

Domestic Abuse and Violence



Domestic abuse helpline for Dorset Work with women, men and children who are experiencing domestic abuse.

T. 0800 032 5204

E. youfirst@theyoutrust.org.uk

W. theyoutrust.org.uk/service/domestic-violenceabuse



PARAGON are a specialist domestic abuse, sexual violence and stalking team empowering change for individuals, families, and our communities.

T. 01329 825930

E. enquiries@theyoutrust.org.uk

W. paragonteam.org.uk



BCHA Are you worried about your relationship? Concerned about domestic abuse? Come along to a drop in sessions for a coffee and a chat.

T. (24 hours) Poole Project 01202 710 777 Bournemouth Project 01202 547755

E. bournemouthrefuge@bcha.org.uk

bcha.org.uk/our-services/supported-housing/domestic-abuse/outreach-services/



Southwest Victim Care Unit An independent charity. Support is free, confidential and tailored to your needs.

T. Southwest helpline 0300 303 163

National helpline 0808 1689 111

W. victimsupport.org.uk



women can call [The Freephone National Domestic Abuse Helpline, run by Refuge](https://www.refuge.org.uk) on [0808 2000 247](tel:08082000247) for free at any time, day or night. The staff will offer confidential, non-judgemental information and support



Women's Aid is the national charity working to end domestic abuse against women and children.

They offer an instant messaging service or email response within 5 days

The website has further information about making a safety plan and a survivors handbook.

W. www.womensaid.org.uk



Men's advice line Confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).

T. 0808 801 0327

E. info@mensadvice.org.uk

W. mensadvice.org.uk



Galop is the UK's only specialist LGBT+ anti-violence charity. We provide advice, support and advocacy to people who have experienced hate crime, domestic abuse and sexual violence. Galop is an independent organisation and our services are confidential and free.

T. 0800 999 5428



In case of
emergency
DIAL 999

If you are in immediate danger, call 999 who will get you emergency support



A pioneering UK charity working to stop the harms done by those who perpetrate domestic violence. contact the free [Respect helpline](https://www.respect.org.uk)

[0808 802 4040](tel:08088024040).



The national Stalking Helpline provides free, confidential advice to victims of stalking. It provides advice on how to manage physical stalking and cyber security.

T. 0808 802 0300



An organisation offering information and advice on relationship abuse, sexting, consent, issues on social media and forced marriage.

W. www.safedate.org.uk