

Scared of your partner or ex?
**Talk to us any time,
day or night.**



**24/7 National Domestic Abuse
Helpline**

0808 2000 247

Live Chat service Mon – Fri, 10am-10pm:

**[www.nationalDAhelpline.org.uk/
chat-to-us-online/](http://www.nationalDAhelpline.org.uk/chat-to-us-online/)**

BSL service Mon – Fri, 10am - 6pm:

www.nationalDAhelpline.org.uk/bsl



**Free, confidential and
non-judgemental
support**



For women and children.
Against domestic violence.