

Domestic Violence Help and Support

- If in immediate danger always call **999**
- Harbour 24-hour support line 03000202525
- Email info@myharbour.org.uk
- Information available on myharbour.org.uk
- Harbour facebook page

National Helplines:

- National Domestic Violence Helpline 08082000247
- Men's Advice line, for male domestic abuse survivors 08088010327
- The Mix, free advice for under 25's in UK 08088084994
- National LGBT+ Domestic Abuse Helpline 08009995428
- Samaritans 24/7 116 123