



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



Online support with meetings or appointments



Space to be heard



Support and advise you



Information about compensation



Be non-judgmental



Signpost for other services



Keep everything confidential



Help understanding safeguarding, reporting, or criminal justice



Advocacy on your behalf



SCAN TO LEARN MORE

or visit

www.safespacesenglandandwales.org.uk/

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

**First
Light**