

Domestic Abuse useful helplines and websites

National Domestic Violence Helpline - (24hr) 0808 2000 247

Karma Nirvana Honour based Violence and forced marriage - Helpline (9.30-5 Mon-Fri)
0800 5999 247 <https://karmanirvana.org.uk/>

National Stalking Helpline (Weekdays 9.30am – 4pm except Wednesdays
1pm – 4pm): 0808 802 0300 - www.stalkinghelpline.org

Women's Aid - www.womensaid.org.uk

Respects Men's Advice Line for help and support visit website or call
0808 801 0327 (Monday - Friday 9am-5pm)
www.mensadviceline.org.uk/

Mankind Initiative Call - 01823 334244 Confidential helpline for male
victims of domestic abuse and domestic violence www.mankind.org.uk

Against Violence and Abuse AVA - www.avaproject.org.uk

GALOP - National Lesbian, Gay, Bisexual and Trans+ Domestic Abuse Helpline
0800 999 5428, Monday to Friday 10:00am - 5:00pm, Wednesday to Thursday
10:00am - 8:00pm help@galop.org.uk www.gallop.org.uk

Safe lives - www.safelives.org.uk

Women's Aid - www.womensaid.org.uk

National Centre for Domestic Violence - 0800 970 2070 www.ncdv.org.uk They specialise in providing free, fast and effective support to survivors of domestic violence and abuse, usually by helping individuals obtain injunctions from their local county court. This free service is provided to everybody.



Bright Sky App  Hestia

This is free app, which is useful to have upon your mobile phone, it provides support and information to those concerned that someone they know is experiencing domestic abuse.

The app is also designed to be used by specialist and non-specialist practitioners and other employers, and for anyone looking for information about issues around domestic abuse such as online safety, stalking and harassment and sexual consent.