

Health

NHS direct **0845 46 47**
24 hour helpline

Hospitals

Weston Hospital **01934 636 363**
Southmead Hospital **0117 950 5050**

FRANK national drugs helpline **0800 776 600**
24 hour drugs information service

Wellwomen **0117 941 2983**
Advice on women's health issues

Battle Against Tranquillisers **0117 966 3629**
Help for people who take tranquillisers

General

Self Harm Alliance **01242 578 820**
7-8pm support for people who self-harm

Care Connect **01275 888 801**
Information for vulnerable, disabled, and/or older people on any issue

Domestic Abuse

www.endabuse.org.uk website signposting support available on domestic abuse in North Somerset and the UK

DAFFs support line **0800 69 49 999**
Single point of contact to agencies in North Somerset (NB: not an emergency number)

Gemini Project **0870 066 4233**
Safe emergency accommodation for women and men

NADA **01934 627 841**
Support for women in abusive relationships or at risk of abuse. Including floating support across North Somerset, drop-ins, some children's activities

Women's Aid/Refuge **0808 2000 247**
24 hr helpline for women in abusive relationships

The Mankind Initiative **0870 794 4124**
Support for men experiencing domestic abuse

The Star Project **01934 638 179**
Positive advice and practical support for people suffering all forms of abuse

The Women's Project **01934 429 811**
Low cost counselling, an emergency fund and support groups for women who are in or have left abusive relationships

Domestic Abuse

Does your partner or a family member:

- put you down?
- control your movements, friendships, money?
- ever frighten you?

If you answer yes to any of the above, you may be in an abusive relationship. You do not have to be hit to be abused.

Support In North Somerset

If you are being abused:
you are not alone, there is help available:

24 hr Women's Aid/Refuge Helpline
0808 2000 247
for someone to talk to

www.endabuse.org.uk
for local support

For your safety you can detach this bit of the leaflet so that you are left with a list of telephone numbers on various subjects.

Protect yourself and only call when safe to do so, a call to some agencies may arouse less suspicion than others.

It's worth thinking now about what you might need if you have to leave in a hurry:

- keep this card handy where it won't be found
- if safe, put the following away or leave with a friend: paperwork (birth certificates, benefit books etc), cash, clothes, toiletries, keys
- think about transport to get away
- arrange a signal with a friend so they know when you are going
- don't forget your children's favourite toys.

If it is not safe to hide things away at least think about where the things you need are and how you could collect them in order to leave quickly.

But remember that the most important thing is that you and your family are safe. You can always replace possessions.

Designed in consultation with Survivors' Advisory Group facilitated by NADA

For more copies of this leaflet or further information about domestic abuse services in North Somerset contact:

Louise Branch
Domestic Abuse Co-ordinator
01275 888 355
louise.branch@n-somerset.gov.uk



13887 10/06

Housing

Housing Advice Team **01275 884 080**
Advice for anyone who is, or may become homeless

North Somerset Housing
Floating Support Services **01934 523 800**
One to one support for anyone in North Somerset

Shelter helpline **0808 800 4444**
24 hour housing advice line

Crime

Police
main switchboard **0845 456 7000**

Crime Stoppers **0800 555 111**
Report crime in confidence

Victim Support **01934 638 179**
One to one support for any one experiencing any crime including domestic abuse, burglaries, harassment

Children/young people

North Somerset Council Child Protection
North **01275 851 231**
South **01934 888 266**
Out of hours **01454 615 165**
NSPCC **0808 800 500**
for anyone worried about a child
Childline **0800 1111**
For children/young people in distress

Law

Legal Services Commission **0845 345 4345**
contact details of solicitors and some legal advice

Citizens Advice Bureau **0870 1212 017**
Free, independent advice

Emergencies

North Somerset Council **01934 622 669**
Open 24 hours for housing emergencies etc

Transco Gas Emergencies **0800 111 999**
If you smell gas ring immediately