

Domestic Abuse

Are you experiencing domestic abuse? Know someone who is?



What you should do:

call 999

If you are suffering from, or are aware of someone experiencing domestic abuse and is in immediate danger.

Even if you are unable to speak, operators are trained to listen for anything suspicious and put you through to a police call handler.

press 55

If you are on a mobile and the operator can't tell what service you require you will be put through to the Silent Solution system.

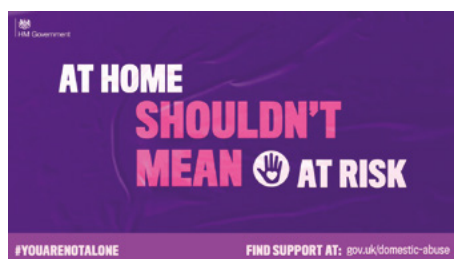
After a short message you will then be able to **press 55** for help.

For further help and advice

- Call 24-hour national helpline
0808 2000 247 www.refuge.org.uk
- Online chat facility via Women Aid
www.womensaid.or.uk
- Local advice via the council webpage
www.havering.gov.uk/domesticviolence

Local services

- Havering Women's Aid - **01708 728759**
- Victim Support - **0808 168 9291**
- Men's Domestic Abuse Service (MENDAS)
01708 397 974
- Solace Women's Aid - **0808 802 5565**
- Ashiana Network (BME) - **020 8539 0427**



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