



DOMESTIC ABUSE HOW TO GET HELP

Call 999 if you are in immediate danger

If you have just experienced, or are at risk of, sexual or domestic violence try to be somewhere that feels safe and find a trusted friend or family member to be with you.

In a non-urgent situation call:

PIPPA Helpline: 02380 917917

Open 09.30 – 16.30 Monday - Friday for information, advice and support

For support out of hours:

Hampshire: Aurora New Dawn: 24/7 helpline number: 02394 216 816

National: National Domestic Abuse Helpline Freephone 24/7 0808 2000 247

You can also talk to:

- **Your GP**
- **Yellow Door:** for information, advice or support about sexual violence/abuse call 02380 636313. The telephone helpline is open 12.00 - 14.00 Monday – Friday.
- **Police Safeguarding Team: 023 8053 3291**

Always ring 999 in an emergency