

Domestic Abuse Helplines and Services across the UK

Action for Children

Helping children across the UK to grow up safe and happy. For campaigns and articles, enter the search term 'Domestic Abuse'.

www.actionforchildren.org.uk

Age UK advice line: 0800 678 1602

www.ageuk.org.uk

Forced Marriage Unit helpline: 020 7008 0151

A joint Foreign, Commonwealth and Development Office (FCDO) and Home Office unit, which leads on the Government's forced marriage policy and supports British nationals in the UK and overseas.

www.gov.uk/guidance/forced-marriage

Galop National LGBT+ domestic abuse helpline: 0800 999 5428

www.galop.org.uk

Hourglass (formerly Action on Elder Abuse) helpline: 0808 808 8141

Ending the harm, abuse and exploitation of older people in the UK.

www.wearehourglass.org

Imkaan

Details of UK-wide support and services available to black and minority ethnic (BME) women.

www.imkaan.org.uk/get-help

Karma Nirvana helpline: 0800 5999 247

Support for victims of honour-based abuse and forced marriage. Skype calling and contact form available.

www.karmanirvana.org.uk

ManKind Initiative: 01823 334244

Support for male victims of domestic abuse across the UK, their friends, family, neighbours, colleagues and employers.

www.mankind.org.uk

Men's Advice Line: 0808 8010327

UK-wide helpline for male victims of domestic abuse.

www.mensadviceline.org.uk



Cumbria
Methodist District

National Domestic Abuse helpline: 0808 2000 247

Supporting women and children to escape domestic violence.

www.refuge.org.uk

Rape Crisis (England and Wales) helpline: 0808 802 9999

Live chat, text-based service.

www.rapecrisis.org.uk/get-help/live-chat-helpline

Respect helpline: 0808 802 4040

For anyone concerned they may be harming someone else.

www.respect.uk.net

Restored

Equipping the Church to support survivors, advocate on their behalf and engage men in the conversation.

www.restored-uk.org

Safe Lives

Dedicated to ending domestic abuse. Offering training and resources.

www.safelives.org.uk

The Survivors Trust helpline: 08088 010818

Umbrella agency for specialist rape and sexual abuse services in the UK.

www.thesurvivorstrust.org

Survivors UK

Support for men experiencing rape and sexual abuse, and for their friends and family.

www.survivorsuk.org/ways-we-can-help/online-helpline

Victim Support: 0808 1689 111

Offers free, confidential support for people affected by crime or traumatic events in England and Wales.

www.victimsupport.org.uk

White Ribbon

Men working to end violence against women.

www.whiteribbon.org.uk

Women's Aid Live Chat

Providing services in England to protect women and children, as well as shaping and coordinating responses to domestic abuse.

www.womensaid.org.uk/information-support



Cumbria
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