

who can I talk to?

If you, or someone you know, are experiencing or have experienced domestic violence, there are a range of organisations that can help. We give some useful addresses and phone numbers here, but there are many others. Ask at your library, local authority or Citizens Advice Bureau for more information.

Women's Aid National 24-hour Domestic Violence Helpline: **08457 023 468**

Local Women's Aid refuge services: Look in the phone book for your local number

Refuge 24-hour National Crisis Line: **08705 995 443**

Victim Support: **0845 30 30 900**

Shelterline: **0808 800 4444**

The police: Look in the phone book for your local number. In an emergency always call 999.

National Health Service (for example, your GP): Look in the phone book for your local number.

The Samaritans: **08457 90 90 90**

National Child Protection Helpline (NSPCC): **0808 800 5000**

Careline Confidential telephone counselling for children, young people and adults: **020 8514 1177**

Broken Rainbow A referral service for lesbians, gay men, bisexuals and transgender people experiencing domestic violence: **07812 644 914**





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