

IMPORTANT NUMBERS AND INFORMATION:

Tel: 0800 032 5204

(Calls are free from a landline only, mobile charges apply. Please call for a secure email address if required for information or referrals)

Email: you.first@lifeyouwant.org.uk

[Facebook.com/dorsetyoufirst](https://www.facebook.com/dorsetyoufirst)

Dorset for you: www.dorsetforyou.com/dvahelp

The National DV Helpline 0808 2000 247

Respect Perpetrators Helpline 0808 802 4040

Respect Men's Advice Line 0808 801 0327

Broken Rainbow 0800 999 5428

IF YOU ARE IN IMMEDIATE DANGER CALL 999

YOU is committed to providing high quality care and support services for all people who use our services. If you have any concerns or questions, please call us.

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

The YOU logo is a registered trade mark.

Who we are

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.

Celebrating 30 years of supporting people and changing lives.



Registered Address

South Wing, Admiral House, 43 High Street,
Fareham, Hants PO16 7BQ
www.lifeyouwant.org.uk

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.

This leaflet has been co-produced with the people of Dorset.



you first

Dorset County Integrated Domestic Abuse Service



Freephone 0800 032 5204

What is Domestic Abuse?

Domestic abuse can be physical, sexual, financial, emotional or psychological – 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.

What is YOU First?

YOU First provides support, advocacy, help and guidance to female and male victims and survivors of domestic abuse who are 16 years and over.

Services include:

- Outreach (Dorset residents only)
- Refuge
- Resettlement
- Safe houses
- Safety planning
- Emotional support
- 24/7 helpline
- Support groups

How to get help?

Self or agency referral via our Single Point of Contact Team on 0800 032 5204



We will contact you to talk about how we can help



We will meet and discuss how we can work together



Together, you and your key worker will develop your support

OR

If we can't help you, we will let you know and suggest alternative options for you.

Supporting and Involving you

We work in partnership with our clients, which means we will discuss all aspects of your support plan and decide any actions together. We will regularly seek your feedback and your views on the service and use these to inform and develop the services.

Your individual support may include:

- Meeting at a time and place to suit you
- Developing and reviewing support plans, risk assessments and actions
- Regular safety planning
- Working with other agencies
- Developing independent living skills
- Group work
- Relocation
- Access to health services
- Access to children services