

## **National Domestic Abuse and Forced Marriage Helpline**

*NB In Scotland, domestic abuse is defined exclusively as that perpetrated by a partner or ex-partner.*

The national Helpline gives initial support and information to anyone with experience of domestic abuse or forced marriage, as well as their family members, friends, colleagues, and professionals who support them. A confidential, sensitive service is provided to anyone who calls.

Open: 24/7

Phone: 0800 027 1234

Email: [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)

Webchat: <https://sdafmh.org.uk/>

## **Men's Advice Line** – for men who have experienced domestic abuse

The Men's Advice Line offers advice and support to men who have experienced domestic abuse.

Open:

- Mondays and Wednesdays from 9am-8pm; and
- Tuesdays, Thursdays, and Fridays from 9am-5pm.

Phone: 0800 027 1234 and press Option 2

There is more information about their service, including webchat support, here: <http://www.mensadvice.org.uk/help-and-information/>.

## **Respect Phonenumber** – for perpetrators who want to stop being abusive

The Respect Phonenumber is a confidential helpline offering advice, information, and support for anyone concerned about their own abusive behaviour towards a partner or ex-partner.

Open:

- freephone 0808 802 4040, Monday-Friday, 9am-5pm; or
- via webchat, Tuesdays and Thursdays, 10am-4pm: <http://respectphonenumber.org.uk/>.

Email: [info@respectphonenumber.org.uk](mailto:info@respectphonenumber.org.uk).