



## Domestic Abuse useful helplines and websites

National Domestic Violence Helpline - (24hr) 0808 2000 247

Karma Nirvana Honour based Violence and forced marriage - Helpline (9.30-5 Mon-Fri)  
0800 5999 247 <https://karmanirvana.org.uk/>

National Stalking Helpline (Weekdays 9.30am – 4pm except Wednesdays  
1pm – 4pm): 0808 802 0300 - [www.stalkinghelpline.org](http://www.stalkinghelpline.org)

Women's Aid - [www.womensaid@org.uk](mailto:www.womensaid@org.uk)

Respects Men's Advice Line for help and support visit website or call  
0808 801 0327 (Monday - Friday 9am-5pm) [www.mensadviceline.org.uk/](http://www.mensadviceline.org.uk/)

Dads Unlimited supports the emotional safety of men in the areas of male victims  
of domestic abuse and supporting men through separation [Dads Unlimited –  
Supporting the emotional safety of men and those they care about](http://Dads Unlimited – Supporting the emotional safety of men and those they care about)  
[dadsunltd.org.uk](http://dadsunltd.org.uk)

Mankind Initiative Call - 01823 334244 Confidential helpline for male  
victims of domestic abuse and domestic violence [www.mankind.org.uk](http://www.mankind.org.uk)

Against Violence and Abuse AVA - [www.avaproject.org.uk](http://www.avaproject.org.uk)

GALOP - National Lesbian, Gay, Bisexual and Trans+ Domestic Abuse Helpline  
0800 999 5428, Monday to Friday 10:00am - 5:00pm, Wednesday to Thursday 10:00am -  
8:00pm [help@galop.org.uk](mailto:help@galop.org.uk) [www.gallop.org.uk](http://www.gallop.org.uk)

Safe lives - [www.safelives.org.uk](http://www.safelives.org.uk)

National Centre for Domestic Violence - 0800 970 2070 [www.ncdv.org.uk](http://www.ncdv.org.uk) They specialise in providing free, fast  
and effective support to survivors of domestic violence and abuse, usually by helping individuals obtain  
injunctions from their local county court. This free service is provided to everybody.



Bright Sky App  Hestia

This is free app, which is useful to have upon your mobile phone, it provides support and information to those  
concerned that someone they know is experiencing domestic abuse.

The app is also designed to be used by specialist and non-specialist practitioners and other employers, and for  
anyone looking for information about issues around domestic abuse such as online safety, stalking and harassment  
and sexual consent.

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