

DOMESTIC ABUSE SUPPORT CONTACTS



Childline: 0800 1111 or www.childline.org.uk

Hampshire Police: 999 (emergency support)

You are not alone: www.hampshire.police.uk/cse

The HideOut: www.thehideout.org.uk

Broken Rainbow: www.brokenrainbow.org.uk

Women's Aid: www.womensaid.org.uk

Freephone: 0808 2000 247 (24hr helpline)

Email: helpline@womensaid.org.uk

Men's advice: www.mensadviceline.org.uk

Freephone: 0808 801 0327 (Mon - Fri, 9am-5pm)

Email: info@mensadviceline.org.uk

Karma Nirvana: www.karmanirvana.org.uk

Helpline: 0800 5999 247 (Mon to Fri, 9.30am-5pm)

Treetops Centre: www.treetopscentre.co.uk

Phone: 023 9221 0352 (7 days 8am to 6pm)