**National Domestic Violence hotline (Refuge)**    0808 2000 247

**Women’s Aid Live Chat**

<https://www.womensaid.org.uk/information-support>

**Victim Support**  0808 1689 111

**Karma Nirvana**

<https://karmanirvana.org.uk/>

Support for victims of honour based abuse and forced marriage

**Imkaan**

<https://www.imkaan.org.uk/get-help>

Offers support to black and ethnic minority women

**Age UK** 0800 678 1602

**Hourglass (formerly Action on Elder Abuse)**       0808 808 8141

[https://wearehourglass.org](https://wearehourglass.org/)

**Mankind Initiative**

[www.mankind.org.uk](http://www.mankind.org.uk)         0182 3334 244

Support for male victims of domestic abuse

**Respect - Men’s Advice Line**

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)           0808 801 0327

**Rape Crisis (England and Wales)**     0808 802 9999

**Galop National LGBT Domestic Abuse Helpline**   0800 999 5428

<http://www.galop.org.uk/domesticabuse>

**Respect helpline**    0808 802 4040

For anyone concerned they may be harming someone else

**Forced Marriage Unit** 0207 008 0151

**Southall Black Sisters**  0208 571 9595

<http://www.southallblacksisters.org.uk>

Advice, advocacy, practical help and counselling

for women/children experiencing domestic abuse

and other forms of gender related violence

**Survivors UK**

[www.survivorsuk.org](http://www.survivorsuk.org)

For men experiencing domestic abuse