

**NO MORE**

violence against women

the**WI**  
INSPIRING WOMEN

**Women's Aid Domestic Abuse Helpline**

**0808 2000 247**

**Bilingual Live Fear Free Helpline (Wales)**

**0808 8010 800**

**National LGBT+ Domestic Abuse Helpline**

**0800 999 5428**

**24/7 confidential free phones providing help and advice about violence against women and domestic abuse**

**Find your local service**

**To find help in your local area, volunteer or donate goods to a local service visit:**

**[www.womensaid.org.uk/domestic-abuse-directory](http://www.womensaid.org.uk/domestic-abuse-directory)**