



Are you experiencing domestic abuse?

Ways to get support

- Women can call The Freephone National Domestic Abuse Helpline, run by Refuge on 0808 2000 247 for free at any time, day or night. The staff will offer confidential, non-judgemental information and support. Talk to a doctor, health visitor or midwife
- Men can call Men's Advice Line on 0808 8010 327 (Monday to Friday 9am to 8pm), or visit the webchat at Men's Advice Line (Wednesday to Friday 10am to 11am and 3pm to 4pm) for non-judgemental information and support
- Men can also call ManKind on 0182 3334 244 (Monday to Friday, 10am to 4pm)
- If you identify as LGBT+ you can call Galop on 0800 999 5428 for emotional and practical support
- Anyone can call Karma Nirvana on 0800 5999 247 (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. You can also call 020 7008 0151 to speak to the GOV.UK Forced Marriage Unit
- In an emergency, call 999

You can also email for support. It is important that you specify when and if it is safe to respond and to which email address:

- women can email helpline@womensaid.org.uk. Staff will respond to your email within 5 working days
- men can email info@mensadviceline.org.uk
- LGBT+ people can email help@galop.org.uk

Please contact a member of staff if you need any help or support