

## Diocesan Safeguarding Office

The Diocese of Plymouth's Safeguarding Team is available on:  
(01364) 645430 or by email on: [safeguarding@prcdtr.org.uk](mailto:safeguarding@prcdtr.org.uk)

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### **Safe Spaces**

The Safe Spaces team is there for those who have experienced church-related abuse of any kind through its helpline and live chat service between Monday–Saturday 10am–6pm, apart from Thursdays when the service is open 12–8pm.



Tel: 0300 303 1056  
Email: [safespaces@victimsupport.org.uk](mailto:safespaces@victimsupport.org.uk)  
LiveChat: [www.SafeSpacesEnglandandWales.org.uk](http://www.SafeSpacesEnglandandWales.org.uk)  
Website: [www.SafeSpacesEnglandandWales.org.uk](http://www.SafeSpacesEnglandandWales.org.uk)

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### **SALT Southwest**

"Sexual Abuse Listening Therapy"

142 Union Street,  
Plymouth,  
Devon,  
PL1 3HL

**EMAIL:** [email@saltsouthwest.co.uk](mailto:email@saltsouthwest.co.uk)

**PHONE:** 01752 600599

### **Operation Emotion** (for men who have been sexually abused)

Telephone helpline: 07539 810096 or 07837 321514. Email: [opem@pm.me](mailto:opem@pm.me)

### **Women's Centre Cornwall** (run by women for women)

Tel: 01208 77099

Email: [admin@womencentrecornwall.org.uk](mailto:admin@womencentrecornwall.org.uk)

### **Sexual Assault Referral Centre**

Tel: 03003034626

Website: <https://www.archelp.co.uk>

### **First Light** (for those who experienced abuse and violence)

Helpline: 0300 777 4777 Email: [info@firstlight.org.uk](mailto:info@firstlight.org.uk)

### **Survivor Pathway**

An online resource at: <https://www.survivorpathway.org.uk/Devon>