

Have you, or has someone you know, been hurt or harmed by anyone who is, or was connected to the church?

You can get help and advice via an independent advocacy and support service:

*Building
Hope*



Scan the QR code to find out more.



**DIOCESE OF
YORK**



Independent Domestic
Abuse Services



**YORK
MINSTER**

How we can help

- Our advocacy service offers **free impartial advice** to anyone who experienced harm from someone in a church setting offering you non-judgemental, unconditional positive regard.
- **1-to-1 support** from accredited professionals who provide high quality support, advice and information.
- We can support you to **access counselling** and **liaise with an advocate** or with other support agencies that can provide additional specialist support.
- Support can be via **face to face** appointments, **telephone** support, **video calling**, **email** or **text**.
- We offer **peer support groups** where you can meet with other people to improve your social connection and to help to reduce isolation and loneliness.
- **Peer mentoring** and **befriending** via our trained and dedicated volunteers.
- In order to access this support please **contact us** using the details below.

Contact us



03000 110 110



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