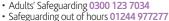
- Domestic Abuse Intervention and Prevention Service 01606 351375
- WHAG (Refuge and Support) 0151 356 4686 or chesterreferrals@whag.info
- Cheshire Without Abuse (Refuge and Support) 01270 250390
- Cheshire Cares Victim Services 01606 366 336
- Victim Support 0300 303 1979
- Housing Solutions 0300 123 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



- 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: idvawest@cheshirewestandchester.gov.uk Cheshire West & Chester Council

Be safe... get help with domestic abuse



Cheshire West and Chester

National 24 hour helpline 0808 2000 247







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

Remember:

- you are not to blam
- you are not alone
- you can get help
- you are already a survivo
- 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

In emergency 999

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

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.mensadviceline.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**