

Domestic violence and abuse... talk about it.



www.leedsdomesticviolenceandabuse.co.uk

Safer Leeds 

You have the right to live your life free from fear, violence and abuse.

Is your partner, ex-partner or family member making you feel humiliated, frightened, ashamed or alone? You are not to blame.

Domestic violence and abuse is very common - it effects 1 in 4 women and 1 in 6 men - regardless of class, disability, race or sexuality.

Domestic violence and abuse can involve physical, emotional and financial abuse - usually by a man towards a woman. Abuse is rarely a one-off event - it tends to be worse over time, but there is help available.

If you would like advice, information, somewhere safe to stay, or simply want someone to listen, you can call one of the services in this card or visit:

www.leedsdomesticviolenceandabuse.co.uk

Who can help?

For help, support and safe emergency

accommodation contact:

Leeds Domestic Violence Service

24 hour helpline

0113 246 0401

National Domestic Violence 24hr

freephone helpline for women

0808 200 0247

National Men's Advice Line

0808 801 0327

Samaritans

Freephone 116 123

Police Emergency 999

Other Police enquiries 101

Housing

Leeds Housing Options 0113 222 4412

Leeds Housing Options Out of Hours 07891 273 939

Leeds Social Services

Adult Social Care 0113 222 4401

Children's Social Work Services 0113 222 4403

Emergency Out Of Hours Help 0113 240 9536

Support After Rape and Sexual Violence Leeds

SARSVL 0808 802 3344

Children and Young People

Childline 0800 1111

NSPCC Helpline 0800 800 5000

The Hideout www.thehideout.org.uk

Additional Helplines

Victim Support 0300 303 1971

Forward Leeds - Alcohol & Drug service 0113 887 2477

DIAL House - Crisis support 0113 260 9328

GALOP - LGBT+ anti-violence charity 0800 999 5428

Karma Nirvana - Honour Network Helpline 0800 599 9247

Black Health Initiative - FGM support & advice 0113 307 0300

The safety of you and your children is most important

Many people leave with nothing and sort out the details once they are safe. If you want to leave and do have time to plan ahead you could try to take with you:



Try to work out the safest time to leave - if you need help with safety planning, you could talk to one of the support services in this card.