

Galop – National LGBT & Domestic Abuse Helpline

Description: An independent charity that provides support and advice to people who experience domestic violence and abuse, sexual violence or hate crime. The helpline provides emotional and practical support for LGBT+ people who are experiencing or have experienced domestic violence and abuse.

Phone: 0800 999 5428

Email: help@galop.org.uk

Website URL: <https://www.galop.org.uk>

Men's Advice Line

Description: A helpline for male victims of domestic abuse. Phone, email or chat online. Email support Monday to Friday 9am-8pm; Saturday and Sunday 10am-12pm and 4pm-6pm. Webchat available Wednesday, Thursday and Friday 10am-11am and 3pm-4pm.

Phone: 0808 801 0327 (freephone – Monday to Friday 9am-8pm)

Email: info@mensadviceline.org.uk

Website URL: <https://www.mensadviceline.org.uk>

National Domestic Abuse Helpline

Description: Talk confidentially and find out your options. Phone or chat online, live Monday to Friday, 3pm-10pm.

Phone: 0808 2000 247 (freephone - 24 hours)

Website URL: <https://www.nationaldahelpline.org.uk>

NHS 111 Service

Description: Call the NHS 111 service if you urgently require medical help or advice. The service is available 24 hours a day, 365 days a year. Calls are free from landlines and mobiles.

Phone: 111

Website URL: <https://www.nhs.uk>

Respect Phonenumber

Description: A team of friendly Advisors listen without judgment. Offer confidential and honest advice to help stop violence.

Helpline: 0808 802 4040

Website URL: <https://www.respectphonenumber.org.uk>

Staffordshire Women's Aid

Description: 24 hour helpline offering support to victims of domestic and sexual violence.

Phone: 0300 330 5959

Email: enquiries@staffordshirewomensaid.org

Website URL: <https://www.staffordshirewomensaid.org>