

DOMESTIC ABUSE

Safety advice and UK helplines

Domestic abuse can include physical violence, threats, coercive control, sexual abuse, stalking, financial control and monitoring your phone or movements. It is not your fault. If you are in immediate danger, call 999.

1 IF YOU ARE IN IMMEDIATE DANGER

- > Call 999 and ask for the police
- > If you cannot speak on a mobile, listen to the operator and press 55 when prompted
- > Go to a safer place if you can do so without increasing the danger
- > If you are injured, ask for an ambulance or go to A&E
- > If children are in danger, tell the emergency operator immediately

2 GET SPECIALIST SUPPORT

You do not have to wait for an emergency or decide to leave before asking for help.

- > National Domestic Abuse Helpline for women and children — 0808 2000 247, free, 24/7
- > Women's Aid — [womensaid.org.uk](https://www.womensaid.org.uk) for information, online support and local services
- > Men's Advice Line — 0808 801 0327
- > Galop LGBT+ Abuse and Violence Helpline — 0800 999 5428
- > Scotland Domestic Abuse and Forced Marriage Helpline — 0800 027 1234
- > Live Fear Free Wales — 0808 8010 800

3 USE TECHNOLOGY CAREFULLY

If someone may be monitoring your phone, browser history, messages or location, use a safer device where possible. Avoid suddenly changing settings if that could increase the risk. A specialist helpline can help you plan safely.

4 IF YOU ARE HELPING SOMEONE

- > Listen and believe them
- > Do not confront the person causing harm

- > Do not pressure them to leave before they have a safe plan
- > Offer a safe phone, transport or somewhere secure to make a call
- > Call 999 if anyone is in immediate danger

EMERGENCY ACTION

IN IMMEDIATE DANGER? CALL 999. IF YOU CANNOT SPEAK, PRESS 55 WHEN PROMPTED.

GET HELP NOW

NATIONAL DOMESTIC ABUSE HELPLINE

For women and children — 0808 2000 247, free, 24/7 — <https://www.nationaldahelpline.org.uk/>

WOMEN'S AID

Information, online support and local services — <https://www.womensaid.org.uk/information-support/>

MEN'S ADVICE LINE

Support for male victims — 0808 801 0327 — <https://mensadviceline.org.uk/>

GALOP

LGBT+ abuse and violence helpline — 0800 999 5428 — <https://www.galop.org.uk/helpline>

SCOTLAND HELPLINE

Domestic abuse and forced-marriage support — 0800 027 1234 — <https://www.sdafmh.org.uk/en/contact-us>

LIVE FEAR FREE WALES

24/7 support — 0808 8010 800 — <https://www.gov.wales/live-fear-free>

IF IT'S URGENT, RIGHT NOW:

Samaritans: 116 123 (free, 24/7) • Text SHOUT to 85258

Immediate danger or badly hurt? Call 999 or go straight to A&E.

NHS 111: call 111 for urgent medical or mental health guidance.