

SUPPORT & HELP



NATIONAL 24HR DOMESTIC VIOLENCE HELPLINE

For women and children experiencing domestic abuse
0808 2000 247
www.nationaldahelpline.org.uk



RESPECT

For those concerned that they may be using abusive behaviours
0808 802 4040
www.respect.uk.net



MEN'S ADVICE LINE

For men experiencing domestic abuse
0808 801 0327
www.mensadviceline.org.uk



NSPCC HELPLINE

If you are concerned about a child
0808 800 5000
www.nspcc.org.uk



SAMARITANS

For those struggling in terms of their mental health and feeling in crisis
116 123
www.samaritans.org



NCDV

A free, fast emergency injunction service for survivors of domestic abuse and violence
0800 970 2070
www.ncdv.org.uk