

### **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 Number:** 0800 999 5428

**Email:** [help@galop.org.uk](mailto: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 Number:** 0808 801 0327 (freephone – Monday to Friday 9am-8pm)

**Email:** [info@mensadviceline.org.uk](mailto: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 Number:** 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 Number:** 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 Number:** 0300 330 5959

**Email:** [enquiries@staffordshirewomensaid.org](mailto:enquiries@staffordshirewomensaid.org)

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