

Domestic Abuse – Helplines and Information

Here you will find information about where and how to report domestic abuse and get help.

Phone the Police

If you are 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.

Seek help

Freephone National Domestic Abuse Helpline, run by Refuge

0808 200 0247

www.nationaldahelpline.org.uk

Live Fear Free helpline (Wales)

0808 80 10 800

www.livefearfree.gov.wales

Men's Advice Line

0808 801 0327

www.mensadviceline.org.uk

Rape Crisis (England and Wales)

0808 802 9999

www.rapecrisis.org.uk

Respect phoneline

0808 802 4040

www.respectphoneline.org.uk

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

0800 999 5428

www.galop.org.uk

Scotland's Domestic Abuse and Forced Marriage Helpline

0800 027 1234

sdafmh.org.uk

Scottish Women's Aid

0131 226 6606

www.scottishwomensaid.org.uk

Women's Aid Federation (Northern Ireland)

0800 917 1414

www.womensaidni.org

Karma Nirvana

[Karma Nirvana](#) runs a national honour-based abuse helpline.

Telephone: 0800 5999 247

Email: 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.

Chayn

[Chayn](#) provides online help and resources in a number of languages about identifying manipulative situations and how friends can support those being abused.

Imkaan

[Imkaan](#) are a women's organisation addressing violence against black and minority women and girls.

Southall Black Sisters

[Southall Black Sisters](#) offer advocacy and information to Asian and Afro-Caribbean women suffering abuse.

Stay Safe East

[Stay Safe East](#) provides advocacy and support services to disabled victims and survivors of abuse.

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

Shelter

[Shelter](#) provide free confidential information, support and legal advice on all housing and homelessness issues.

Sexual Assault Referral Centres

[Sexual Assault Referral Centres](#) provide advice and support services to victims and survivors of sexual assault or abuse.

Support for children and young people

NSPCC

Telephone: 0808 800 5000

Email: 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

Support for employers

Employers' Initiative on Domestic Abuse

The [Employers' Initiative on Domestic Abuse](#) website provides resources to support employers including an [employers' toolkit](#)

Business in the Community

[Business in the Community](#) publish a toolkit with information for employers.

Live Chat Services

IDAS

The service will now run from 3 pm – 6 pm Monday – Friday. Additionally, the team will run a chat dedicated to answering questions from professionals, agencies and workers from 10 am – 12 noon on weekdays.

<https://www.idas.org.uk/extra-live-chat-services/>

Women's Aid

This service runs on Monday to Friday from 10am – 2pm

<https://chat.womensaid.org.uk/>