

Domestic abuse can affect anyone and takes many forms

We are here to help:

24 hour National Domestic Abuse Helpline - **0808 2000 247**

Dorset County - You First - **0800 032 5204** (24 hours)

Bournemouth, Christchurch and Poole Outreach -
01202 710 777 (24 hours)

Women's Aid - email - helpline@womensaid.org.uk

Online chat room - chat.womensaid.org.uk 10am-12pm Monday to Friday

Respect helpline - **0808 802 4040**

For anyone worried that they may be harming someone else

Galop - **0800 999 5428**

Domestic violence advice for lesbian, gay, bisexual and transgender

Dorset Police - In an emergency call **999**

In a non-emergency email 101@dorset.pnn.police.uk or call **101**

For additional help and advice go to www.dorest.police.uk/abuse-help



YOU ARE NOT ALONE