

# Finding refuge & support



Victim Support have a page dedicated to domestic abuse, including the different **types, signs** to look out for, **statistics & where to access help**<sup>1</sup>.



Living Without Abuse have a **checklist to help you work out if you might be being abused**<sup>2</sup>. They also have information & stories to guide you.

Refuge is the UK's largest provider of specialist domestic abuse services<sup>3</sup>. You can call their 24-hour helpline on **0808 2000 247**.



For **anyone** affected by domestic abuse, **Women's Aid** have a handbook so you can get to grips with **the next steps**<sup>4</sup>.



The **ManKind Initiative** seeks to help men who have been affected by **domestic abuse**<sup>5</sup>. Get in touch on **01823 334244**.



**Galop** is the UK's only specialist **LGBT+ anti-violence charity**<sup>6</sup>. They have a page devoted to it on their website, or you can call them on **0800 999 5428**.

## Please Note:

An online search for any of these organisations will take you to the right place.

For an understanding of **how the law can help** victims of domestic abuse, check out the **National Centre for Domestic Violence**<sup>7</sup>.



**Respect Phonenumber** offers information for people who **want to stop their violent behaviour**<sup>8</sup>. Call **0808 802 4040** on Monday-Friday, 10pm-1pm & 2pm-5pm.

