

Charities and Support Available



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This downloadable guide brings together a trusted list of UK charities, organisations, and support services that can help during a relationship breakdown.

Whether you are at the start of a separation, navigating divorce, supporting children, or seeking help in a difficult or unsafe situation, this resource is designed to help you understand your options and find support that feels right for you.

Many of the organisations listed also offer confidential helplines, online chat, and local support.



Relate

National relationship support charity offering counselling, mediation and family therapy.

Families Need Fathers

Charity supporting fathers and families to maintain meaningful relationships with children after separation and through family court processes.

Reddit

Reddit is a crowdsourced advice forum where strangers share opinions, experiences, and suggestions through topic-based communities.

Citizens Advice

National charity and network of local services offering free, confidential advice on a wide range of issues including:

- Separation and divorce rights
- Child contact
- Housing, benefits and debt
- Domestic abuse guidance and next steps

You can access advice online, by phone or in person.

Refuge

One of the UK's largest specialist domestic abuse charities. Offers information, support, safety conditions, and connections to local services.

Support is generally available to all survivors regardless of gender, and signposts to appropriate services.

Mankind

UK charity focused on supporting male victims of domestic abuse, offering a helpline, guidance, and signposting to appropriate services (including housing, police reporting advice and benefits info). Helpline: 01823 334244

Survivors UK

UK support for male and non-binary survivors of sexual violence (including support groups and counselling referrals).

CALM (Campaign Against Living Miserably)

Support for men's mental health and crisis support, including a helpline. (often recommended alongside relationship support)

Men's Advice Line (run by Respect)

Confidential national helpline and online support for male victims of domestic abuse and those supporting them. They offer emotional support, practical info and signposting to local services (including housing, safety and legal help) - Helpline: 0808 801 0327 (UK)

IDAS

Male Victims Services - Domestic abuse support including emotional and practical assistance, safety planning, and in some areas accommodation support for men.

Samaritans

24/7 emotional support by phone: 116 123 (UK & ROI).

Galop

Domestic abuse support for LGBTQ+ survivors including advocacy and housing

Freedom Charity

Support and helpline for forced marriage and related abuse.