

Domestic Abuse Support – Greater Manchester

You are not alone. Help is available. All services listed are free, confidential, and non-judgemental.

If you are in immediate danger

Call 999. If you cannot speak, dial 999 and press 55.

24/7 National Support

National Domestic Abuse Helpline (Refuge) 0808 2000 247 www.nationaldahelpline.org.uk

Local Support

- 1 Oasis Domestic Abuse Service – 0161 241 2441 – www.oasisdaservice.org
- 2 The River Manchester – 0161 839 1854 – www.theriver.org.uk
- 3 Trafford Domestic Abuse Services – 0161 872 7368 – www.tdas.org.uk
- 4 DIAS Domestic Violence Centre – 0161 636 7525 – www.diasdvc.org
- 5 Safe in Salford – 0161 793 3232 – www.safeinsalford.org.uk

Specialist Support

- 1 We Are Survivors – 0161 236 2182 – www.wearesurvivors.org.uk
- 2 Greater Manchester Rape Crisis – 0161 273 4500 – www.manchesterrapecrisis.co.uk
- 3 Pankhurst Trust – 0161 820 8412 – www.pankhursttrust.org
- 4 Manchester Refugee Support Network – 0161 205 9494 – www.mrsn.org.uk
- 5 Women Asylum Seekers Together – 0161 834 4900 – www.wast.org.uk

What these services can help with

These services can support you with: - Staying safe and making a safety plan - Finding emergency accommodation (refuge) - Emotional support and counselling - Legal advice and advocacy (e.g. court, police) - Support for children and families - Help with housing, benefits, and practical needs - Specialist support based on your situation (e.g. men, migrants, sexual violence)

What is domestic abuse?

Domestic abuse can include physical, emotional, financial, sexual abuse and controlling behaviour.

Remember

You deserve to feel safe. Support is here whenever you are ready.