Support us

- Donate
- Fundraise
- Volunteer
- Partner with us

By supporting Yellow Door, you can make a difference to the lives of people impacted by abuse.

Email:
supportus@yellowdoor.org.uk

Follow us on social media

Registered with the Fundraising Regulator
Registered Charity No. 1111753

Get in touch

Our team provides compassionate, confidential support to anyone affected by abuse. If you would like to make a referral, or learn more about our services, we're here to listen and help.

Office: 023 8063 6312
(open Monday to Friday 9am to 5pm)

Helpline: 023 8063 6313
(open Wednesdays 2pm to 5pm)

Email: info@yellowdoor.org.uk

Website: www.yellowdoor.org.uk

If you or someone you know is at immediate risk, please call the Police on 999. If it is not an emergency but you need help from the Police, please call 101. You can also report a crime online www.police.uk/pu/contact-us

yellow door

Preventing and Responding to Domestic and Sexual Abuse

Support for people affected by domestic and sexual abuse

www.yellowdoor.org.uk

About us

Yellow Door is a registered charity providing specialist support to adults, families, young people and children affected by domestic and sexual abuse.

Our trained staff and volunteers support people to move forwards from abuse, improve their wellbeing and safety, and rebuild their lives.

What is Domestic Abuse?

Domestic abuse is a pattern of behaviour where someone uses power and control over another person. It can include emotional, physical, sexual or financial abuse, as well as monitoring, intimidation, isolation, stalking and harassment.

What is Sexual Abuse?

Sexual abuse is any unwanted sexual behaviour that happens without consent. This may include unwanted touching, forced sexual acts, rape, or sharing intimate images without permission.

How we can help

Yellow Door offers a range of services tailored to your needs and can help you find the right support.

Counselling & Recovery Programmes

We provide confidential one-to-one and group counselling and recovery programmes for people of all ages, including women-only groups and dedicated support for young people.

Advocacy

Our Advocates help you understand your rights and choices, access practical support, and ensure your voice is heard. We are independent from the police and can guide you through reporting abuse and accessing other services.

We also offer specialist support for people facing barriers, including disabled people, people who speak different languages, and individuals from marginalised communities.

Education & Training

We deliver education programmes in schools, colleges, universities and youth settings, and training for professionals, businesses and the wider community. Our aim is to raise awareness of abuse, promote healthy relationships and reduce harm.

Helpline & Further Support

Our helpline is open to anyone affected by sexual abuse who wants to talk anonymously, or anyone seeking advice for a friend or family member.

Our website has further information about abuse and self-help resources to support recovery.

Does where you live matter?

Yellow Door services are available to Southampton residents, with some services accessible across wider Hampshire. Sessions are in person, online or by phone.

Visit our Service Finder to check support in your area:

www.yellowdoor.org.uk/service-finder