

## Sources of Support

If you believe an employee and/or members of their family are in immediate danger, call the police on 999.

**The National Domestic Abuse 24-hour Helpline (run by Refuge) is a freephone support line for anyone experiencing domestic abuse. Tel: 0808 2000 247. Visit: [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)**

Here are some links to other national organisations who can provide useful information and support:

- **Age UK** supports older people and victims of elder abuse. Advice Line: 0800 678 1602. Visit: [www.ageuk.org.uk](http://www.ageuk.org.uk)
- **Ask for ANI (Action Needed Immediately)**, and safe spaces, a safe space scheme using a codeword that enables victims of domestic abuse to ask discreetly for immediate help in participating pharmacies and Jobcentres. [Find your nearest Ask for ANI provider](#)
- **AWRC**, provide a domestic abuse and advocacy service to women in need in the following languages: Bengali, Gujarati, Hindi, Hinko, Konkani, Marathi, Pashto, Patwari, Punjabi, Urdu, [www.asianwomencentre.org.uk](http://www.asianwomencentre.org.uk)
- **Bright Sky**, a safe, easy to use app and website that provides practical support and information on how to respond to domestic abuse, including local support. Visit: [www.bright-sky.org.uk](http://www.bright-sky.org.uk)
- **Domestic Abuse Alliance**, provide civil legal support to anyone experiencing domestic abuse, to ensure that the appropriate legal assistance and protection is actioned, without delay. Helpline: 0800 1010 7110. Visit: [www.domestic-abuse.co.uk](http://www.domestic-abuse.co.uk)
- **Hestia**, 'The Respond to Abuse' advice line for employers. Helpline: 0203 8793695. Email: [Adviceline.EB@hestia.org](mailto:Adviceline.EB@hestia.org) Visit: <https://www.hestia.org/respond-to-abuse>
- **Hourglass**, a specialist organisation aiming to end the harm, abuse and exploitation of older people in the UK. Helpline: 0808 808 8141. Text: 07860 052906. Email [helpline@wearehourglass.org](mailto:helpline@wearehourglass.org)
- **IKWRO**, provide specialist advice and help to Middle Eastern and Afghan women and girls at risk of 'honour' based violence, forced marriage, child marriage, female genital mutilation, and domestic abuse. Visit: [www.ikwro.org.uk](http://www.ikwro.org.uk)
- **Jewish Women's Aid**, support Jewish women and children affected by domestic and sexual abuse and violence. [www.jwa.org.uk](http://www.jwa.org.uk)
- **Loving Me** – a specialist organisation providing one-to-one online support and advocacy for high-risk Transgender, Gender Queer and Non-Binary victims of domestic abuse. Tel: 07902 478958. Email: [help@lovingme.uk](mailto:help@lovingme.uk) Visit: [www.lovingme.uk](http://www.lovingme.uk)
- **ManKind Initiative**, a confidential helpline for male victims of domestic abuse. Helpline: 0808 800 1170. Visit: [www.mankind.org.uk](http://www.mankind.org.uk)



01223 608244  
sharon@domesticabuseeducation.co.uk  
www.domesticabuseeducation.co.uk

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- **The Men's Advice Line**, for male domestic abuse survivors. Tel: 0808 801 0327 (run by Respect). Visit: [www.mensadvice.org.uk](http://www.mensadvice.org.uk)
- **The Mix**, free information and support for under 25s in the UK. Tel: 0808 808 4994. Visit: [www.themix.org.uk](http://www.themix.org.uk)
- **Muslim Women's Network**, support Muslim women and girls suffering from or at risk of abuse. Helpline: 0800 999 5786 / 0303 999 5786. [www.mwnhelpline.co.uk](http://www.mwnhelpline.co.uk)
- **National LGBT+ Domestic Abuse Helpline**. Tel: 0800 999 5428 (run by Galop)
- **NSPCC**, protect children from domestic abuse, and help others to understand the impact of domestic abuse on children, and how to appropriately respond. Visit: [www.nspcc.org.uk](http://www.nspcc.org.uk)
- **PEGS**, support parents to deal with the issues associated with child-to-parent abuse. Visit: [pegssupport.co.uk](http://pegssupport.co.uk)
- **Respond**, support people with learning disabilities, their relatives and professionals affected by trauma and abuse. Visit: [www.respond.org.uk](http://www.respond.org.uk)
- **The Refuge Tech Abuse Team**, support women who have had technology used against them as a weapon of domestic abuse to use technology positively and safely and take back control of their lives again. [www.refugetechsafety.org/](http://www.refugetechsafety.org/)
- **Revenge Porn Helpline**, support all adult victims of intimate image abuse living in the UK. Helpline: 0345 6000 459 Visit: [www.revengepornhelpline.org.uk](http://www.revengepornhelpline.org.uk)
- **Samaritans** (24/7 service). Tel: 116 123.
- **Sign Health Domestic Abuse Service**, a specialist domestic abuse service to support the health and wellbeing of deaf people. Visit: [www.signhealth.org.uk](http://www.signhealth.org.uk)
- **Southall Black Sisters**, provide advice and information on domestic abuse, racial harassment, welfare, and immigration, primarily for Asian, African, and African-Caribbean women. [www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk)
- **Stay Safe East**, a specialist organisation providing support for deaf and disabled victims of domestic abuse across London. Referrals should be made to [enquiries@staysafe-east.org.uk](mailto:enquiries@staysafe-east.org.uk)
- **Surviving Economic Abuse (SEA)**, offer specialist advice to anyone experiencing domestic abuse who is in financial difficulty. Freephone Financial Support Line: 0808 1968845. Visit: [www.survivingeconomicabuse.org](http://www.survivingeconomicabuse.org)
- **The Freephone National Stalking Helpline**, operated by the Suzy Lamplugh Trust, provide practical information, support, and advice on risk, safety planning and legislation to victims of stalking, their friends, family, and professionals working with victims. Tel: 0808 802 0300. Visit: [www.suzylamplugh.org](http://www.suzylamplugh.org)



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- **Victim Support**, a specialist service helping anyone affected by any types of crime, not only those who experience it directly, but also their friends, family and any other people involved. Visit: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)
- **Women's Aid**, local in-person, and online support services, including a Live Online Chat facility with fully trained female support workers, Survivors Handbook, and an Online Community Forum. [www.womensaid.org.uk](http://www.womensaid.org.uk)

This is not an exhaustive list and there are likely to be local charities and support groups in your area that offer help and advice to those experiencing domestic abuse. These can be found via the [BrightSky app](#).

The workplace may often be an employee's only safe space. Employers should consider allowing external support services to come in and discuss options with the employee in a confidential setting, particularly if there is a risk that the perpetrator may be monitoring the employee's movements through their mobile phone or another device.