

Support Contacts

In emergency 999

- Domestic Abuse Intervention and Prevention Service **01606 351375**
- WHAG (Refuge and Support) **0151 356 4686** or chesterreferrals@whag.info
- Cheshire Without Abuse (Refuge and Support) **01270 250390**
- Cheshire Cares – Victim Services **01606 366 336**
- Victim Support **0300 303 1979**
- Housing Solutions **0300 123 2442**
- NCDV (help with injunctions etc) **0800 970 2070**
- Rape and Sexual Abuse Support Centre **01244 907710**
- Sexual Abuse Referral Centre **0161 276 6515**
- Chester Sexual Abuse Support Service **01244 307499 / 0808 2840 484**
- Children's Safeguarding: **0300 123 7047**

Support Contacts

- Adults' Safeguarding **0300 123 7034**
- Safeguarding out of hours **01244 977277**
- Turning Point Drug / Alcohol Services **0300 123 2679**
- Samaritans (local) **01244 377999**
- Police (24 hour) **101**
- National Stalking Helpline **0808 802 0300**
- M.A.L.E.(Men's Advice Line) **0808 801 0327**
- LGBT helpline **0800 999 5428** or www.galop.org.uk
- www.openthedoorcheshire.org.uk – help for you, or someone you know, who is in a relationship that doesn't feel quite right.

People have the right to be safe in their homes and relationships regardless of gender and sexuality. All services listed in this leaflet can offer help or direct callers to appropriate services.

If you would like more copies please contact: **01606 274 305** or email: idxavest@cheshirewestandchester.gov.uk

www.cheshirewestandchester.gov.uk/domesticabuse

Cheshire West &
Chester Council

Be safe...
get help with
domestic abuse

Cheshire West and Chester
Domestic Abuse Partnership
National 24 hour helpline
0808 2000 247

Are you living in fear of your partner or family member?

Remember:

- you are not to blame
- you are not alone
- you can get help
- you are already a survivor
- you can get your life back

Remember – you cannot change the person who is hurting you but you can take steps to make you and your children safer.
Keep this leaflet **SAFE** from your partner.

Safety planning

Keeping Safe – you and your children have a right to be safe

- **choose** someone to **talk** to, whether you plan to leave or stay eg. A friend, relative or one of the agencies listed here. If you are pregnant you can **talk** to your midwife
- **talk** with a specialist worker (Domestic Abuse Intervention & Prevention Service or Refuge)
- if you need to leave try to **plan** it by **talking** to a refuge, homelessness agency or friends
- **take** important records with you eg. medical, school, financial stuff, children's toys and your precious personal things
- **tell** someone who cares about you that you are safe
- **be careful** after you've left
- **get** legal advice (contact solicitors or NCDV)
- **talk** with your children about how they keep safe

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Support Contacts

Action on Elder Abuse **080 8808 8141**
Al-Anon/Al-A-Teen **020 7403 0888**
Alcoholics Anonymous **0800 9177 650**
Childline **0800 1111**
Forced Marriage Unit **020 7008 0151**
Karma Nirvana – Female and Male Forced Marriage Advice **0800 5999 247**
NSPCC **0808 800 5000**
Samaritans **116 123 (Free Phone)**
Shelterline **0808 800 4444**
The Deaf Health Charity - www.signhealth.org.uk
or text **07970 350366**
Train Enquiries **03457 484950**
www.womensaid.org.uk
www.mensadvice.org.uk
www.childline.org.uk - for children seeking help
www.respectphoneline.org.uk - for people who want to change their abusive behaviour
Or call **0808 802 4040**
www.thehideout.org.uk - for children and young people experiencing abuse
www.disrespectnobody.co.uk - for young people involved in domestic and/or sexual violence

National 24 hour helpline **0808 2000 247**