

If you're experiencing domestic abuse call this number:

0808 2000 247

We are a domestic abuse aware business. If you're frightened of your partner you can call the 24-hour National Domestic Violence Freephone Helpline number above 24 hours a day, 7 days a week.

Or email helpline@womensaid.org.uk

All calls are free from mobiles and landlines. The helpline is run in partnership between Women's Aid and Refuge. They support survivors of domestic abuse, friends and families. You can also google to find out about other local services and help that's available.

Before you make the call:

Make sure you are safe before calling the helpline - ensure the perpetrator of the abuse is not in the same property as you (even if they are in another room, the garden or asleep). This is to avoid risk of being overheard.

Have ready:

PROPERTY CONSULTANTS

A pen and paper as the helpline worker may give you telephone numbers for relevant services or refuges, or a reference number. There are local services and help available which the helpline worker will be able to share more information on.