



“It’s just because... the mental health problems make things hard.””

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