

# Support available in Wiltshire and Swindon:

**! If you feel in immediate danger call 999**

## **SPLITZ**

Splitz Support Services provide support to adults and young people who are experiencing domestic abuse and sexual violence. **01225 775276** (8am – 5pm Monday to Friday)  
**www.splitz.org**

## **Wiltshire out of hours support**

Provides advice and support outside office hours for adults and young people in Wiltshire who are experiencing domestic abuse **01793 610610** (5pm – 9am Mon to Friday and 24 hours at weekends and bank holidays)

## **Swindon Domestic Abuse Support Service**

Providing a 24hour helpline, support and advice for adults and young people in Swindon who are experiencing domestic abuse. **01793 610610**

## **Chathealth**

Text service available to young people at secondary school. Allowing them to reach out to the school nurse team for help about a range of issues. Available to anyone aged 11-19 at secondary school  
Text at anytime – **07480 635513** – response will be between 9am and 4pm

## **Childline 0800 1111**

If you are a child and in a situation where you may be experiencing domestic abuse, Childline can offer some advice and support through their free 24 hour confidential helpline  
Phone **0800 1111**  
**www.childline.org.uk/info-advice/home-families/family-relationships/domestic-abuse**

## **NSPCC Helpline**

24/7 free advice and support for adults concerned about the safety and welfare of children and young people  
**0808 800 5000**  
**www.nspcc.org.uk/helpline**  
Text **88858**

## **Family Lives**

A national charity that works for and with families  
**0808 800 2222**  
**www.familylives.org.uk**

## **Rape Crisis**

Offers a range of specialist services for women and girls who have been raped or experienced another form of sexual violence – whether as adults, teenagers or children  
**0808 802 9999**  
**www.rapecrisis.org.uk**

## **Victim Support**

A national charity that can help you and your child if they have been a victim of abuse or violence.  
**0845 30 30 900**  
**www.victimsupport.org**

## **The National Domestic Abuse Helpline**

24 hour helpline run by Refuge for women experiencing domestic abuse, their family, friends and other who may call on their behalf  
**0808 2000 247**  
**www.nationaldahelpline.org.uk**

## **Refuge**

Provides safe, emergency accommodation and emotional and practical support to women and children experiencing domestic abuse  
**www.refuge.org.uk**

## **Womens Aid**

Provides practical support and information for women experiencing domestic abuse  
**www.womensaid.org.uk**

## **Mens Advice Line**

Confidential advice for men experiencing domestic abuse from a partner  
**0808 801 0327**  
(Monday to Friday, 9am - 5pm)  
**www.mensadvice.org.uk**

## **Mankind Initiative**

Confidential help and support for make victims of domestic abuse  
**01823 334244** (Monday – Friday 10am - 4pm)

## **National Lesbian, Gay, Bisexual and Trans Domestic Violence Helpline**

Run by Galop provides support to LGBT people suffering domestic abuse  
**0800 999 5428**  
**www.galop.org.uk**

## **Respect**

Offers confidential advice and support to help those who want to stop being violence and abusive t their partners or ex-partners  
**0808 802 4040**  
**www.respectphonenumber.org.uk**