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😊 **Healthy** 😊  
**Relationships**

**2024**

## Find Support for You

General Support

Victim Support run services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police. Their service is free, independent and confidential 24/7.

Support line: 08 08 16 89 111

[Live chat service](#)

[My Support Space - free online resource](#)

Call the National Domestic Abuse Helpline for free and confidential advice, 24 hours a day on 0808 2000 247. If you are worried that a friend, neighbor or loved one is a victim of domestic abuse.

[Bright Sky](#) is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else. The app can be downloaded for free from the app stores. Only download the app if it is safe for you to do so and if you are sure that your phone isn't being monitored.

In an emergency, call 999.

## Support for Women

Women's Aid have a [directory of domestic abuse support services across the UK](#).

If you are experiencing domestic abuse or are worried about friends or family, you can access the [Women's Aid live chat service](#) 7 days a week, 10am to 6pm or email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk).

[Refuge](#) is the largest UK domestic abuse organisation for women - call them 24/7 on 0808 2000 247.

## **Support for Black or Ethnic Minority Women**

[Home - Southall Black Sisters](#) - Call on 020 8571 0800 or email [info@southallblacksisters.co.uk](mailto:info@southallblacksisters.co.uk).

[HERSANA](#) provides support for Black survivors of abuse and violence. Call on 033 016 9610 or email [info@hersana.org](mailto:info@hersana.org).

## **Support for Men**

Call Men's Advice Line on [0808 8010 327](tel:08088010327) (Monday to Friday 10am to 8pm) or visit the webchat at [Men's Advice Line](#) (Wednesday 10am to 11.30am and 2.30pm to 4pm) for non-judgmental information and support.

You can also email on [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk).

Call [ManKind](#) on [0182 3334 244](tel:01823334244) (Monday to Friday, 10am to 4pm).

## **Support for the LGBT+ Community**

Call [Galop](#) on [0800 999 5428](tel:08009995428) for emotional and practical support

You can also email [help@galop.org.uk](mailto:help@galop.org.uk) for support. It is important that you specify when and if it is safe to respond and to which email address.

## **Support for Disabled Survivors of Abuse**

[Stay Safe East](#) support disabled survivors of abuse - call on 07865 340 122 or email [enquiries@staysafe-east.org.uk](mailto:enquiries@staysafe-east.org.uk).

## **Support for Survivors of Sexual Violence**

Call [Rape Crisis England & Wales](#) 24/7 on 0808 500 2222 or you can talk to someone on the [24/7 Rape and Sexual Abuse Support Line](#).

[The Havens](#) - call on 020 3299 6900.

## **Support for Victims of Forced Marriage or Honour-Based Crime**

[Karma Nirvana](#) - Call on 0800 5999 247 (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. You can also call [020 7008 0151](#) to speak to the [GOV.UK Forced Marriage Unit](#).

Call [Forced Marriage and Honour Based Violence Charity - Halo Project](#) from Mon-Fri 9am-5pm on 0164268045

## **Support for Victims of Harassment and Stalking**

[Suzy Lamplugh Trust](#) - call on 0808 802 0300 from 9:30-20:00 on Mondays and Wednesdays and 9:30 – 16:00 on Tuesdays, Thursdays and Fridays.

## **Safe Spaces**

[Ask for ANI and UK Says No More Safe Spaces Toolkit](#) - If you are experiencing domestic abuse you can ask for ANI (Action Needed Immediately) in participating pharmacies and job centers.

ANI is delivered in partnership with Safe Spaces, a safe and confidential room where victims can take some time to reflect, access information on specialist support services or call friends or family.

[Safe Spaces](#) are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK. Find your [nearest Safe Space](#).

## **If you think you might be an abuser**

If you are concerned about your behaviour or the behaviour of someone you know, there is support available.

The [Respect Phonenumber](#) is an anonymous and confidential helpline for men and women who are abusing their partners and families. It is open Monday to Friday 9am to 8pm. The helpline also takes calls from partners or ex-partners, friends and relatives who are concerned about perpetrators.

A webchat service is available Wednesdays, Thursdays and Fridays from 10am to 11am and from 3pm to 4pm.

Telephone: 0808 802 4040.

### **Check whether someone has an abusive past**

If you are concerned that a new, former or existing partner has an abusive past you can ask the police to check under the Domestic Violence Disclosure Scheme (also known as 'Clare's Law'). This is your 'right to ask'. If records show that you may be at risk of domestic abuse, the police will consider disclosing the information. A disclosure can be made if it is legal, proportionate and necessary to do so.

If you are concerned about a friend or family member, you can apply for a disclosure on behalf of someone you know.

You can make a request to the police for information about a person's previous violent offending in person at the police station or elsewhere, by telephone, by email, online or as part of a police investigation. Support agencies and services can also help you ask the police about this.

### **Helpful Books and Podcasts**

[The Survivor's Handbook](#) from the charity Women's Aid is free and provides information for women on a wide range of issues, such as housing, money, helping your children, and your legal rights.

The Empowered Advocate by The Hotline - Hosted by The National Domestic Violence Hotline, this podcast covers various aspects of domestic violence, sharing survivor stories and providing information and support.



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