

## Domestic abuse

If you, or someone you know is at risk of domestic abuse then you can call:

Refuge: <https://refuge.org.uk/>

National Domestic Abuse Helpline: 0808 2000 247

Men's advice: 0808 801 0327

LGBTQ+ Helpline: <https://idas.org.uk/what-we-do/domestic-abuse-support/lgbtq-victims-of-domestic-abuse/#:~:text=Domestic%20abuse%20can%20happen%20in,who%20is%20subject%20to%20abuse.>

Domestic Abuse Support Service (DASS): <https://impakt.org.uk/domestic%20abuse/>

Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence Partnership who will also support with child and adolescent to parent violence and abuse:

[https://www.cambsdasv.org.uk/web/childadolescent\\_to\\_parent\\_violence\\_and\\_abuse/533388](https://www.cambsdasv.org.uk/web/childadolescent_to_parent_violence_and_abuse/533388)

There is also the Freedom programme: <https://www.freedomprogramme.co.uk/>

If it is an emergency, please call 999.

Where to find out more on the website:

Visit [www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk) and look under Find Support