# Safe Spaces
## Church-related Abuse Service

# 0300 303 1056

Safe Spaces is a free, independent service for adults who have experienced abuse by someone in the Church.

This includes abuse linked to:

- The Church of England
- The Catholic Church in England and Wales
- The Church in Wales

Safe Spaces offers emotional support, practical help, and advocacy to adults aged 18 and over, whether the abuse happened recently or many years ago.

**Support may include**

- Emotional support
- Space to be heard
- Support and advise you
- Be non-judgmental
- Keep everything confidential
- Advocacy on your behalf
- Online support with meetings or appointments
- Information about compensation
- Signpost for other services
- Help understanding safeguarding, reporting, or criminal justice

**SCAN TO LEARN MORE**
or visit
www.safespacesenglandandwales.org.uk/

**You are believed, and you stay in control of every step.**

First Light