

UK DOMESTIC ABUSE HELPLINES

Free, confidential and 24/7 support for victims of domestic abuse. Correct as of March 2024

UK wide	Women's Aid	Online live chat Local support near you
England	Refuge Domestic Abuse Helpline	0808 2000 247 Online live chat
Northern Ireland	Domestic & Sexual Abuse Helpline	0808 802 1414 Online live chat
Scotland	Domestic Abuse & Forced Marriage Helpline	0800 027 1234 Online live chat
Wales	Live Fear Free	0808 80 10 800 Online live chat

East and Southeast Asian Charities

<u>Southeast and East Asian Centre (SEEAC) - London</u>	info@seeac.org.uk
<u>Kanlungan Filipino Consortium - London</u>	020 3983 1871
<u>Centre 151</u> (For refugees from Vietnam, Laos & Cambodia) - London	02077393650
<u>East and Southeast Asian Scotland (ESAS)- Scotland</u>	letstalkesas@gmail.com (befriending support)
<u>Asian Resource Centre - Birmingham</u>	01215230580