

Support

If you are experiencing gender-based violence, there are also a number of national organisations that provide sources of support.

If you need emergency support, you can call **999** (free). Alternatively, you can call **101** for non-emergency incidents (15p per call).

Family Lives

Supports all families who are experiencing challenges in their family relationships, including concerns about violence and abuse. The helpline offers a free and confidential support service, and the website offers information, an online forum and links to other support services.

National helpline number: 0808 800 2222

Website: www.familylives.org.uk

Galop

Supports LGBTQ+ survivors of domestic abuse, sexual violence and hate crime. Offers a free national helpline and information and training for professionals via the website. Includes a trans advocacy service to support those experiencing all forms of transphobia.

National helpline number: 0800 999 5428

Website: www.galop.org.uk

Honour Network Helpline

Offers a free national helpline for survivors of so-called 'honour'-based violence, including domestic abuse and forced marriage. Website also offers information and training for professionals, such as police and teachers.

National helpline number: 0800 5999 247

Website: www.karmanirvana.org.uk

Hourglass

Offers a free and confidential helpline for anyone experiencing or witnessing abusive behaviour towards older people. They also offer an elder abuse recovery service in some local areas.

National helpline number: 0808 808 8141

Website: www.wearehourglass.org.uk

Mankind

Offers a confidential helpline for male victims of domestic abuse, as well as their concerned friends, family, colleagues and employers. Website provides information and signposting.

National helpline number: 01823 334244

Website: www.mankind.org.uk

Men's Advice Line

Supports men who are experiencing abuse from family members. They offer a confidential helpline and the website offers information and an weekly online webchat.

National helpline number: 0808 801 0327

Website: www.mensadvice.org.uk

National Domestic Abuse Helpline

Offers a free, 24-hour national helpline for anyone experiencing, or at risk from, domestic abuse. Information and support also available on their website.

National helpline number: 0808 2000 247

Website: <https://www.nationaldahelpline.org.uk>

National Stalking Helpline

Offers a free and confidential helpline that includes advice on how to report stalking to the police and any legal process that may be involved. Website includes information on stalking.

National helpline number: 0808 802 0300

Website: www.suzylamplugh.org

Rape Crisis

Provides a free helpline and live chat for survivors of rape and sexual violence, as well as friends, family and professionals. Also links to local rape crisis centres across England and Wales, and website provides information and signposting.

National helpline number: 0808 802 9999

Website: www.rapecrisis.org.uk

Refuge

Provides emergency accommodation and support for those fleeing domestic abuse, including specific support for minoritized communities. Also runs a national helpline for those experiencing domestic abuse, and a website which includes information for men and legal support.

National helpline number: 0808 2000 247

Website: www.refuge.org.uk

Rights of Women

Offers free and confidential legal advice for women who are experiencing specific forms of gender-based violence, including domestic abuse and workplace harassment.

National helpline number: Different advice lines are available depending on the nature of the query, including criminal law, family law, immigration and asylum law and sexual harassment at work. See website for details.

Website: www.rightsofwomen.org.uk

SignHealth: Domestic Abuse Services

Offers specialist support for deaf people who are experiencing domestic abuse. Offers a *Whatsapp* and text helpline for survivors and also offers information, signposting and training for professionals.

National helpline number: Text or WhatsApp 07970 350366; Telephone 020 3947 2601;

Email: da@signhealth.org.uk

Website: www.signhealth.org.uk/with-deaf-people/domestic-abuse/domestic-abuse-service

Women's Aid

Supports women who are experiencing abuse from family members. They offer a free and confidential helpline and the website offers information and links to other local support services.

National helpline number: 0808 2000 247

Website: www.womensaid.org.uk