

**“It’s just because...  
the children don’t  
go to school.”**

If you’re worried, don’t  
make excuses, act.

# **Domestic abuse is everyone’s business**



**You might think it’s none of your  
business, or worry you’ll say the wrong  
thing, but now more than ever, we need  
to keep each other safe.**

If you’re worried about someone:

- **Be safe:** remember - social media, phone and emails might be monitored. Don’t confront the abuser.
- **Be kind:** listen, make suggestions, not demands.
- **Be there:** be understanding and available.

- **Get help:** contact organisations overleaf for support and information.
- **Call 101** if you are concerned about a friend or loved one, or that someone’s behaviour is abusive.
- **Call 999** if you think there’s an immediate danger.

**If you or someone you  
know is experiencing  
domestic abuse, then these  
organisations overleaf  
can help.**

# Where to get help

## **Northumberland**

DASN - Domestic Abuse  
Service Northumberland  
01670 820199

## **North Tyneside**

Harbour  
0191 2513305

## **Gateshead**

Domestic Abuse Team Gateshead  
0191 4333333

## **Newcastle**

NIDAS - Newcastle  
Integrated DA Services  
0191 2146501

## **South Tyneside**

Impact Family Services  
0737 5788835

## **Sunderland**

Wearside Women in Need (WWIN)  
0800 0665555 : 24/7 helpline  
wwin.org.uk : online chat

## **Angelou Centre**

(support for BME/refugees)  
0191 2260394

## **National Domestic Abuse Helpline**

0808 2000247

## **Men's Advice Line**

0808 8010327

## **National LGBT+ Domestic Abuse Helpline**

0800 9995428

## **Women's Aid**

Online chat  
[www.chat.womensaid.org.uk](http://www.chat.womensaid.org.uk)