

You Are Not Alone



Here are a few emergency helplines you can reach out to:



National DA Helpline

(24/7)

nationaldahelpline.org.uk
Call: **0808 2000 247**



Support Line

(Hours vary)

supportline.org.uk
Call: **01708 765200**



Sign Health

Deaf Victims

signhealth.org.uk
Text "DEAF" to **85258**



Woman's Trust

(9:30am-5pm, Mon-Fri)
Female Victims

womanstrust.org.uk
Call: **0207 034 0303**



ManKind

(10am-4pm, Mon-Fri)
Male Victims

mankind.org.uk
Call: **01823 334244**



Galop

(10am-5pm, Mon-Tue
10am-8pm Wed-Fri)
LGBTQ+ Victims

galop.org.uk
Call: **0800 999 5428**



Women's Aid

(10am-4pm weekdays,
10am-12pm weekends)

Livechat: chat.womensaid.org.uk

Or you can text:



Safenet

(10am-12pm, 2pm-4pm,
8pm-10pm, Daily)

Livechat: safenet.org.uk