

These organisations can give you advice, whether or not you want to leave a 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
- Passports / visas
- Keys
- Child's favourite toy
- Medicines

The Haven Helpline
(for women and men)

0800 194400

24 hours a day

havenrefuge.org.uk

Live online web chat

Mon-Fri 9am-5pm

youmatterhaven.org.uk

Male DV Advice Line

0808 801 0327

Mon-Fri 10am - 8pm

mensadviceline.org.uk

Police DV Unit 101, or 999 (emergencies)



wolverhamptonsafeguarding.org.uk

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.

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

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

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

Mon-Fri 9am-4pm

wolverhampton.gov.uk

Black Country Women's Aid

0121 552 6448

24 hr Helpline

0121 553 0090

Mon-Fri 9am-5pm

blackcountrywomensaid.co.uk

Advice for rape and sexual assault victims

Recovery Near You
Substance misuse

0300 200 2400

recoverynearyou.org.uk

Base 25
Information for young people

Text

07800 002 222

Mon-Fri 9am-5pm

Galop
LGBT+ Domestic abuse helpline

0800 999 5428

See website for helpline times

galop.org.uk

Samaritans

01902 426422

24 hr Helpline

samaritans.org.uk

In an emergency, always call 999

West Midlands Honour Based Violence and Forced Marriage Helpline

0800 599 9247

24 hr Helpline

or karmanirvana.org.uk

Victim Support

0300 303 1977

Mon-Fri 9am-5pm

victimsupport.org.uk

Changing Lives

Addiction, Homelessness, Women's Services

01902 341822

Mon-Fri 9am-5pm

changing-lives.org.uk

NSPCC FGM Helpline

0800 028 3550

24 hr Helpline

or email: fgm.help@nspcc.org.uk

Dorcas FGM Support

07462 837349

Mon-Fri 9am-5pm

dorcasuk.com

Adults' Social Care

01902 551199

See website for times. Emergency out-of-hours no. 01902 552999

Children's Social Care

01902 555392

wolverhamptonsafeguarding.org.uk