Useful Contacts

National Domestic Violence Helpline

A national helpline which is available every day of the year, staffed 24 hours a day by fully trained female helpline support workers and volunteers

Freephone: 0808 2000 247

Bright Sky

This is a mobile app and website for anyone who's experiencing domestic abuse, or who's worried about someone else.

Website: **uk.bright-sky.org**

Hollie Guard

This is another mobile app that can help you. If you're in danger, you can shake or tap your phone and it activates Hollie Guard, immediately notifying your chosen contacts, pinpointing your location and sending audio and video evidence directly to their mobile phones.

Police

In an emergency, please call 999 – if you press 55, this will let them know that you need help.

For non-emergency situations, you can dial 101 or report it online.

Victim Support

Provides independent, free, and confidential advice

Telephone: 0808 1689 111
Website: **victimsupport.org.uk**

Forced Marriage Unit

If you're worried that you might be forced into marriage or worried about a friend or relative.

Telephone: 020 7008 0151

National Centre for Domestic Violence

Provides a free, fast emergency injunction service to survivors of domestic abuse regardless of their financial circumstances.

Freephone: 0800 970 2070
Website: **ncdv.org.uk**

SafeLives

National charity supporting strong multi-agency response to domestic abuse.

Website: **safelives.org.uk**

Childline

Information and advice for children and young people affected by domestic abuse.

Freephone: 0800 1111
Website: **childline.org.uk**

Refuge

The national charity for women and children experiencing domestic abuse.

Freephone: 0808 2000 247
Website: **refuge.org.uk**

Women's Aid

For female victims.
Website: **womensaid.org.uk**

Rights of Women

Legal advice for women.
Website: **rightsofwomen.org.uk**

Galop

Anti-LGBT+ hate crime charity.
Website: **galop.org.uk**

Mankind - Supporting male victims of abuse

0808 800 1170
Website: **mankind.org.uk**

Respect Men's Advice Line – male victims

Freephone: 0808 801 0327
Website: **mensadviceline.org.uk**

Respect Phoneline

You can call if you're worried about your own abusive behaviour, or you're a professional or individual looking for help for an abuser.

This number is available weekdays 10am to 5pm.

Freephone: 0808 802 4040
Website: **respectphoneline.org.uk**