



# LANGSTONE JUNIOR ACADEMY

## Information and Support: Domestic Abuse

### National Services

If you, or someone you know, have been affected by domestic abuse or violence, the following organisations may be able to help. If you are in immediate danger, you should dial 999. Call the Police on 101 if it is a non-emergency situation.

### The National Domestic Abuse Helpline

The 24-hour National Domestic Abuse Helpline, run by Refuge is for women experiencing domestic abuse, their family, friends and others calling on their behalf. Call: 0808 2000 247.

### Women's Aid

Women's Aid provides practical support and information for women experiencing domestic violence via the Survivor's Handbook and local domestic violence services. Visit their website: <https://www.womensaid.org.uk/>

### Men's Advice Line

Men's Advice Line offers confidential advice for men experiencing domestic violence from a partner or ex-partner. Call: 0808 801 0327 (weekdays 9am-5pm) or visit their website : <https://mensadvice.org.uk/>

### Respect Phone Line

Respect Phone line offers confidential advice and support to help domestic violence perpetrators. Visit the website for more information: <https://respectphonenumber.org.uk/>

### Harbour

This charity provides assistance to families and individuals affected by domestic abuse. <https://www.myharbour.org.uk/>