

## National Domestic Violence Helpline

A national helpline which is available every day of the year - Freephone: 0808 2000 247

## BrightSky

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

## HollieGuard

HollieGuard is another mobile app that can help you. If you're in danger, you can simply shake or tap and it activates HollieGuard, 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.

## ChildLine

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

Freephone: 0800 1111.

Website: [www.childline.org.uk](http://www.childline.org.uk)

## Victim Support

Telephone: 0808 1689 111.

Website: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Broken Rainbow National Helpline - LGBT Provides services to lesbian, gay, bisexual and Trans (LGBT) people who are experiencing domestic abuse.

Phone: 0300 999 5428

Website [www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)

Respect Men's Advice Line - Male Victims

Freephone: 0808 801 0327

Website: [www.mensadvice.org.uk](http://www.mensadvice.org.uk)

## Forced Marriage Unit

Information if you are worried that you might be forced into marriage or are worried about a friend or relative.

Telephone: 020 7008 0151

Website: [www.gov.uk/stop.uk/stop-forced-marriage](http://www.gov.uk/stop.uk/stop-forced-marriage)

## Respect Phoneline

Concerned about your own abusive behaviour?

Freephone line: 0808 802 4040

You can phone this number if you are worried about your own abusive behaviour, or you are a professional or individual looking for help for an abuser.

Website: [www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

## 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: [www.ncdv.org.uk](http://www.ncdv.org.uk)

## Refuge

women and children victims. The national charity for women and children experiencing domestic abuse.

Website: [www.refuge.org.uk](http://www.refuge.org.uk)

## Women's Aid

For female victims.

Website: <http://womensaid.org.uk>

## Rights of Women

Legal advice for women. Website:

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

## Co-ordinated Action Against Domestic Abuse (CAADA)

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

Website: [www.caada.org.uk](http://www.caada.org.uk)

## AVA

Provides a range of information for both professionals and individuals. There is information on the website for friends and family worried about someone who is experiencing domestic abuse.

Website: [www.avaproject.org.uk](http://www.avaproject.org.uk)

## Galop

Anti-LGBT hate crime charity. Website:

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