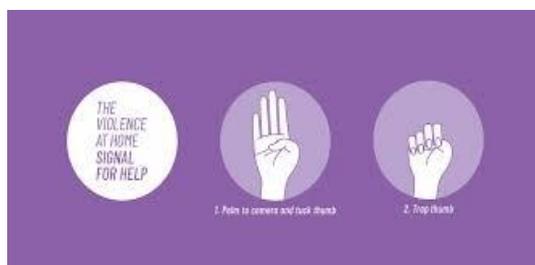


WHERE TO GET HELP

IT'S IMPORTANT TO KNOW THAT YOU ARE NOT ALONE. EVEN IF YOU ARE UNABLE TO LEAVE YOUR HOME AT THE MOMENT, YOU CAN STILL ACCESS SUPPORT THROUGH ONE OF THE HELPLINES.



Angelou Centre: (support for BAME/refugees) 0191 2260394

Gateshead Domestic abuse team: 0191 4333333

National Domestic Abuse Helpline: 0808 2000247

Newcastle Integrated DA services: 0191 2146501

North Tyneside: Harbour 0191 2513305

Northumberland: Domestic abuse service 01670 820199

Men's Advice Line: 0808 8010327

National LGBT+ Domestic Abuse Helpline: 0800 9995428

Sunderland: Wearside women in need- 0800 0665555

South Tyneside: Impact family services 0737 5788835

Women's Aid: Online chat www.chat.womensaid.org.uk

As always, if you or someone else is in immediate danger please call 999 and ask for the police. Silent calls will work if you are not safe to speak – use the Silent Solution system and call 999 and then press 55 when prompted. If you can't use a voice phone, you can register with the **police text service** - text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger



The graphic is a vertical rectangular poster with a purple background. At the top left is the HM Government logo. The main text is in large, bold, pink and white letters: 'AT HOME SHOULDN'T MEAN AT RISK OF DOMESTIC ABUSE'. Below this is a white hand icon with a heart inside. A paragraph of white text explains that being controlled or abused by a partner, ex-partner, or family member is domestic abuse, and that household isolation rules do not apply. The bottom of the graphic features a purple bar with the hashtag #YOUARENOTALONE in white. To the right of the graphic, on a light blue background, are details for various support services: Police and support services remain available (999), Refuge (0808 2000 247), Respect Men's Advice Line (0808 801 0327), Galop (0800 999 5428), Respect Phonenumber (0808 802 4040), and NSPCC (0808 800 5000). A final line at the bottom right says 'Find more support, online and text relay services at gov.uk/domestic-abuse'.

HM Government

AT HOME SHOULDN'T MEAN AT RISK OF DOMESTIC ABUSE

If you are controlled or physically, sexually, economically or emotionally abused by a partner, ex-partner or family member, this is domestic abuse. Household isolation rules do not apply.

#YOUARENOTALONE

Police and support services remain available.

If you are in immediate danger, or suspect someone else is, call 999.

If you are unable to talk, call 999, listen to the operator and then either press 55 on a mobile, when prompted, or wait on a landline to be connected to the police, who will be able to help.

If you're worried you, or someone you know, may be experiencing domestic abuse:

Refuge The Freephone 24-hour National Domestic Abuse Helpline run by Refuge offers support for women: **0808 2000 247**

Respect The free Respect Men's Advice Line offers support for men: **0808 801 0327**

galop Galop's free National LGBTQ+ Domestic Abuse Helpline offers support for LGBTQ+ people: **0800 999 5428**

Respect The free Respect Phonenumber offers support for men and women who are harming their partners and families: **0808 802 4040**

NSPCC The free NSPCC helpline offers support for anyone worried about a child: **0808 800 5000**

Find more support, online and text relay services at gov.uk/domestic-abuse

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