

Information and support for anyone experiencing abuse

If you are in danger, phone 999

If you ring 999 but can't talk, make sure the Police know you are there by coughing or tapping the handset, or by dialling 55.

Other Sources of Support and Information

Devon Domestic Abuse <https://saferdevon.co.uk/domestic-sexual-violence-abuse/>

Freephone: 0808 281 6161

Online: www.ddaa.org.uk

Email: hello@ddaa.org.uk

Fear Free <https://www.fearfree.org.uk/rise/>

Safer Futures (in Cornwall)

<https://saferfutures.org.uk/>

Helpline 0300 777 4 777 Mon-Fri 9am to 9pm, Sat 9am to 5pm

For support outside of the hours above, phone

Cornwall Refuge Trust's 24hr helpline on 01872 225629

National Domestic Abuse

This organisation targets the rapid relief of domestic violence and abuse and has a lot of advice, support and some resources on their website, many of which are free.

<https://www.ncdv.org.uk/domestic-abuse-help/>

Helpline: 0800 970 2070

Refuge (national women's and children's advice line)

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

Helpline 0808 2000 247 open all the time

Respect (national men's advice line)

<https://mensadvice.org.uk/>

Webchat Mon-Fri 9.00am to 10am

Helpline 0808 801 327 Mon-Fri 10am to 5pm

Galop (the LGBT and anti-abuse charity)

<https://galop.org.uk/>

Helpline 0800 999 5428 Mon-Tues 9.15am to 5pm Wed, Thurs, Fri 9.15am – 4.30pm

Webchat various days and times– see website

Email help@galop.org.uk