

Crime

Crime Stoppers **0800 555111**

Report crime in confidence

Forced Marriage Unit **0207 008 0151**

Confidential advice for anyone at risk of a forced marriage

Police

Main switchboard **101**

Victim Support **0300 303 1972**

Support for any one experiencing any crime including domestic abuse, burglaries, harassment

Lighthouse **www.lighthousevictimcare.org**

information on support for victims of all crimes

Modern Slavery Helpline **0800 0121 700**

Help and advice when concerned about someone who may be being controlled

Law

Citizens Advice Bureau

..... **003444 111 444 or 0300 3300 650**

Free, independent advice

Civil Legal Advice..... **0845 345 4345**

Find out if you can get Legal Aid

Emergencies

North Somerset Council

Main switchboard **01934 888 888**

24hrs for Social Services,

housing emergencies etc **01934 622 669**

Samaritans **0845 790 9090**

Confidential emotional support 24hrs

National Grid Gas Emergencies **0800 111 999**

If you smell gas ring immediately

Hospitals

Weston Hospital **01934 636 363**

Southmead Hospital **0117 950 5050**

St Michael's Hospital

..... **0117 342 5325 or 5324**

Community Safety

For lots of information on support for all community safety issues such as anti-social behaviour, hate crime, domestic abuse and substance misuse visit:

Facebook: **www.facebook.com/saferstrongerns**

Twitter: **www.twitter.com/saferstrongerns**

Web: **www.saferstrongerns.co.uk**

Domestic Abuse

Does your partner or a family member:

- put you down?
- control your movements, friendships, money?
- ever frighten you?

If you answer yes to any of the above, you may be in an abusive relationship. You do not have to be hit to be abused.

Support In North Somerset

If you are being abused:

you are not alone, there is help available:

DAFFS

0800 694 9999

for someone to talk to and local support

www.n-somerset.gov.uk/domesticabuse

For your safety you can detach this bit of the leaflet so that you are left with a list of telephone numbers on various subjects.

Protect yourself and only call when safe to do so, a call to some agencies may arouse less suspicion than others.

It's worth thinking now about what you might need if you have to leave in a hurry:

- keep this card handy where it won't be found
- if safe, put the following away or leave with a friend: paperwork (birth certificates, benefit books etc), cash, clothes, toiletries, keys
- think about transport to get away
- arrange a signal with a friend so they know when you are going
- don't forget your children's favourite toys.

If it is not safe to hide things away at least think about where the things you need are and how you could collect them in order to leave quickly.

But remember that the most important thing is that you and your family are safe. You can always replace possessions.

Designed in consultation with Survivors Advisory Group.

For more copies of this leaflet or further information about domestic abuse services in North Somerset contact:

Domestic Abuse Coordinator
01934 426 343
community@n-somerset.gov.uk



Domestic Abuse

LGBT helpline..... 0800 999 5428

Support for lesbian, gay, bisexual and transgender people experiencing domestic abuse

DAFFs support line 0800 694 9999

Safe emergency accommodation and support for women and men affected by domestic abuse. This will be answered by a local domestic abuse specialist between 9am-6pm Monday to Friday. Calls outside of these hours will go to the national helpline

Women's Aid/Refuge 0808 2000 247

24hr helpline for women in abusive relationships

Respect..... 0808 802 4040

Information and advice for anyone who is abusive to their partner

MALE adviceline 0808 801 0327

Support for men experiencing domestic abuse

n-somerset.gov.uk/domesticabuse website
signposting support available on domestic abuse in North Somerset and the UK

Health

NHS

24hr helpline for non emergency
medical help **111**

Adult Safeguarding

Care Connect..... 01934 888 801

Information for vulnerable, disabled, and or older people on any issue

Children/young people/ social care

Childline..... 0800 1111

For children young people in distress

North Somerset Council

Child Protection..... 01275 888 808

Vulnerable/disabled/

older people 01275 888 801

NSPCC..... 0808 800 5000

for anyone worried about a child

Substance Misuse

Addaction 01934 427 940

Drop-in, needle exchange, one-to-one and group sessions for anyone with a substance addiction and/or alcohol issue

FRANK national drugs helpline 0300 123 6600

24hr drugs information service