The Home Office leaflet [**Three steps to escaping domestic violence**](http://www.homeoffice.gov.uk/publications/crime/3-steps-escaping-dv/?view=Standard&pubID=979904) has been published to support victims in escaping domestic abuse and keeping safe. It's available in 12 languages.

[**The Survivor’s Handbook**](https://www.womensaid.org.uk/the-survivors-handbook/), produced by [**Women’s Aid**](https://www.womensaid.org.uk/), provides practical support and information for women experiencing domestic abuse, with simple guidance on every aspect of seeking support. An[**abbreviated version**](https://www.womensaid.org.uk/the-survivors-handbook/different-languages/) is available in other languages.

**Useful Links**

**Bambuuu** offer Survivor support, training courses and 1:1 support 9am until 7pm

Email: [bambuuu@protonmail.com](mailto:bambuu@protonmail.com)

Call: 07391644297 or 07391644232

[**Bright Sky**](https://www.hestia.org/brightsky) is a useful app, how to download is on the link

[**Crossroads Derbyshire**](http://www.crossroadsderbyshire.org/about-us/) offer a range of confidential support and advisory services to women, men, children and young people suffering the damaging effects of domestic abuse including:

* refuge for young women and children needing a safe place to stay
* outreach services for women and men
* community programmes for young people
* counselling for women and men
* specialist services for children

**Derbyshire Domestic Abuse Helpline** (Derbyshire.gov.uk)

Free confidential advice from the Derbyshire Domestic Abuse Helpline

Derbyshire Domestic Helpline Mon-Fri 8am-10pm

Call: 08000 198 668

Text: 07534 617 252

**Derby Womens Centre**

Domestic Violence Support, Counselling, Activities & Therapies and much more,

4 Leopold Street

Call: 01332 341633

[**The Elm Foundation**](ttps://www.theelmfoundation.org.uk)

Offering support services to adults and children affected by domestic abuse, including community outreach, telephone and group support and training programmes, refuge accommodation and therapy in Chesterfield, North-East Derbyshire, Bolsover and parts of Amber Valley

[**Galop**](https://galop.org.uk/) provides a National Lesbian, Gay, Bisexual, and Transgender + (LGBT+) Domestic Abuse Helpline, which offers emotional and practical support for LGBTQ+ people experiencing domestic abuse.

Call: 0800 999 5428

[**Karma Nirvana**](https://karmanirvana.org.uk/) is a national charity supporting victims of honour-based abuse and forced marriage run a national helpline offering direct support and guidance to victims and professionals. Karma Nirvana provides training to the Police, NHS and Social Services. We act as expert witnesses in court, speak out in schools and attend awareness raising events nationally and internationally. In addition, our team lobby government and after 10 years of campaigning, forced marriage became a criminal offence in 2014.

Call: 0800 5999 247

[**Men’s Advice Line**](https://mensadviceline.org.uk/) is a confidential helpline, email and webchat service for male victims of domestic abuse. They offer advice and emotional support to men who experience abuse, and signpost to other vital services that help men keep themselves (and their children) safe.

Call: 0808 8010 327

[**Refuge**](https://www.refuge.org.uk/) provides the National Domestic Abuse Helpline, which provides free advice 24 hours per day. They also offer a live chat facility Monday to Friday from 3pm until 6pm. In fleeing domestic abuse, people may need to access specialist refuge accommodation. The helpline can help find a refuge vacancy. They can also provide support to find other specialist services in the community, which can provide support whether someone has left their partner or not.

Website: [www.refuge.org.uk](http://www.refuge.org.uk)

Call: 0808 2000 247

[**SAIL**](https://www.sailderbyshire.org.uk/), the Sexual Abuse and Incest Line (based in Chesterfield) offers free, specialist counselling for adults aged 18 and over in Derbyshire who have experienced childhood sexual abuse, incest or sexual violence.

Email: [helpline@sailderbyshire.org.uk](mailto:helpline@sailderbyshire.org.uk)

Call: 0800 028 2678

Text: 07522561397

Salcare[**ESCAPE**](https://www.salcare.org.uk/escape) provides support for all victims of domestic abuse regardless of gender or community, for the people of Amber Valley and Erewash. ESCAPE works with other agencies to support families to make the changes they need so that they are safe. They also have an Independent Domestic Violence Advocate (IDVA) who can work with those who are at high risk of significant harm.

Call: 01773 765899

[**SV2**](https://www.sv2.org.uk/) is a charity commissioned by NHS England, Derbyshire Constabulary and Derbyshire County Council to provide the County’s Sexual Assault Referral Centre (SARC) service. This service includes forensic medical examinations, crisis worker support, Advice Line and support from Independent Sexual Violence Advisers (ISVAs).

Call: 01773 746115

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