

If you need to talk to someone...

If you want to access support over the phone, you can call:

- National Domestic Violence Helpline – 0808 2000 247
- The Men's Advice Line, for male domestic abuse survivors – 0808 801 0327
- The Mix, free information and support for under 25s in the UK – 0808 808 4994
- National LGBT+ Domestic Abuse Helpline – 0800 999 5428
- Samaritans (24/7 service) – 116 123
- Rights of Women advice lines, there are a range of services available:
<https://rightsofwomen.org.uk/get-advice/advice-lines/>