

DOMESTIC ABUSE

Are you or
someone you
know at risk?

If you are at
immediate risk
call 999

#youarenotalone

If you want to contact the Police but it is not an emergency, please call 101 or visit www.met.police.uk

Newham Hestia: 0808 196 1482 (open 24 hours a day). For information and support, you can also download Hestia's [BrightSky App](#).



Other support services you can contact include:

Solace Women's Aid: for advice, support and access to local services please visit www.solacewomensaid.org

Respect Phone Line: 0808 802 4040 an anonymous and confidential helpline for men and women who are harming their partners and families www.respectphoneline.org.uk

Karma Nirvana: 0800 5999 247 Mon to Fri 9am–5pm supporting victims of honour based abuse and forced marriage www.karmanirvana.org.uk

Galop LGBT+ Domestic Abuse Helpline: 0800 999 5428 www.galop.org.uk

Men's Advice Line: 0808 801 0327 a confidential helpline for male victims of domestic violence and those supporting them www.mensadviceline.org.uk

Childline: 0800 1111 If you're a child or young person and domestic abuse is happening in your home or relationship.

National Domestic Abuse Helpline: 0808 2000 247 www.nationaldahelpline.org.uk

Advice and support is available for everyone regardless of background, financial situation, nationality or immigration status.