

Crime

Police

Main switchboard **101** Emergency call **999**

Crime Stoppers

Avon and Somerset **0300 303 1972**

0800 555 111 – Report crime in confidence

Victim Support

0300 303 1972 (local) **0808 168 9222** (national)

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

Lighthouse

Avon and Somerset Police victim/witness care

www.lighthousevictimcare.org

information on support for victims of all crimes

Forced Marriage Unit – UK Government

0207 008 0151

Out-of-hours emergency number **0207 008 1500**

Confidential advice for anyone at risk of a forced marriage

Honour-Based Abuse and forced Marriage

Helpline UK

0800 5999 247 (free fone)

Modern Slavery Helpline

0800 0121 700

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

Law

Citizens Advice North Somerset (CANS)

0808 278 7973 – Free, independent advice

Civil Legal Advice

0345 345 4345

Find out if you can get Legal Aid

Other emergency contacts

North Somerset Council

Main switchboard **01934 888 888**

24hrs for Social Services, housing emergencies etc **01454 615 165**

Samaritans

116 123

24hrs Confidential emotional support

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

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, help is available:

Cranstoun **01934 318 490** or

Domestic abuse (freephone) **0800 694 9999**

northsomersetdass@cranstoun.org.uk

cranstoun.org/help-and-advice/domestic-abuse/northsomerset-dass/

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.



Everyone has disagreements from time to time but if you are experiencing controlling, bullying, threatening or violent behaviour in your relationship these are signs of domestic abuse. If there are children in your home, they are experiencing abuse too. It can seriously impact how a child thinks, behaves and acts. Reaching out for help is not easy, but it is important to get help for yourself and to protect any children in your household.

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 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.

community@n-somerset.gov.uk
www.n-somerset.gov.uk/domesticabuse



Domestic abuse

Cranstoun

01934 318 490 (local) or
0800 694 9999 (domestic abuse freephone service)
Advice and support for anyone experiencing domestic abuse in North Somerset.

National 24/7 Domestic Abuse helpline

0808 2000 247
Sexual Violence and Abuse Support Service. We support anyone of any background, community, age or gender across the whole of Avon and Somerset area who has experienced sexual violence at any time in their life.

National stalking helpline

0808 802 0300

Galop (LGBT+) Helpline

0800 999 5428
Support for lesbian, gay, bisexual and transgender people experiencing domestic abuse

SAFELink

For people impacted by sexual violence.
0333 323 1543 • safe.link@safelinksupport.co.uk
<https://safelinksupport.co.uk/>

Mens helplines

Respect helpline

0808 801 0327 • <https://mensadviceline.org.uk/>
If you are abusive to your partner you can seek advice from Respect
0808 802 4040 • <https://www.respect.org.uk/>

Mankind Initiative
0808 800 1170
<https://mankind.org.uk/>

Health

NHS

111 – 24hr helpline for non-emergency medical help

Adult Safeguarding

Care Connect

01275 888 801 or 01454 615 165 (out of hours)
Information for vulnerable, disabled, and or older people on any issue

Children and young people

Childline

0800 1111 – For children young people in distress

North Somerset Council Child Protection

01275 888 808 or 01454 615 165 (out of hours)
care.connect@n-somerset.gov.uk

NSPCC

0808 800 5000 for anyone worried about a child

Substance misuse

We are with you

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