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| **Domestic Abuse Self-Support****If someone is in immediate danger, call 999 and ask for the police.**Silent calls will work if it not safe to speak – use the **Silent Solution System** and call 999 and then press 55 when prompted.  |
| **Organisation**  | **Description** | **Phone Number** | **Website link** |
| **Somerset Domestic Abuse**  | Provide information relating to domestic abuse and the services available across Somerset. Including Somerset Council's locally based confidential service, offering a range of specialist support to anyone who needs advice and help on domestic abuse | 0800 69 49 999 | [Somerset Domestic Abuse](https://somersetdomesticabuse.org.uk/) |
| **Dorset Domestic Abuse** | Paragon integrated domestic abuse serviceParagon work with women, men and children. | 0800 032 5204 | [Get help if you're experiencing domestic abuse - Dorset Council](https://www.dorsetcouncil.gov.uk/your-community/community-safety/domestic-abuse/help-for-those-who-have-experienced-domestic-abuse) |
| **National Domestic Violence Helpline** | Refuge - 24/7 helpline and website. Provide support with specialist refuge accommodation. Offers support to find other specialist services within the local community, which can provide support whether or not someone has left their partner. | 0808 2000 247 | [Home | Refuge National Domestic Abuse Helpline (nationaldahelpline.org.uk)](https://www.nationaldahelpline.org.uk/) |
| **Police** | To report a crime (but not in an emergency) | 101 | [Avon and Somerset Police](https://www.avonandsomerset.police.uk/) |
| **Nelson Trust – Somerset Women’s Centre** | Woman-only community support services. Working with vulnerable people who have multiple and complex needs including, addiction, trauma and offending. | 01278 557730 | [The Nelson Trust](https://www.nelsontrust.com/) |
| **Men’s Advice Line (Respect)** | Supporting male victims of domestic abuse.  | 0808 801 0327 | [Domestic Abuse Helpline for Men | Men's Advice Line UK (mensadviceline.org.uk)](https://mensadviceline.org.uk/) |
| **LGBT+ National Domestic Abuse Helpline** | Supports LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse. | 0800 999 5428 | [Galop - the LGBT+ anti-abuse charity](https://galop.org.uk/) |
| **Paladin** | National Stalking Advocacy Service. Trauma-informed service to assist high risk victims of stalking in England and Wales. Independent Stalking Advocacy Caseworkers (ISACs) ensure that high risk victims of stalking are supported and that a coordinated community response is developed locally to keep victims and their children safe. | 020 3866 4107 | [Paladin – National Stalking Advocacy Service (paladinservice.co.uk)](https://www.paladinservice.co.uk/) |
| **Southall Black Sisters** | Led by and for black and minoritised women, provide a specialist service to some of society’s most marginalised victims of abuse. Comprehensive, deliberate and directed approach to casework by developing comprehensive safety plans, facilitating access to legal advice & representation on issues ranging from family to immigration, securing support from key statutory and voluntary services such as the police, social services, housing authorities & refuges and providing practical and emotional support such as counselling, peer support and therapy work. | 0208 571 0800 | [Home - Southall Black Sisters](https://southallblacksisters.org.uk/) |
| **OPOKA** | Aims to help women and children in the Polish community improve health, well-being, financial stability, and happiness by stopping domestic violence and abuse. | 0300 365 1700 | [Opoka](https://www.opoka.org.uk/) |
| **Hourglass** | Confidential services providing information and support to an older people or anyone concerned about an older person who is at risk of, experiencing or recovering from any form of abuse or neglect.  | 0808 808 8141 | [Hourglass (wearehourglass.org)](https://www.wearehourglass.org/) |
| **National Centre of Domestic Violence** | Emergency injunction service. An injunction is a powerful court order (non-molestation order) that prohibits an abuser from using or threatening violence, or harassing, pestering or intimidating a victim. If the order is breached, the police can then arrest that person immediately.  | 0800 970 2070 text NCDV to 60777 | [Domestic Violence & Abuse · Emergency Injunction Service (ncdv.org.uk)](https://www.ncdv.org.uk/) |
| **Victim support** | Supporting victims of all crime and traumatic incidents including domestic abuse. Provide specialist help to support people to cope and move on to the point where they feel they are back on track with their lives. | 0808 16 89 111 | [Home - Victim Support](https://www.victimsupport.org.uk/) |
| **Bright Sky App** | For use on smartphone. Bright Sky is a safe, easy to use app and [website](https://uk.bright-sky.org/en/home) that provides practical support and information on how to respond to domestic abuse. It is for anyone experiencing domestic abuse, or who is worried about someone else.Bright Sky helps to spot the signs of abuse, know how to respond, and help someone find a safe route to support.  |  | [Bright Sky app | Hestia](https://www.hestia.org/brightsky) |
| **Hollie Guard App** | For use on smartphone. Useful for victims of stalking. Hollie Guard is an advanced personal safety device, and with a simple tap or shake, can send your location and video/audio evidence to nominated emergency contacts via email or text. The app can also send a high-pitched alarm and a light starts to flash on your phone to attract attention. |  | [Hollie Guard – Personal Safety App](https://hollieguard.com/) |

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| **Sexual Violence Support** In an emergency call 999  |
| **Organisation**  | **Description** | **Phone Number** | **Website link** |
| **Sexual Assault Referral Centre (SARC) Somerset** | Offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted. | 0117 342 6999 | [The Bridge - Help after rape and sexual assault (thebridgecanhelp.org.uk)](https://www.thebridgecanhelp.org.uk/) |
| **Sexual Assault Referral Centre (SARC) Dorset** | Offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted. | 0800 970 9954 | [The Shores - Supporting the victims of Rape or Serious Sexual Assault (the-shores.org.uk)](https://www.the-shores.org.uk/) |
| **SARSAS** | SARSAS are a specialist support service for anyone who has experienced any form of sexual violence, at any point in their lives. | 0808 801 0456 | [SARSAS Home | SARSAS](https://www.sarsas.org.uk/) |
| **The Rape Crisis Helpline** | A Service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence – at any point in their life.This includes people who have experienced sexual violence or abuse themselves, as well as their friends, family or anyone else who is trying to support them. | 0808 500 2222 | [Rape Crisis England & Wales](https://rapecrisis.org.uk/) |
| **The Survivors Trust** | Umbrella agency for specialist rape and sexual abuse services. Member agencies provide a range of specialist services to survivors including counselling, support, helplines and advocacy services for women, men, non-binary people and children. These agencies are mostly charities and are completely independent of the police. | 08088 010818 | [The Survivors Trust](https://www.thesurvivorstrust.org/) |