Are you OK at home?

If someone is hurting, frightening or controlling you, it is not your fault and you are not alone. These services are free and confidential.

Call 999 if you are in danger now. Can't speak? On a mobile, press 55 when asked and you'll be put through to the police.

National Domestic Abuse Helpline (England), 24 hours	**0808 2000 247**
Live Fear Free (Wales), 24 hours	**0808 80 10 100**
Domestic Abuse and Forced Marriage Helpline (Scotland)	**0800 027 1234**
Domestic and Sexual Abuse Helpline (Northern Ireland)	**0808 802 1414**
Men's Advice Line, UK wide	**0808 801 0327**
Galop, LGBT+ domestic abuse helpline	**0800 999 5428**

Only take a photo of this poster, or a strip below, if it is safe for you to do so.

Safe Haven EDUCATION

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