



Domestic Abuse Guidance, Support Networks and Helplines

What to do in an emergency? If you are in immediate danger, please call the police on 999

What to do if you can't speak? If you are unable to talk, press 55 when prompted (only on mobile phones)

Government Guidance on Domestic Abuse

What is domestic abuse?

Domestic abuse is not always physical violence. It can also include, but is not limited to:

- coercive control and 'gaslighting'
- economic/financial abuse
- online abuse
- verbal abuse
- emotional abuse
- sexual abuse
- spiritual abuse

A list of domestic abuse support networks, helplines and advice are outlined in the Government's **Coronavirus (COVID-19): support for victims of domestic abuse** guidance: <https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

For more information on financial abuse:

<https://blog.moneysavingexpert.com/2019/06/martin-lewis--financial-abuse--joint-accounts-and-managing-money/>

Government guidance on **how to protect, advise and support victims of forced marriage**:

<https://www.gov.uk/guidance/forced-marriage>

National Domestic Abuse Helpline (FREE/24hrs)

Helpline: 0808 2000 247

Organisation: Refuge

Website: www.refuge.org.uk



Other Domestic Abuse Support Networks and Helplines

*organizations not listed in the Government's **Coronavirus (COVID-19): support for victims of domestic abuse** guidance

Ashiana Network (London)

Bio: Specialises in helping Black and Minority Ethnic women, in particular, women from South Asian, Turkish & Iranian communities, aged 16-30 years who are at risk of domestic violence and sexual violence.

Telephone: 0208 539 0427

Website: <https://www.ashiana.org.uk>

Ashiana (Sheffield)

Bio: Working with Black, Asian, Minority Ethnic and Refugee (BAMER) adults, children and young people fleeing domestic and sexual abuse including forced marriage, human trafficking, female genital mutilation, gang violence and 'honour' based violence.

Telephone: 01142 555 740

Website: <http://www.ashianasheffield.org>



Back In Control Consultancy – BICC – Domestic Violence & Abuse Specialists

Bio: BICC work with a range of organisations from Faith Groups to Local Authorities, Voluntary Organisations and schools, providing Domestic Violence and Abuse Awareness Training and support to those affected by DVA - We are specialists in supporting Faith Communities, however we offer an inclusive service.

Website: <https://www.backincontrolconsultancy.com>

Freedom Charity

Bio: The overall aim of Freedom Charity is to raise awareness and prevent child abuse, keeping children safe. For victims of forced marriage and their friends who are seeking help, support and advice.

Helpline: 0845 607 0133

Website: <https://www.freedomcharity.org.uk>

Iranian & Kurdish Women's Rights Organisation

Bio: Mission to protection for Middle Eastern and Afghan women and girls who are at risk of 'honour' based violence, forced marriage, child marriage, female genital mutilation and domestic violence and to promote their rights.

Helpline: Mon to Fri 9.30-5.30 - 0207 920 6460



For out-of-hours emergencies call:

Kurdish / Arabic / English: 07846 275246

Farsi / Dari / Turkish / English: 07846 310157

Website: www.ikwro.org.uk

Jewish Women's Aid

Bio: For Jewish women and children affected by domestic and sexual violence

Helpline: Domestic Abuse Helpline: 08088010500 / Sexual Violence Support Line: 08088010656

Website: www.iwa.org.uk

Muslim Women's Network

Bio: Working to improve the social justice and equality for Muslim women and girls

Helpline: 0800 999 5786 / 0303 999 5786

Website: www.mwnuk.co.uk

Men's Advice Line

Bio: A confidential helpline for male victims of domestic abuse and those supporting them.

Helpline: 0808 8010327

Website: www.mensadvice.org.uk

Respect

Bio: A domestic abuse organisation leading the development of safe, effective work with perpetrators, male victims and young people using violence in their close relationships.

Helpline: Perpetrators Helpline: 0808 8024040 / Male Victim Helpline: 0808 8010327

Website: www.respect.org.uk

Sikh Helpline

Bio: A free professional and confidential telephone counselling service, available 24 hours a day, 7 days a week.

Helpline: 0845 644 0704 / 07999 00 4363

Website: <https://www.sikhhelpline.com>

Sikh Women's Action Network –

Bio: Acting as a catalyst to develop positive change in the community and to inspire, develop and empower women to live confident and fulfilled lives, leading to becoming active citizens in today's society.

Website: <https://swanempower.co.uk>

Sharan Project

Bio: The Sharan Project provides support and advice to vulnerable women, particularly of South Asian origin, who have been disowned.

Information line: 0844 504 3231

Website: <https://sharan.org.uk/about-us/>

Victim Support

Bio: helping people to recover from the effects of crime and traumatic events.

Helpline: 0808 1689111

Website: www.victimsupport.org.uk



Restored Relationships

Bio: An international Christian Alliance that aims to transform relationships and end violence against women (VAW) by working through and with the church and Christians worldwide.

Telephone: 020 3906 3922

Website: www.restoredrelationships.org

Women's Aid

Bio: A grassroots federation working together to provide life-saving services and build a future where domestic violence is not tolerated.

Website: www.womensaid.org.uk

Scottish Domestic Abuse Support

Scottish Women's Aid

Bio: The lead organisation in Scotland working towards the prevention of domestic abuse.

Helpline: 0800 027 1234

Website: www.womensaid.scot

Hemat Gryffe Women's Aid

Bio: Hemat Gryffe Women's Aid provides specialist support to women from the Asian, Black and Minority ethnic community who experience domestic abuse influenced by culture and tradition.

Helpline: 0141 3530859

Website: www.hematgryffe.org.uk

Shakti Women's Aid

Bio: Help for black minority ethnic (BME) women, children and young people who are experiencing, or who have experienced, domestic abuse.

Helpline: 0131 4752399

Website: www.shaktiedinburgh.co.uk

AMINA - The Muslim Women's Resource Centre

Bio: Amina is recognised for its pioneering and responsive approach to addressing key issues and needs of Muslim women.

Helpline: 08088010301

Website: <https://mwrc.org.uk>

Irish Domestic Abuse Support

Women's Aid, Ireland

Bio: A leading national organisation that has been working in Ireland to stop domestic violence against women and children since 1974.

Helpline: 1800 341 900



Website: www.womensaid.ie

Welsh Domestic Abuse Support

Live Fear Free, Wales Domestic Abuse & Sexual Violence Helpline

Bio: Live Fear Free provides a 24 hour Welsh Government Helpline, providing information and advice for those suffering with domestic abuse, sexual violence and other forms of violence against women.

Helpline: 0808 8010 800

Website: <https://gov.wales/live-fear-free>

Henna Foundation –

Bio: The Foundation works nationally and internationally to advance the needs, concerns and aspirations of Muslim women, children and the families that they live with.

Telephone: 02920496920

Website: <http://www.hennafoundation.org/home.html>