

**“It’s just  
because...they  
wind each other  
up all the time.”**

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)