

Advice Lines:

Norfolk Leeway Womens Aid – information, services & support	0845 241 2171
Norfolk SeVa (Sexual Violence Alliance)	01603 622406
Helpline for women	01603 667687
Helpline for men	0808 8084321
National Women's Aid	
Freephone 24hrs	0808 2000 247
Samaritans (24 hrs)	08457 909090
Relate	0300 100 1234
Childline (24 hrs)	0800 1111
Waveney Woman's Aid Helpline	0800 587 7890

Local Refuges:

Haven, South Norfolk	01379 642300
Bury St Edmunds	01284 753085
Leeway	0845 241 2171
Lowestoft 24hr	0800 587 7890

Internet Addresses:

www.leewaysupport.org
www.south-norfolk.gov.uk
www.womensaid.org.uk
www.nspcc.org.uk
www.nacab.org.uk

South Norfolk Domestic Abuse Survival Card



Have you, or someone you know, ever experienced the following from a partner or ex-partner or family member?

These are examples of domestic abuse.

- Verbal abuse
- Enforced isolation from family or friends
- Withholding of money
- Actual or threatened physical harm
- Sexual assault
- Bullying

So what is domestic abuse?

Domestic abuse involves a range of abusive and violent behaviour, where a person exerts control over another person. It is the emotional, physical, sexual, psychological or financial abuse of a person by their partner, family member or someone with whom there is or has been a relationship.

In a crisis your safety is vital. If you are planning to leave or need advice, consider contacting one of the following agencies:

Police: 999
Norfolk Police
Non Emergency Number 0845 456 4567

Citizens' Advice Bureaux:
Diss 01379 651333
Thetford 01842 752777
Wymondham 01953 603977
Norwich 01603 765783

Housing:
South Norfolk Council
Freephone 0808 168 2000
Out of Hours Helpline 01603 213700

Norfolk Victim Support:
Referrals 0845 389 9521
Supportline 0845 303 0900
Email norfolk.referrals@victimsupport.org.uk
Website www.victimsupport.org.uk

**Norfolk County Council
Social Services:**
24 hrs 0844 800 8014