



**PARAGON**  
TOGETHER EMPOWERING CHANGE

## Other Sources of Support

Depending on your situation, the following agencies and organisations may be able to provide additional support.

The National DV Helpline	<b>0808 2000 247</b>
The Survivors Trust	<b>0808 801 0818</b>
Rape Crisis Helpline	<b>0808 802 9999</b>
Respect Perpetrators	<b>0808 802 4040</b>
Respect Men's Advice	<b>0808 801 0327</b>
Galop LGBT Domestic Abuse	<b>0800 999 5428</b>

**IN AN EMERGENCY DIAL 999**

## How Can I Contact PARAGON?

Please contact us on:

Hampshire	<b>0800 916 9878</b>
Dorset	<b>0800 032 5204</b>
Isle of Wight	<b>0800 234 6266</b>
Somerset	<b>0800 694 9999</b>
Sussex	<b>01403 229 017</b>



*YOU: a family, creatively  
empowering people to thrive  
in their communities.*



### Registered Address:

South Wing, Admiral House  
43 High Street, Fareham, Hants PO16 7BQ

[www.theyoustrust.org.uk](http://www.theyoustrust.org.uk)

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



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## Who We Are

PARAGON are a team of passionate people working in domestic abuse, sexual violence, and stalking services. We are a team with lived, worked, and life experiences which we use to help the people we work with and each other.

We believe there is no 'you and us' — only us. We work together with you, using our combined experiences and knowledge to help you with your decisions. The diversity of our staff means we have the knowledge, skills, and experience to work with people from many communities, including LGBTQ+, BAME, and the elderly.

PARAGON offers support, advocacy, advice, guidance, and information to women, men, and children as victims and survivors of domestic abuse and for those people who cause harm to others in their relationships.

We strive to offer inclusion, innovation, and excellence to ensure that our support is right for you. If we get it wrong, please tell us, and together we can make it right.

### Please contact us on:

**Hampshire:** [ParagonHants@theyoutrust.org.uk](mailto:ParagonHants@theyoutrust.org.uk)

**Dorset:** [ParagonDorset@theyoutrust.org.uk](mailto:ParagonDorset@theyoutrust.org.uk)

**Isle of Wight:** [ParagonIOW@theyoutrust.org.uk](mailto:ParagonIOW@theyoutrust.org.uk)

**Somerset:** [ParagonSIDAS@theyoutrust.org.uk](mailto:ParagonSIDAS@theyoutrust.org.uk)

**Sussex:** [ParagonSussex@theyoutrust.org.uk](mailto:ParagonSussex@theyoutrust.org.uk)

## Who We Can Help

Our aim is a world that is safer for our communities, where people can live their lives free from fear of violence, abuse, or stalking. With a bold vision for change, PARAGON recognises we must address differing needs to achieve meaningful positive outcomes.

We can work with you if:

- You've experienced domestic violence and/or abuse
- You've experienced recent or historic sexual violence/abuse
- You're a child/young person who has witnessed domestic abuse
- You're using abusive behaviours in your relationships and are committed to changing
- You've been/are being stalked

*"...create a safe environment in which I feel that I can be open and honest. She is aware, empathic, and understanding..."*



## How We Can Help

Our team understands that whatever the specific nature of your circumstances, you are an individual deserving of respect. We will work with you in a trauma-informed way, recognising the ongoing impact that your past life experiences can have on your present wellbeing and decision-making.

PARAGON is proud of its groundbreaking and inclusive services and provides/works with the following:

- Outreach
- Sanctuary (Target Hardening)
- Refuge/Safe House Accommodation
- Resettlement
- Counselling
- Emotional Support
- Safety Planning
- Support and Recovery Groups
- IDVA/ISVA Support
- Children and Family Work
- Independent Stalking Advocacy
- People Causing Harm/Perpetrators
- Young Instigators
- Diversity and Inclusion Work
- Hospital-Based DV Advocates

We strive to find/have specialist inclusive accommodation for individuals and couples, single men, mums or dads with older children, couples fleeing honour-based violence, and others who are unable to access most mainstream refuge.

To find out what services are available to you, contact the number for your area.