

Domestic abuse and sexual assault



If you are in immediate danger call 999

Silent solution | If you cannot speak to the police you can still dial 999. Listen to the questions and respond by making a noise (cough or tap the handset). On mobiles, if prompted, press 55 (this lets the operator know it is a genuine emergency and you will be put through to the police).


Emergency SMS | If you cannot make voice calls, you can contact 999 by SMS text from your mobile. You will need to register for this service in advance so do this before an emergency takes place.

Online activity | Be aware that your abuser might be tracking your search activity online. Please remember to delete your search history on your devices.

South Liverpool Domestic Abuse Service

Offers telephone and face to face emotional and practical support, therapeutic / self-esteem courses, activity groups and also specific services for young people


 0151 494 1777 (Freephone 0800 083 7114)

 sl-domesticabuseservices.org.uk

Liverpool Domestic Abuse Service


Provides one to one support, counselling, group programmes and specialist services to help women and girls live safe, independent lives

 0151 263 7474 (Freephone 0800 084 2744)

 liverpooldomesticabuseservice.org.uk

National Domestic Abuse Helpline (Refuge)


Provides specialist support for women and children. Help with emergency accommodation, money/benefits, keeping you/children safe, legal help and more

 0808 2000 247 | Call free, 24/7

 nationaldahelpline.org.uk

Men's Advice Line (Respect)


Support / services available for men. Includes emotional and practical help, understanding your rights / options, safely leave an abusive relationship


 0808 8010327 | Call free

 mensadviceline.org.uk

RASA Merseyside


Specialist support, independent advocacy, counselling, help and information for those affected by rape and sexual assault


 0151 558 1801

 rasamerseyside.org

Rape Crisis


Information and support to all those affected by rape, sexual assault, sexual harassment and all other forms of sexual violence

 0808 500 2222 | Call free, 24/7


 rapecrisis.org.uk

Galop (LGBTQ+ anti-abuse)

Supporting LGBTQ+ people who have experienced abuse, violence, hate crime or 'conversion therapy'. Includes advice, emotional support, advocacy around legal issues, info on safety / emergency housing

 0800 999 5428 | Call free

 help@galop.org.uk

 galop.org.uk