

Extra helpings | More support and advice about

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) or Text / SMS 07593 549004

 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  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  mensadviceline.org.uk

More details overleaf >

RASA Merseyide


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

 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

 help@galop.org.uk

 galop.org.uk