

## Support and Advice Numbers

Below are numbers of agencies that might be helpful, but in an emergency if you or anyone else is at risk always call **999**.

**If you cannot talk, wait for the operator to speak then press 55 so they know you need help.**

Avon and Somerset Police (non urgent)	101	24hour
Domestic Abuse 24hour Helpline	0808 2000 247	24hour
Southside – DV and Family advice	01225 331243 or 07394 559864	Office hours
SARSAS (Rape & Sexual Abuse Support)	0808 801 0456 or 0808 801 0464	Mon & Fri: 11am–2pm Tues, Wed & Thurs: 6pm–8pm
Bath Mind Breathing Space (evenings)	Telephone: 01225 983130 Email: <a href="mailto:breathingspace@batmind.org.uk">breathingspace@batmind.org.uk</a>	Mon - Thurs 5.30pm -11.30pm Fri - Sun 6.00pm - 10.30pm
Samaritans	116 123	24hour
Forced Marriage Unit	0207 008 0151	9am-5pm
Karma Nirvana (Honour Based Abuse)	0800 5999 247 <a href="http://www.karmanirvana.org.uk">www.karmanirvana.org.uk</a>	9am-5pm
Switchboard LGBTQ+	0300 330 0630	24hour
Galop – LGBTQ+ Domestic abuse helpline	0800 999 5428	Mon to Fri 10am – 5pm Wed and Thurs 10am – 8pm
NHS Health Advice	111	24 hours
CALM (Mental Health Crisis Hotline)	0800 58 58 58	5pm – midnight
Shout (Mental Health text support)	85258 (text)	24hour
Family lives (formally Parentline Plus)	0808 800 2222	Mon-Fri 9am-9pm Sat/Sun 10am – 3pm