Domestic violence wrecks thousands of lives. If you are experiencing domestic violence, or know someone who is, the leaflet ‘You don’t have to live in fear of domestic violence’ can help.

You can get help and advice by ringing any one of these numbers:

Victim Support 0845 30 30 900
National Child Protection Helpline (NSPCC): 0800 800 500

In an emergency, always dial 999 (minicom 0800 112999)
You can get a copy of the leaflet, or further advice, from: or from the Home Office website www.homeoffice.gov.uk.