Domestic violence and abuse... **talk about it.**

Leeds Domestic Violence and Abuse – We can stop it together

www.leedsdomesticviolenceandabuse.co.uk

Safer Leeds

Leeds City Council

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:

Money / bank card | Clothes | Childrens favourite toy | Essential medication | Important documents eg. Passport, Birth Certificate

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.