

Are you feeling threatened or unsafe in your home?



Call 999 if you are in danger

- Domestic abuse support services are still open and are here to help.
- Getting support around domestic abuse is a valid reason to travel.

Non emergency police support call **101** or visit www.met.police.uk

For 24-hour support, contact the freephone National Domestic Abuse Helpline: **0808 2000 247** or visit www.nationaldahelpline.org.uk



Other support services include:

Solace Women's Aid: for advice, support and access to local services visit www.solacewomensaid.org or email advice@solacewomensaid.org

Respect Phone Line: 0808 802 4040 The Respect Phone line is a key source of support for people concerned about their behaviour and wanting to manage and change it www.respectphoneline.org.uk or email info@respectphoneline.org.uk

WF Domestic Abuse drop-in service: Leyton Children and Family Centre, 215 Queens Road, E17 8PJ Mon to Fri 10am- 4pm
(you do not need to have child to access this service)

Karma Nirvana: 0800 5999 247 Mon to Fri 9am–5pm supporting victims of honour based abuse and forced marriage www.karmanirvana.org.uk

Galop LGBT+ Domestic Abuse Helpline: 0800 999 5428 www.galop.org.uk

Men's Advice Line: 0808 801 0327 a confidential helpline for male victims of domestic violence and those supporting them www.mensadviceline.org.uk

Childline: 0800 1111 If you're a child or young person and domestic abuse is happening in your home or relationship.

Advice and support is available for everyone regardless of background, financial situation, nationality or immigration status.



**METROPOLITAN
POLICE**

#youarenotalone



Waltham Forest