



Domestic Abuse Support & Advice

The 24 Hour Domestic and Sexual Abuse Freephone Helpline is
0808 802 1414

In an **EMERGENCY** where you need immediate assistance or feel threatened
Call 999

In a **NON-EMERGENCY** where you need assistance or advice
Call 101

OTHER HELPFUL CONTACTS



Women's Aid Belfast & Lisburn
<https://belfastwomensaid.org.uk/>



Belfast Area Domestic & Sexual Abuse Partnership Violence
<https://belfastdvp.co.uk/get-help/>



Women's Aid Northern Ireland
<https://www.womensaidni.org/>



Northern Ireland Rural Women's Network
<https://www.nirwn.org/covid19/domesticabusesupport/>



Police Service
of Northern Ireland

PSNI Advice: Getting Help for Domestic Violence and Abuse
<https://www.psni.police.uk/safety-support/keeping-safe/protecting-yourself/domestic-abuse/getting-help>