaritans Helpline

A free support service if you feel you are struggling to cope and need someone to talk to. They are there for you 24 hours a day, 365 days a year.

Tel: 116 123

Email: jo@samaritans.org (takes 24 hours for response).

Web: samaritans.org

Childline

A free 24 hour confidential counselling service for children and young people up to their 19th birthday.

Tel: 0800 11 11

Web: childline.org.uk

Offers email and chat service from their website 24 hours a day, 7 days a week.

NAPAC

Supporting recovery from childhood abuse for adult survivors.

Tel: 0808 801 0331

Email: support@napac.org.uk

Web: napac.org.uk

The Silver Line Helpline

A free support service for older people suffering abuse or neglect, and loneliness.

Tel: 0800 470 8090

Web: thesilverline.org.uk

For older people 24 hours a day, 7 days a week.

