

# Help and support

If you need help, advice or even just someone to talk to, there are support agencies that can help you:

## National / Regional Support

### National Domestic Violence Helpline

(run by Refuge and Women's Aid)

0808 2000 247 - 24/7 Freephone line

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

### Men's Advice Line

Help for male victims of domestic abuse

0808 8010 327

[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

### National Lesbian, Gay, Bisexual & Trans+ Domestic Abuse Helpline

Provided by Galop, the LGBT anti-violence and abuse charity

0300 999 5428

[www.galop.org.uk](http://www.galop.org.uk)

### National Centre for Domestic Violence

0800 970 2070

[www.ncdv.org](http://www.ncdv.org)

### Forced Marriage Unit

020 7008 0151

[www.gov.uk/guidance/forced-marriage](http://www.gov.uk/guidance/forced-marriage)

### Karma Nirvana

Forced marriage / honour based abuse charity

0800 5999 247

[www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

### Childline

Freephone 0808 800 5000

[www.childline.org.uk](http://www.childline.org.uk)

### NSPCC

Freephone 0808 800 5000

[www.nspcc.org.uk](http://www.nspcc.org.uk)

### Victim Support

0808 168 9111 (National helpline)

0151 353 4003 (Merseyside team)

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

### Action on Elder Abuse

0808 808 8141

[www.elderabuse.org.uk](http://www.elderabuse.org.uk)

### Samaritans

Mental health crisis

116 123

[www.samaritans.org.uk](http://www.samaritans.org.uk)

### Endeavour - Paws for Kids

Foster pets when victims of domestic abuse leave home

01204 394 842

## Local Support Agencies

### Worst Kept Secret

Merseyside helpline

Freephone 0800 028 3398

[www.worstkeptsecret.co.uk](http://www.worstkeptsecret.co.uk)

### Savera UK

Tackling domestic abuse within black and minority ethnic communities

Freephone 0800 107 0726 or

0151 709 6586\*

\*24 hour voicemail facility

[www.saverauk.co.uk](http://www.saverauk.co.uk)

### Safe Place

Sexual assault referral centre for Merseyside

0151 295 3550\*

\*24 hours, 365 days a year

[www.safeplacemerseyside.org.uk](http://www.safeplacemerseyside.org.uk)

### RASA Merseyside

Support for survivors of rape and sexual abuse

0151 666 1392\*

\*Tuesday 6pm - 8pm, Thursday 6pm - 8pm, Sunday 1pm - 3pm

[www.rasamerseyside.org](http://www.rasamerseyside.org)

### Rape and Sexual Abuse Support Centre Cheshire and Merseyside

0330 363 0063

[www.rapecentre.org.uk](http://www.rapecentre.org.uk)

### Liverpool Domestic Abuse Service

0800 084 2744 / 0151 263 7474

[www.liverpooldomesticabuseservice.org.uk](http://www.liverpooldomesticabuseservice.org.uk)

### Centre 56

Women and children's aid centre

0151 727 1355

[www.centre56.org.uk](http://www.centre56.org.uk)

### South Liverpool Domestic Abuse Services

0800 083 7114 / 0151 494 2222

[www.sl-domesticabuseservices.org.uk](http://www.sl-domesticabuseservices.org.uk)

### SWACA

Sefton women's and children's aid

0151 922 8606\*

\*Monday, Tuesday, Thursday 9.30am - 5pm,

Wednesday 9.30pm - 7pm, Friday 9.30am - 3pm

[www.swaca.com](http://www.swaca.com)

### Addaction

Drug and alcohol treatment charity

0151 706 7888

[www.addaction.org.uk](http://www.addaction.org.uk)

### Amadudu Women's Refuge

0151 734 0083

### Helena Refuge

Support for male or female victims

01925 220 541 (24hrs)

### Listening Ear

Support for children and young people

0151 488 6648

[www.listeningearmerseyside.org.uk](http://www.listeningearmerseyside.org.uk)

## IDVA Services

Each local authority area provides support for victims of domestic abuse, male or female, through Independent Domestic Violence Advocates (IDVAs). An IDVA is a specialist worker who can help you become safe.

### Liverpool IDVA Service

0151 482 2496

0151 482 2497

0151 482 2499

[ldva@localsolutions.org.uk](mailto:ldva@localsolutions.org.uk)

[www.localsolutions.org.uk](http://www.localsolutions.org.uk)

### Wirral Family Safety Unit (IDVA Team)

0151 604 3567

### Sefton IDVA Team

0151 934 5142

[ldva.team@sefton.gov.uk](mailto:ldva.team@sefton.gov.uk)

### The First Step, Knowsley (IDVA Team)

0151 548 3333

[enquiries@thefirststep.org.uk](mailto:enquiries@thefirststep.org.uk)

[www.thefirststep.org.uk](http://www.thefirststep.org.uk)

### St Helens IDVA Team

01744 743200

## Merseyside Police

For non-urgent reports/enquires, please call **101**.

In an emergency, or if a crime is being committed, dial **999**.

For further details of support organisations, please search

[www.victimcaremerseyside.org](http://www.victimcaremerseyside.org)