

If you wish to leave, then these organisations can advise you. There are places you can go and live safely

The items on this list are not essential, but if you are planning to leave you may consider taking:

- Benefit books
- Money
- Bank books & cards
- Driving licence
- Family Photographs
- Birth certificates
- Change of clothes
- Passports/Visas
- Keys
- Childs favourite toy
- Medicines

The Haven
01902 713001
Support for women suffering domestic violence
24 hours a day
www.havenrefuge.org.uk

Housing & Social Services
01902 556556
Mon-Fri 9-5pm
01902 552999
out of hrs

The National Domestic Violence Helpline
0808 2000247
24hrs

In an emergency dial 999



Wolverhampton
Domestic Violence Forum
www.wdvwf.org.uk

Keep this card safe by placing it behind bank cards or photographs in your purse.

If you are being abused you may feel alone and unable to make any real decisions

Advice & Support ?

The organisations listed on this card will offer advice and support that may help

Perhaps you don't want to make any changes, you just want to talk to someone. That is your choice and no-one can force you to leave or end the relationship.

Are you **Physically emotionally or sexually abused** by your partner

or a family member? If you feel alone and unsure what to do, the organisations on this card may be able to help you.

If you would like to talk to someone in confidence, about your situation, the following organisations will listen and try to help. By contacting these numbers you will not lose control of your life - you can just talk and ask questions, you can find out more information to help you make decisions.

AWAAZ
01902 571260
Asian Women's Adhikar Association
Mon-Fri 10-4pm
Closed between 1-2.00pm

Solace
02476 222988
Advice & support for African Caribbean Women
Mon-Fri 9.30-5pm

Base 25
01902 572040
Mon-Fri 9-5pm
0800 073 0233
Information for young people
Mon, Tues, Thurs 2pm-6pm
Weds 2pm-9pm
Fri 2pm-5pm
www.base25.info

Broken Rainbow
0208 5399507
Survivors of same sex domestic abuse
Mon-Fri 9am-1pm, 2pm-5pm

Samaritans
01902 426422
24 hours a day
www.samaritans.org.uk

HUMDARD
0121 559 9000
Information & support for Asian Women
24 hours a day

Police Domestic Violence Unit
0845 1135000
Ask to be put through to your local Domestic Violence Officer
24 hr answerphone

Sanctuary Project Helpline (Low Hill)
FREEPHONE 0800 0725171
24 hr answerphone

SOLA
0207 3287389
Survivors of lesbian abuse
Tues-Fri 10am-5pm

Victim Support
01902 572500
24 hr answerphone
Mon-Fri 9-5pm

Rape and Sexual Assault Support Service
01902 572505
24 hr answerphone
Mon-Fri 9-5pm