

# Do you need help to keep you and your family safe?

*Any one of us can find ourselves needing support. If you need advice all of these organisations are completely confidential, non-judgmental and can help you make some decisions or changes to keep safe.*

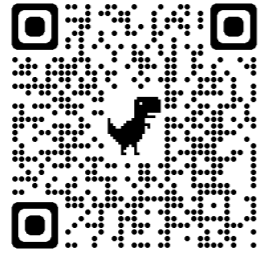
## Athena

Run by Refuge

Working in Lewisham  
to end gender-based violence

Call: 0800 112 4052

email: [lewishamvawg@refuge.org.uk](mailto:lewishamvawg@refuge.org.uk)



Are you a man suffering  
from domestic abuse?

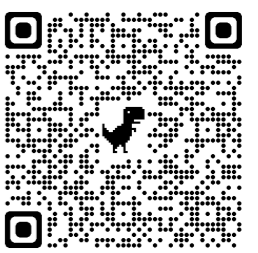
Call: 01823 334 244



## childline

ONLINE, ON THE PHONE, ANYTIME

[childline.org.uk](http://childline.org.uk) | 0800 1111



WOMEN & GIRLS



Call: 0808 801 0660

Mon-Fri 10am and 4pm, Wed 6pm-9pm.

Or email: [advice@wgn.org.uk](mailto:advice@wgn.org.uk)



## THE DEAF HEALTH CHARITY SIGNHEALTH

Text 07800 003421

email: [da@signhealth.org.uk](mailto:da@signhealth.org.uk)



## Refuge

Call: 0800 112 4052

National Domestic Abuse Helpline



National LGBT+ Domestic Abuse Helpline:  
0800 999 5428



## women's aid

until women & children are safe

Live chat and email support:

[www.womensaid.org.uk/  
information-support/](http://www.womensaid.org.uk/information-support/)



## Respect

Support for male perpetrators  
of Domestic Violence

[www.respect.uk.net/pages/18-contact-us](http://www.respect.uk.net/pages/18-contact-us)



Bright Sky APP and website provides practical support and information on responding to domestic abuse for anyone experiencing it, or who is worried about someone else.

*Please only download the app if it is safe for you to do so and if you are sure that your phone isn't being monitored.*



[www.breathingspace-ava.org.uk/](http://www.breathingspace-ava.org.uk/)



Support at a pharmacy  
where you see this sign

- Ask pharmacy staff for ANI (pronounced Annie).
- Staff will take you to a private room and ask if you would like them to call the police or a domestic abuse helpline.
- If you do, they will use their phone to keep you safe.



Lewisham Children  
and Family Centres

[www.lewishamcfc.org.uk](http://www.lewishamcfc.org.uk)

