

## Legal and Police

- Police Switchboard  
(you can ask to speak to a domestic violence specialist)

☎ **101**

- Southside Family Project & Domestic Violence Advisors  
(support for women and men aged 16 years and over)

☎ **01225 331243**

- Witness Support (for support at court)

☎ **01225 463313**

- Citizens Advice Bureau

☎ **08448 487919**

- Law Society (for contact details of solicitors)

☎ **02072 421222**

- National Centre for Domestic Violence  
(support to apply for emergency injunctions)

☎ **08448 044999**

Local Solicitor

## Helplines

- National Domestic Violence Helpline

☎ **08082 000247**

- MANKIND (male victims of domestic violence)

☎ **01823 334244**

- Broken Rainbow  
(for gay, bi-sexual or transgender victims)

☎ **03009 995428**

- Action on Elder Abuse (office hours)

☎ **08088 088141**

- RESPECT (for perpetrators of domestic violence)

☎ **08088 024040**

- Victim Support

☎ **0845 566099**

- Samaritans

☎ **08457 909090**

## Children & Families

- Social Services (BANES)

☎ **01225 396313** (office hours)

☎ **01454 615165** (out of hours)

- Off the Record (young people 12-25)

☎ **08003 895551**

- Southside Family Project & Domestic Violence Advisors

☎ **01225 331243**

- Childline

☎ **0800 1111**

- Family Lives (parent line advice)

☎ **08088 002222**

## Housing

- Housing Advice Team (BANES Council)

☎ **01225 396296**

- SWAN Housing Advice (office hours)

☎ **01761 432445**

- Shelterline (homeless charity)

☎ **08088 004444**

- Nextlink (emergency housing)

☎ **01225 466989**

- Libra Project (emergency housing)

☎ **01225 354661**

- Community Alarms  
(personal & house alarms)

☎ **01225 477892**

# Are you unsafe in your own home?

There is help available in Bath & North East Somerset

# DOMESTIC VIOLENCE AND ABUSE



## Health/Drugs & Alcohol

■ Accident & Emergency (RUH)  
☎ 01225 428331

■ NHS Direct  
☎ 111

■ DHI (drug, alcohol and homeless service)  
☎ 01225 329411

■ Bath NHS Walk-in Centre (Riverside)  
James Street West  
Bath  
☎ 01225 478811

Local GP:

## Leaving safely

- Try to have some money in a safe place for transport. The police may be able to get you to a safe place or Social Services may provide a travel warrant if you have children.
- Put important documents in a safe place - such as birth certificates, passports, marriage certificate, any court orders, benefit books, cheque books and credit/debit cards - so that you can take them in a hurry. Keep a note of important reference numbers in case you can't take your documents.
- Have a spare house key and car key hidden for an emergency.
- Take any essential medicines. Try to have spare supplies hidden for an emergency.

- If you have to leave important things behind, ask the police to escort you back to collect them.
- Trust your judgement. There may be warning signs that you recognise. You have the right to protect yourself (and your children).

## After an incident

- Get medical help if you or anyone else is injured.
- If you call the police, they will usually arrest the abuser and take him or her away, if only for a short time, which could give you time to get to a safer place.
- If you decide that your abuser cannot be allowed into your house, the police (Bobby Van) or Housing Association may be able to help with strengthening doors and windows.

- Phone a local support agency or a national helpline for advice and support.
- Police can place a marker on your address alerting officers to history of domestic violence.

## During a violent incident

- Try to stay out of rooms where weapons are available/or that can be locked.
- If you are on good terms with a close neighbour, consider setting up a signalling system.
- If you have a child who is old enough, talk to them so that they know it's ok to run to a neighbour's house or call the police if they think you or they are in danger.
- Practice how to get out of your home safely and quickly, including your children and pets.

- Phone a local support agency or a national helpline for advice and support.
- Police can place a marker on your address alerting officers to history of domestic violence.
- Try to stay out of rooms where weapons are available/or that can be locked.
- If you are on good terms with a close neighbour, consider setting up a signalling system.



**IN AN  
EMERGENCY  
CALL 999**