

Support

do you, or someone you care about need help?



Are you or someone close to you experiencing domestic abuse? Have you been forced to change your behaviour because you're frightened of your partner/ex partner.

You're not alone, there are organisations that will give you information, advice, practical help and support. Domestic violence is a crime and it is never the fault of the person experiencing it.

National Domestic Abuse Helpline

Free confidential support 24/7 to victims and those worried about friends/loved ones.

0808 2000247

Visit website for access to information, live chat or a contact form to arrange a safe time to call

www.nationaldahelpline.org.uk

Muslim Women's Network

A confidential, free special faith and culturally sensitive helpline

0800 9995786 Monday-Friday

10am-4pm www.mwnhelpline.co.uk

Karma Nirvana

National helpline for victims of honour based abuse, forced marriage and domestic abuse

0800 5999247

A few signs of domestic abuse:

- You feel you're walking on eggshells to avoid making your partner angry
- Your partner monitors and tracks your movements and looks at your messages
- Your partner uses anger to intimidate or control you and puts pressure on you to do things you don't want to do
- Your partner constantly puts you down, belittles you and tells you you're worthless

Wales Helpline - Live fear free

Help and advice about domestic violence against women

0808 80108000

Galop

A helpline and chat service for lesbian, gay, bisexual and transgender people

08009995428

www.999.org.uk

Men's Advice Line

Confidential helpline for male victims of domestic abuse

0808 8010327

Women's Aid

Information and live chat service

Monday-Friday 10am-4pm, Saturday

– Sunday 10am -12MD

www.womensaid.org.uk

Scottish Women's Aid

0131 2266606

www.scottishwomensaid.org.uk

Scotland's domestic abuse and forced marriage helpline

0800 0271234

Sdafmh.org.uk

Care First – Employee Assistance programme

0800174319