

**In immediate danger, call 999 and ask for the Police.**



- If you are in danger and unable to talk on the phone, call 999 and listen to the questions from the operator and if possible, respond by coughing or tapping the head set.
- If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police. (NB Pressing 55 only works on mobiles and does not allow police to track your location.)
- When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

**Freephone National Domestic Abuse Helpline, run by Refuge**

0808 200 0247

[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

**Men's Advice Line**

0808 801 0327

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

**Rape Crisis**

0808 802 9999

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

**Respect phonenumber**

0808 802 4040

[www.respectphonenumber.org.uk](http://www.respectphonenumber.org.uk)

**Galop (for lesbian, gay, bisexual and transgender people)**

0800 999 5428

[www.galop.org.uk](http://www.galop.org.uk)

**Karma Nirvana**

Karma Nirvana runs a national honour-based abuse helpline.

Telephone: 0800 5999 247

Email: [support@karmanirvana.org.uk](mailto:support@karmanirvana.org.uk)

**Hestia**

Hestia provides a free mobile app, Bright Sky, which provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know. <https://www.hestia.org/>

**Chayn**

Chayn provides online help and resources in a number of languages about identifying manipulative situations and how friends can support those being abused. <https://chayn.co/>

**Imkaan**

Imkaan are a women's organisation addressing violence against black and minority women and girls. <https://www.imkaan.org.uk/>

**SignHealth**

SignHealth provides domestic abuse service support for deaf people in British Sign Language (BSL). Telephone: 020 3947 2601  
Text, Whatsapp or Facetime: 07970350366  
Email: [da@signhealth.org.uk](mailto:da@signhealth.org.uk)

**Sexual Assault Referral Centres**

Sexual Assault Referral Centres provide advice and support services to victims and survivors of sexual assault or abuse. <https://www.thesurvivorstrust.org/sarc>

**Support for children and young people**

NSPCC

Telephone: 0808 800 5000 Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

**Childline**

Telephone: 0800 1111

**Support if you think you may be an abuser**

**Respect** is an anonymous and confidential helpline for men and women who are harming their partners and families. The helpline also takes calls from (ex)partners, friends and relatives who are concerned about perpetrators.

Telephone: 0808 802 4040

**Women's Aid**

This service runs on Monday to Friday from 10am – 2pm <https://chat.womensaid.org.uk/>

