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) Domestic Abuse 24hour Helpline Southside – DV and Family advice 07394 559864 SARSAS (Rape & 0808 801 0456 or 0808 801 0464 Sexual Abuse 0808 801 0464 Support) Bath Mind Breathing Space (evenings) Famil: breathingspace@bat hmind.org.uk Samaritans 116 123 24hour Samaritans 116 123 24hour Forced Marriage 0207 008 0151 9am-5pm (Honour Based Abuse) karmanirvana.org.uk Switchboard LGBTQ+ 0800 999 5428 Mon to Fri 10am – 5pm Domestic abuse helpline NHS Health Advice 111 24 hours CALM (Mental Health Crisis Hotline) Shout (Mental Health text support) Family lives (formally Parentline Police (100 and 100 and 10		T	<u> </u>
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