**Domestic Abuse Support**

Domestic abuse takes place in some homes in all communities across the country and it affects both women and men from all walks of life.

If you are a victim of domestic abuse, a child living in a home where domestic abuse takes place, a family member, friend or neighbour who is worried about someone then below are some phone numbers and websites of support agencies that can help. They will listen to you, explain the different types of abuse and give you advice and practical support. They can also help you make a Safety Plan.

In an emergency press 999 and if you are not alone dial 55 **AFTER** you have pressed 999 and the Emergency Services will know you can’t speak.

Victims of domestic abuse, women or men, can go to any **Morrisons, Boots or Superdrug** store and ask for help. There you will receive respite in a safe place and have access to a number of support agencies you can contact.

Domestic abuse charity **Hestia** have also launched an app you can download to your phone called **Bright Sky.**

**National Domestic Violence Helpline**

<https://www.nationaldahelpline.org.uk/>

Helpline 0808 2000 247

**Trafford Domestic Abuse Services – tdas**

<https://www.tdas.org.uk/>

Call 07534 066 029

**ManKind Initiative - Helping men escape Domestic Abuse**

<https://www.mankind.org.uk/>

Call [01823 334244](tel:+441823%20334244)

**Women’s Aid**

[www.womensaid.org.uk/](http://www.womensaid.org.uk/)

**The Hideout – Support for children living with Domestic Abuse in their home.**

<http://www.thehideout.org.uk/>

[**National Lesbian, Gay, Bisexual and Trans (LGBT) Domestic Violence Helpline (run by Galop)**](http://www.galop.org.uk/)[www.galop.org.uk](http://www.galop.org.uk) 0300 999 5428 or 0800 9995428