

# DOMESTIC VIOLENCE

## HELPLINES AND SUPPORT SERVICES

### **Women's Aid**

Safety advice for survivors. Has online Survivor's Forum accessible 24/7

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>

Online chat service: <https://chat.womensaid.org.uk/> Mon-Fri 10am-4pm, Sat-Sun 10am-12pm

### **Refuge**

National domestic abuse free helpline offering confidential, non-judgmental information and expert support.

Telephone: 0808 2000 247, 24 hours a day

Online chat service: <https://www.nationaldahelpline.org.uk/> Mon-Fri 3pm-10pm

### **Respect**

Help for perpetrators of domestic violence, as well as victims.

Telephone: 0808 802 4040 Monday-Friday 9am-8pm

Email: [info@respectphonenumber.org.uk](mailto:info@respectphonenumber.org.uk)

Web Chat (scroll to bottom of page): <https://respectphonenumber.org.uk/> Wednesday-Friday 10-11am and 3-4pm).

### **Galop**

National LGBT+ domestic abuse helpline.

Telephone: 0800 999 5428, Monday/Tuesday/Friday 10am-5pm, Wednesday/Thursday 10am-8pm

Email: [help@galop.org.uk](mailto:help@galop.org.uk)

Website: <http://www.galop.org.uk/domesticabuse/>

### **The Bright Sky app by Hestia**

Bright Sky is a free to download mobile app, launched by Hestia in partnership with the Vodafone Foundation, providing support and information to anyone that is in an abusive relationship or those concerned about someone they know. App is available in English, Urdu, Punjabi, Polish and Welsh.

Website: <https://www.hestia.org/brightsky>

### **NSPCC**

Helpline to use if you're concerned about a child, if you're a parent or carer looking for advice, or if you're a professional in need of information and guidance

Telephone: 0808 800 5000, Mon-Fri 8am-10pm and Sat-Sun 9am-6pm

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

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### MANCHESTER HELPLINES

#### **Greater Manchester Police (GMP)**

If in immediate danger and unable to speak a victim should ring the police and can use the “silent solution” by dialling 999 then 55 when the phone is answered, if they can’t talk.

Live chat facility to report domestic abuse online and request support from GMP:

<https://www.gmp.police.uk/>

#### **Independent Choices**

Greater Manchester Domestic Abuse Hotline

Telephone: 0161 636 7525, Mon-Fri 10am-4pm

Email: [helpline@independentchoices.org.uk](mailto:helpline@independentchoices.org.uk)

#### **Manchester City Council**

Report abuse or neglect of children or adults with care and support needs.

Telephone: 0161 234 5001

Email: [mcsreply@manchester.gov.uk](mailto:mcsreply@manchester.gov.uk)

#### **Manchester Women’s Aid**

Telephone: 0161 660 7999

Email: [referrals@manchesterwomensaid.org](mailto:referrals@manchesterwomensaid.org)

#### **Saheli Asian Women’s Project**

Telephone: 0161 945 4187

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## ONLINE ADVICE SITES

### **End The Fear**

Greater Manchester website with advice on help if you or someone you know is experiencing domestic abuse, or if you are hurting someone

<http://www.endthefear.co.uk/>

### **SafeLives**

Domestic abuse and Covid-19 information and resources

<https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

### **Refuge**

Safety tips for women and children survivors during the Covid crisis

<https://www.refuge.org.uk/covid19-survivor-tips/>

### **NSPCC**

Coronavirus and keeping children safe from abuse. Advice on keeping children safe, especially during a period of school closures

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/>

### **Barnardos**

Advice for parents & carers and young people, including mental health and parenting

<https://www.barnardos.org.uk/coronavirus-advice-hub>

### **WHO**

WHO advice including practical tips for coping with stress at home for those experiencing violence

<https://www.who.int/reproductivehealth/publications/emergencies/COVID-19-VAW-full-text.pdf>

### **Mental Health Foundation**

Advice on staying at home and abusive relationships during the COVID-19 pandemic.

<https://www.mentalhealth.org.uk/coronavirus/staying-home-and-abusive-relationships>