

Domestic & Sexual Violence



**Help & support
for Victims &
their children**

Safety first: Plan ahead

1. Tell someone about your situation - get help
2. Contact an IDVA for specialist support, advice, and safety planning.
This service is free and confidential
3. Keep your mobile phone charged and on you at all times.
Call 999 for the Police in an emergency
4. If you feel you are in danger at home, consider a code word that is recognised by a friend or neighbour who can call the police for you
5. If you are planning to leave, don't leave any clues and consider what you tell your children as they may unknowingly disclose your plan
6. Keep some money, clothes, important documents and any medication in a bag at a trusted friend's house
7. Explain to children that it is not their fault and they are never to blame for the violence. Tell them they should never try and stop the violence as they could get hurt. Teach them to dial 999 in an emergency.

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Important Phone Numbers

In an emergency or danger always call 999

Domestic Violence 24 hour Helpline	0808 2000 247
Independent Domestic Violence Advisor (IDVA) at Victims Support	020 7244 4552
Independent Domestic Violence Advisor (IDVA) at Women's Aid	0776 458 2194
Harrow Children & Families' Services	0208 901 2690
Harrow Adult Safeguarding Service	0208 420 9453
Harrow Housing Team	0208 424 1093
Harrow Police Community Safety Unit	0208 733 3462
Harrow Drug & Alcohol Service COMPASS	0208 861 2787
Forced Marriage Unit	0207 008 0151
West London Rape Crisis	0208 567 7347
Havens Sexual Assault Service	0203 312 1101
LGBT Helpline Broken Rainbow	0300 999 5428
Men's Advice Line	0808 801 0327
Child line	0800 1111
Stalking Helpline	0808 802 0300

(For more cards contact 0208 736 6285)