

Report domestic abuse

Domestic abuse or violence is a crime and should be reported to the police - there are also other organisations who can offer you help and support.

Call 999 if it's an emergency or you're in immediate danger.

The police take domestic violence seriously and will be able to help and protect you.

[Contact your local neighbourhood policing team](#) if it's not an emergency.

Other organisations who can help

Contact any of the following organisations to get help and advice about domestic abuse.

Freephone National Domestic Abuse Helpline, run by Refuge

0808 200 0247

www.nationaldahelpline.org.uk

Galop (for lesbian, gay, bisexual and transgender people)

0800 999 5428

www.galop.org.uk

Men's Advice Line

0808 801 0327

www.mensadviceline.org.uk

Rape Crisis (England and Wales)

0808 802 9999

www.rapecrisis.org.uk

Respect phonenumber

0808 802 4040

www.respectphonenumber.org.uk