Violence and Abuse Support

Resources to use if you or a loved one is at risk of violence or abuse.

The NHS has some great resources on domestic violence an abuse, and rightly notes that anyone can be a victim. Please see their information page https://www.nhs.uk/live-well/getting-help-for-domestic-violence/

Victim Support: There are many types of abuse. The charity Victim Support is there for you, offering free and confidential support. Visit https://www.victimsupport.org.uk/ or call their support line on 0808 168 9111. For information about domestic abuse visit https://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse/

Refuge is the largest domestic abuse service for women in the UK and has a 24/7 helpline that you can call on 0808 2000 247. Its website share information on what abuse might look like, what to do if someone you know is being abused, or how to seek help for yourself. https://refuge.org.uk/

Women and Girls Network (WGN) is a free, women-only organisation that supports self-identifying women and girls in London who have experienced gender-based violence or are at risk of violence. Visit www.wgn.org.uk. For their free and confidential Advice Line, call Freephone 0808 801 0660 or email advice@wgn.org.uk. For their Sexual Violence Helpline, call Freephone 0808 801 0770 or email advice@wgn.org.uk. Please visit their website for details of calling times.