

## IMPORTANT NUMBERS AND INFORMATION:

For enquiries please call

**Tel: 0800 234 6266**

(Calls are free to this number—answer phone when busy or out of office hours)

Email :

**youfirstiow@theyoutrust.org.uk**

Secure Email:-

**youfirstiow@theyoutrust.org.uk.cjasm.net**

The National DV Helpline 0808 2000 247

The Survivors Trust 0808 801 0818

Rape Crisis Helpline 0808 802 9999

Respect Perpetrators Helpline 0808 802 4040

Respect Men's Advice Line 0808 801 0327

Galop LGBT Domestic Abuse Helpline  
0800 9995428

**IF YOU ARE IN IMMEDIATE DANGER CALL 999**

**YOU is committed to providing high quality care and support services for all people who use our services. If you have any concerns or questions, please call us.**

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

## Who we are

YOU provides people with the help they need to realise their dreams of independence, security, stability, happiness and freedom. We help people in our communities who need care, support and advice due to poverty, homelessness, disability, age, ill health or abuse to have the life they want.

*Celebrating 30 years of supporting people and changing lives.*



### Registered Address

South Wing, Admiral House, 43 High Street,  
Fareham, Hants PO16 7BQ  
[www.theyoutrust.org.uk](http://www.theyoutrust.org.uk)

*This brochure can be produced in a number of different formats and languages. If you would like to receive this brochure in another format, please speak to a member of staff.*

This leaflet has been co-produced  
with our clients



## Integrated Domestic Abuse and Sexual Crime Service Isle of Wight

# you first



**Freephone 0800 234 6266**

## What is You First?

You First is the Domestic Abuse and Sexual Violence/Crime service delivered by the YOU Trust.

We provides support, advocacy, help and guidance to female and male victims and survivors of domestic abuse and sexual violence. We also provide services to children as victims and/or instigators in their own right.

We have developed services with clients over many years and this includes:

- Outreach
- Refuge
- Resettlement
- Safety planning
- Emotional support
- 24/7 client support
- Support groups
- Recovery Groups
- Children and family work
- IDVA
- ISVA

## How to get help?

Self or agency referral by email or by phone

We will contact you to talk about how we can help

We will meet and discuss how we can work together

Together, you and your key worker will develop your support

OR

If we can't help we will let you know and suggest alternative options for you

## Supporting and Involving you

We work in partnership with our clients, which means we will discuss all aspects of your support plan and decide any actions together. We will regularly seek your feedback and your views on the service and use these to inform and develop the services.

### Your individual support may include:

- Meeting at a time and place to suit you
- Developing and reviewing support plans, risk assessments and actions
- Regular safety planning
- Working with other agencies
- Developing independent living skills
- Group work
- Relocation
- Access to health services
- In-house and/or access to children services
- Parenting Support
- Specialist services for children, young people and families