

National Support and Specialist Services

- England: Freephone 24h National Domestic Abuse Helpline: **0808 2000 247**

You can set a code word and send a message to the helpline to either contact you by phone or email. They can also contact an alternative number you provide, such as for a friend's phone. If you are asking them to contact you by email, it is important your email is safe and not checked by the abuser.

- **Galop** runs the National LGBT+ Domestic Abuse specialist helpline **0800 999 5428** help@galop.org.uk (Mon, Tues and Fri, 10am–5pm; Weds and Thurs, 10am–8pm)
- **Men's Advice Line: 0808 801 0327** info@mensadviceline.org.uk (Mon and Weds, 9am–8pm; Tues, Thurs and Fri, 9am–5pm. Web chat service is also available)
- **Karma Nirvana, UK Helpline for 'honour'-based abuse and forced marriage: 0800 5999 247**
- **Victim Support National 24 hour Supportline: 0808 1689 111**
- **Childline Freephone**, 24 hours a day, seven days a week **0800 1111**. Childline provides free confidential advice and support for all people up to 19 years old
- **Elder abuse – Hourglass helpline** (also known as Action on Elder Abuse) **0808 808 8141** (Monday – Friday 9am -5pm) provides confidential information and support to anyone concerned about harm, abuse or exploitation of an older person. This might include physical, financial, psychological, sexual or neglect.
- **Age UK Advice Line 0800 678 1174**
- **Stay Safe East** provides specialist and holistic advocacy and support services to disabled victims and survivors of abuse.
- **SignHealth** provides domestic abuse service support for deaf people in British Sign Language (BSL)
WhatsApp or Facetime: 07970 350366
Telephone: 020 3947 2601
Email: da@signhealth.org.uk