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contact North Wales Safeguarding Board

<http://www.northwalessafeguardingboard.wales/contact/>

Specialist agencies are listed below:

Live Fear Free – Advice on domestic abuse, sexual violence and violence against women

Helpline: **0808 8010 800**

<https://livefearfree.gov.wales/>

RASASC North Wales

<http://www.rasawales.org.uk/>

Amethyst North Wales Sexual Assault Referral Centre (SARC) for information, forensic medical or health screening.

To talk to a crisis worker: **0808 156 3658**

https://www.north-wales.police.uk/amethyst_2012/english/index.html

Welsh Women's Aid

<http://www.welshwomensaid.org.uk/>

Victim Support North Wales

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/wales/north-wales>

0300 30 30 159

Stepping Stones

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

for adults who have been sexually abused as children.

Books can help:

Breaking Free: Help for Survivors of Child Sexual Abuse, Ainscough, Carolyn & Toon, Kay, Sheldon

Self-Esteem for Women, Field, Lynda, Vermillion

Overcoming Traumatic Stress, Herbet, Claudia & Wetmore, Ann, Constable & Robinson

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