

## Important Contact Details

For enquiries please call:

Hampshire	0800 916 9878
Dorset	0800 032 5204
Isle of Wight	0800 234 6266
West Sussex	01403 229017

Other resources:

The National DV Helpline	0808 2000 247
The Survivors Trust	0808 801 0818
Rape Crisis Helpline	0808 802 9999
Respect Perpetrators	0808 802 4040
Respect Men's Advice	0808 801 0327
Galop LGBT Domestic Abuse Helpline	0800 9995428

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## Who We Are

Since 1985, YOU provides people with the help they need to realise their dreams of independence, security, stability, happiness, and freedom.

We help people in our communities who need care, support, and advice due to poverty, homelessness, disability, age, ill health or abuse to have the life they want.



The YOU Trust is registered in England no 1898188 and is a registered charity no 291489.

The YOU logo is a registered trade mark.



Registered Address:

South Wing, Admiral House, 43 High Street  
Fareham, Hants PO16 7BQ  
[www.theyoutrust.org.uk](http://www.theyoutrust.org.uk)



**Domestic Abuse  
Sexual Violence and Stalking  
Specialist Services**

**for the**

**South Coast of England**

(Dorset/Hampshire/Isle of Wight/West Sussex)

**You First**

Safety, Empowerment, Education

Domestic Abuse/Sexual Violence/Stalking/Training

# Who are You First?

You First are a team of passionate people, working in domestic and sexual violence & abuse and stalking services. Some of us are experts by lived experience and some by work experience and knowledge.

We believe there is no 'you and us' at You First – only us, we work together with you, using our combined experiences and knowledge to keep you safe to live a life free from violence and abuse.

We work across the South Coast of England providing support, advocacy, advice, guidance and information to all women, men and children including people who self-id under the LGBTQ+ umbrella and live within our BAME communities.

We also have bespoke projects for perpetrators and work closely with commissioned providers of perpetrator services.

We strive to offer inclusive, innovative, and excellent services so that people who have/ are experiencing domestic abuse, sexual violence and stalking can access the right support at the right time. Our team is specialised, experienced, and prepared to be there for you throughout this difficult time.



# How We Can Help

You First is proud of its ground-breaking and inclusive services. You First provides the following:

- Outreach
- Sanctuary (Target Hardening)
- Refuge
- Resettlement
- Counselling
- Emotional Support
- Safety Planning
- Support and Recovery Groups
- IDVA/ISVA
- Children and Family Work
- Independent Stalking Advocate
- Children and Young People's Advocate
- Our inclusive refuges accommodate individuals and couples, single men and mums or dads with children who are unable to access most mainstream refuge.

To find out what services are available to you, contact the number for your area (overleaf).

Please see separate leaflet about:-

- Consultancy
- Training

## What is Domestic Abuse?

Domestic abuse can be any incident of controlling, coercive, psychological, sexual, physical, economic or emotional abuse. It can be a single incident or a number of incidents occurring between people aged 16 or over who are or have been in a relationship or are family members, irrespective of their gender or sexuality.

*This brochure can be produced in a number of different formats and languages.*

*If you would like to receive this brochure in another format, please speak to a member of staff.*