Domestic abuse affects the whole family. Don't suffer in silence, talk to someone that can help. In an emergency, always dial 999.

Remember:

- Domestic violence and abuse can be actual or threatened and can happen once every so often or on a regular basis
- It can happen to anyone, in all kinds of relationships
- People suffer domestic abuse regardless of their social group, class, age, race, disability, sexuality or lifestyle
- The abuse can begin at any time in new relationships or after many years together
- Children are affected by domestic abuse both in the short and long term

Support services and contact details:

Refuge Warrington Independent Domestic Violence Abuse (IDVA) service - 01925 243359 - www.refuge.org.uk

Cheshire Police - 101 (non emergency)

Warrington Rape and Sexual Abuse Support Centre - 01925 221546

Warrington Women's Aid Refuge - 01925 417138 - <u>www.womensaid.org.uk</u> Safe, temporary accommodation for women and their children experiencing domestic abuse.

Support and advice to men experiencing domestic abuse.

Housing Plus - 01925 246868

Independent housing advice and services including a sanctuary scheme

Victim Support - 0151 424 2785 (24 hours answer phone)

National 24-hour Domestic Violence Helpline - 0808 2000 247 (freephone)

Men's Advice Line - 0808 801 0327 support for male victims of domestic abuse

Mankind - 01823 334244 - www.mankind.org.uk

Karma Nirvana Honour Network Helpline - 0800 5999 247 - <u>www.karmanirvana.org.uk</u> Support for victims and survivors of forced marriage and honour based abuse

Respect - 0808 802 4040 - <u>www.respect.uk.net</u> Support for men and women facing up to abusive behaviour towards a partner

National Centre for Domestic Violence (NCDV) Injunctions - 0844 8044 999

The Hideout - <u>www.thehideout.org.uk</u> Support for children and young people **NSPCC** - 0800 028 3550 Female genital mutilation 24 hour helpline

Warrington Domestic Abuse Partnership - 01925 443124