

## Organisations who may offer help

### National Domestic Violence 24 hour Helpline

0808 2000 247  
[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

Run by Women's Aid and Refuge. For women experiencing domestic abuse, their family, friends and callers on their behalf

### Live Fear Free Helpline (Wales)

0808 80 10 800  
[www.gov.wales/live-fear-free](http://www.gov.wales/live-fear-free)

24 hour helpline. For those experiencing domestic abuse, their family, friends, colleagues and professionals

### Scotland Domestic Abuse and Forced Marriage Helpline

0800 027 1234  
[www.sdafmh.org.uk](http://www.sdafmh.org.uk)

24 hour helpline. For women experiencing domestic abuse, their family, friends, colleagues and professionals

### Northern Ireland 24 Hour Domestic and Sexual Abuse Helpline

0808 802 1414  
[www.dsahelpline.org](http://www.dsahelpline.org)

For support, help, signposting and referrals for victims, family, friends and professionals

### Broken Rainbow National Helpline

0300 999 5428 / 0800 999 5428  
[www.brokenrainbow.org.uk](http://www.brokenrainbow.org.uk)

Domestic Violence helpline for all LGBT communities, their family, friends, and agencies supporting them

### National Stalking Helpline

0808 802 0300  
Run by Suzy Lamplugh Trust. Offers guidance and information about stalking

### Karma Nirvana

0800 5999 247  
[www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

For those experiencing honour-based abuse and forced marriage

### Revenge Porn Helpline

0345 6000 459  
[www.revengepornhelpline.org.uk](http://www.revengepornhelpline.org.uk)

Supporting adults (over 18) whose intimate images and videos have been shared without their consent, or under threat that they will

### Victim Support

0808 16 89 111  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Offers a support service for victims of crime

### Men's Advice Line

0808 801 0327  
[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

Offers advice and support for men experiencing domestic abuse

### ManKind Initiative

01823 334244  
[www.mankind.org.uk](http://www.mankind.org.uk)

Offers advice and support for men experiencing domestic abuse

### Respect Phone line

0808 802 4040  
[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

Offers advice & support to those who want to stop being violent & abusive towards their partner

Note: Calls to some of these helplines do not show up on the bill but they will appear in the phone's call history

