



Measures announced over recent weeks to tackle coronavirus (COVID-19) have seen people's day-to-day life be drastically altered. These changes are essential to beat coronavirus and protect our NHS.

The government acknowledges that the order to stay at home can cause anxiety for those who are experiencing or feel at risk of domestic abuse. Domestic abuse is unacceptable in any situation, no matter what stresses you are under.

For anyone who feels they are at risk of abuse, it is important to remember that there is help and support available to you.

You can find out more about what domestic abuse is and where you can get support by visiting the government [website](#).

### The following nationwide support services are also available to you:

**National Domestic Violence Helpline:** 0808 2000 247

<http://www.nationaldomesticviolencehelpline.org.uk/>

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**GALOP (LBGT):** 0800 999 5428

<http://www.galop.org.uk/>

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**Mankind Initiative (Male Victims):** 01823 334244

<https://www.mankind.org.uk/>

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**Men's Advice Line (Male Victims):** 0808 801 0327

<http://www.mensadvice.org.uk/>

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**Respect (for abusers):** 020 3559 6650

<http://respect.uk.net/>



If you live in Norfolk, the following support services are available to you:

**Leeway:** 0300 561 0077 Email: [referrals@leewaynwa.org.uk](mailto:referrals@leewaynwa.org.uk)

Norwich, Broadland, Breckland, West Norfolk

<https://www.leewaynsupport.org/>

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**Spurgeons (Norwich Connect):** 01603 628122 Email: [norwichconnect@spurgeons.org](mailto:norwichconnect@spurgeons.org)

Norwich

<https://www.spurgeons.org/#>

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**Orwell (Haven Project):** 0845 4674876/ 01508 533933

South Norfolk

<https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub>

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**Norfolk and Suffolk Victim Care:** 0300 303 3706

Email: [nsvictimcare@victimsupport.org.uk](mailto:nsvictimcare@victimsupport.org.uk)

Norfolk Wide

<https://www.nsvictimcare.org/contact-us/>

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**SARC – Sexual Assault Referral Centre – The Harbour Centre:** 01603 276381 (24/7)

Email: [contact@theharbourcentre.co.uk](mailto:contact@theharbourcentre.co.uk)

Norfolk Wide

<https://www.theharbourcentre.co.uk/>

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# Safeguarding and Wellbeing @ Wymondham College

## Domestic Abuse Support



**Sue Lambert Trust:** 01603 622406 Email: [info@suelambertrust.org](mailto:info@suelambertrust.org)

Norfolk Wide (based Norwich, and Great Yarmouth)

<https://www.suelambertrust.org/>

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**Norfolk Community Law Service:** 01603 496623 Email: [info@ncls.co.uk](mailto:info@ncls.co.uk)

Norfolk Wide

<https://www.ncls.co.uk/>

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**4 Women's Centre:** 0300 131 7983 Email: [4womenreception@homegroup.org.uk](mailto:4womenreception@homegroup.org.uk)

Wensum, Coast and Broads

<https://www.homegroup.org.uk/4women>

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**Multi-agency Safeguarding Hub (MASH):** 0344 800 8020

Norfolk Wide

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