

These organisations can give you advice, whether or not you want to leave the relationship.

The items on this list aren't essential, but if you are planning to leave consider taking:

- Money
- Bank cards
- Driving licence
- Family photographs
- Birth certificates
- Change of clothes
- Passport s / visas
- Keys
- Child's favourite toy
- Medicines

The Haven
Single point of contact
for women and men

0800 194400

24 hours a day

www.havenrefuge.org.uk

Male DV Advice Line

0808 801 0327

Mon—Fri 9am - 5pm

**National Domestic
Violence Helpline**

0808 200 0247

24 hours a day

www.nationaldomesticviolencehelpline.org.uk

Police DV Unit 101, or 999 (emergencies)



Wolverhampton Domestic Violence Forum

Working in partnership to tackle domestic violence

**Wolverhampton
Domestic Violence Forum**

www.wolverhampton.gov.uk/wdvf

Tel: 01902 55 5643

Keep this card safe by placing it behind bank cards or photographs in your purse or wallet

If you are being abused you may feel alone and unable to make any serious decisions.

Advice and Support?

The organisations listed on this card will offer advice and support which may help.

You may just want to talk to someone about your options and not make any changes at the moment.

Are you physically, emotionally, or sexually abused by your partner or a family member?

If you feel alone, unsure what to do, or just want to talk in confidence, the organisations listed on this card may be able to help you.

You can also speak to your GP, midwife or Health Visitor

By contacting these numbers, you will not lose control of your life - you can just talk, ask questions, and find out more information to help you make decisions.

Housing Options
Homeless Services
01902 554747
www.wolverhampton.gov.uk

ISVA
Advice for rape and sexual assault victims
01902 554598

Criminal Justice IDVA
01902 555276

Recovery Near You
Substance misuse
0300 200 2400
www.recoverynearyou.org.uk

Base 25
Information for young people
08000 730322
Mon, Tues, Thurs 2-6pm
Weds 2- pm, Fri 2- 5pm

Broken Rainbow
(LGBT) for survivors of same sex domestic abuse
0800 999 5428
Mon-Fri: 9am - 1pm and 2-5pm
www.brokenrainbow.org.uk

Relate
01902 428447
www.relate-wolverhampton.org.uk

Karma Nirvana
Helpline for Forced Marriage & Honour - Based Violence
0800 599 9247
Mon-Fri 9am-5pm
www.karmanirvana.org.uk

NSPCC FGM Helpline
0800 028 3550
24 hours a day

In an emergency, always call 999

Samaritans
01902 426422
24 hours a day
www.samaritans.org.uk

Victim Support
0300 303 1977
Mon—Fri 9am - 5pm

Adults Social Care
01902 551199
www.wolverhamptonsafeguarding.org.uk

Changing Lives
Addiction, Homelessness, Women's Services
01902 341822
www.changing-lives.org.uk

Children's Social Care
01902 555392