Domestic Abuse Awareness Resources

If there is immediate danger or a serious safety concern, call **999 (police)**

If there is no serious safety concern, it is usually better to contact one of the other options listed below.

- **National Domestic Abuse Helpline** – 0808.2000.247 & nationaldahelpline.org.uk
    - Available 24 hours a day
- **Women's Aid / Cambridge Women's Aid** – womensaid.org.uk & cambridgewa.org.uk/
  (a national organisation with local branches)
- **Refuge** – refuge.org.uk
- **The Meadows** – mcfw.co.uk
    - Offers helpful courses and weekly in-person support
- **Men's Advice Line** – 0808.801.0327 & mensadviceline.org.uk
- **The Freedom Programme** – freedomprogramme.co.uk
    - Has an option to do the course online
- **GP (doctor)** – can sometimes feel like an easier place to disclose abuse
- **Restored** – restored-uk.org
    - Christian perspective
    - Resources on their website, including training and resources for churches and those supporting victims
- **Called To Peace Ministries** – calledtopeace.org
    - US-based, Christian focus- lots of educational resources
- **Josh, John, Lydia** and **Tao** are also happy to chat and signpost to other resources
- ***Is it Abuse* book** *(in church library & Lydia has a personal copy that she is happy to lend as well)*
    - Useful for everyone, including anyone supporting a friend in an abusive relationship or wanting to learn more