


Do you need help to keep you and your family safe?

Any one of us can find ourselves needing support. If you need advice all of these organisations are completely confidential, non-judgmental and can help you make some decisions or changes to keep safe.


Athena
Run by Refuge
Working in Lewisham to end gender-based violence
Call: 0800 112 4052
email: lewishamvawg@refuge.org.uk



Are you a man suffering from domestic abuse?
You are not alone



Call: 01823 334 244



childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



WOMEN & GIRLS NETWORK



Call: 0808 801 0660
Mon-Fri 10am and 4pm, Wed 6pm-9pm.
Or email: advice@wgn.org.uk



THE DEAF HEALTH CHARITY SIGNHEALTH



Text 07800 003421
email: da@signhealth.org.uk

Refuge



Call: 0800 112 4052
National Domestic Abuse Helpline



galop



National LGBT+ Domestic Abuse Helpline:
0800 999 5428



women's aid
until women & children are safe

Live chat and email support:
www.womensaid.org.uk/
information-support/



Respect

Support for male perpetrators of Domestic Violence

www.respect.uk.net/pages/18-contact-us




Support at a pharmacy where you see this sign



- Ask pharmacy staff for ANI (pronounced Annie).
- Staff will take you to a private room and ask if you would like them to call the police or a domestic abuse helpline. I
- If you do, they will use their phone to keep you safe.

Hestia
CELEBRATING 50 YEARS OF LIFE BEYOND CRISIS



Bright Sky APP and website provides practical support and information on responding to domestic abuse for anyone experiencing it, or who is worried about someone else. *Please only download the app if it is safe for you to do so and if you are sure that your phone isn't being*



AVA
Against Violence & Abuse

www.breathingspace-ava.org.uk/



NHS working together
Lewisham Children and Family Centres

www.lewishamcfc.org.uk

