



0800 808 1677

www.cruse.org.uk

NATIONAL DOMESTIC VIOLENCE HELPLINE
0808 2000 247
24/7 CONFIDENTIAL FREEPHONE

Refuge

For women and children.
Against domestic violence.

www.nationaldahelpline.org.uk

**VS VICTIM
SUPPORT**

0333 251 5935

(24 hrs)

www.victimsupport.org.uk



(24 hrs)

www.childline.org.uk



Hourglass

Safer ageing - Stopping abuse

0808 808 8141

wearehourglass.org



Here to
listen.
Here to
help.

NSPCC

Cruelty to children must stop. **FULL STOP.**

0808 800 5000

(24hrs)

www.nspcc.org.uk

SAMARITANS

116 123

(24hrs free)

www.samaritans.org



National Centre for
Domestic Violence

0800 970 2070

www.ncdv.org.uk



0300 123 3393
(Mon-Fri 9am-6pm)

www.mind.org.uk

Respect
Men's advice line

0808 801 0327

www.mensadvice.org.uk