

## Other sources of support

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

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

**IN AN EMERGENCY DIAL 999**



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

## How can I contact PARAGON?

Please contact us on:

Dorset	0800 032 5204
Hampshire	0800 916 9878
Isle of Wight	0800 234 6266
Somerset	0800 694 9999
Sussex	01403 229 017
Swindon	0800 917 8565



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

### Registered Address:

The YOU Trust  
Delme 1, Delme Place  
Cams Hall Estate  
Fareham, Hants PO16 8UX

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

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



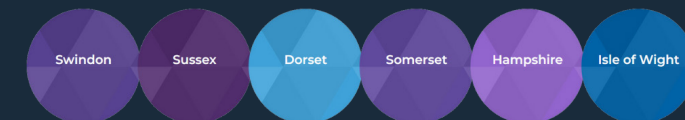
**PARAGON**  
TOGETHER EMPOWERING CHANGE

Support for all adults and children who are living with domestic abuse, sexual violence or stalking



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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 people 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  
**Dorset:** ParagonDorset@theyoutrust.org.uk  
**Isle of Wight:** ParagonIOW@theyoutrust.org.uk  
**Somerset:** ParagonSIDAS@theyoutrust.org.uk  
**Sussex:** ParagonSussex@theyoutrust.org.uk  
**Swindon:** ParagonSwindon@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 non-recent sexual violence/abuse
- You're a child/young person impacted by domestic abuse
- You're using abusive behaviours in your relationships and are committed to changing
- You've been/are being stalked

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



## How we can help you

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 innovative 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 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 refuges.

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