

Self Help Resources – Useful sites & Information

Abuse / Sexual Violence

Amethyst is the Sexual Assault Referral Centre (SARC) for the North Wales area. It offers a confidential service for men, women and children who have been sexually assaulted, either recently or in the past.

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

In Welsh:

www.north-wales.police.uk/amethyst_2012/welsh/index.html

Rape Crisis England & Wales provides information on how to get help after experienced rape, child sexual abuse and/or any kind of sexual violence, and details of your nearest Rape Crisis services.

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

Live Fear Free is a Welsh Government website, providing information and advice for those suffering with violence against women, domestic abuse and sexual violence. It has a free 24/7 confidential helpline