**Us Too project**

**Domestic Abuse & Sexual Violence services in Devon & Cornwall**

National helplines:

National Domestic Violence 24 hour Helpline: 0808 2000 247

National LGBT+ Domestic Abuse Helpline 0800 999 5428 [help@galop.org.uk](mailto:help@galop.org.uk)

Men’s Advice Line 0808 801 0327 (office hours) [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

Rape crisis helpline 0808 802 9999

***Police***: 999 (if you are in immediate danger) or 101

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Who** | **Where** | **Phone** | **Email** | **Other info.** |
| Devon Domestic Abuse Support Services (Splitz) | Devon | 0345 155 1074 | [admin.devon@splitz.org](mailto:admin.devon@splitz.org) |  |
| Stop Abuse for Everyone | Devon | 030303 00 11 2 | [hello@safe-services.org.uk](mailto:hello@safe-services.org.uk) |  |
| North Devon Against Domestic Abuse (NDADA) | North Devon | 01271 321 946 |  |  |
| First Light | Devon and Cornwall | **0300 777 4777** | [reach.support@firstlight.org.uk](mailto:reach.support@firstlight.org.uk) | Office hours only. |
| Cornwall Domestic Abuse | Cornwall | 01872 225629 |  | 24 hour helpline |
| Women’s Centre | Cornwall | 01208 79992 |  |  |
| West Cornwall Women’s Aid | West Cornwall | 01736 367539 | [support@wcwaid.co.uk](mailto:support@wcwaid.co.uk) |  |
| Plymouth Domestic Abuse Services (PDAS) | Plymouth | [0800 458 2558](tel:+448004582558) |  |  |



**Safeguarding: Adults**

Cornwall 0300 1234 131 (out of hours number 01208 251300) or email [accessteam.referral@cornwall.gov.uk](mailto:accessteam.referral@cornwall.gov.uk)

Devon 0345 1551 007 [csc.caredirect@devon.gov.uk](mailto:csc.caredirect@devon.gov.uk)

Plymouth 01752 668000, and choose the Adult Social Care option.

Torbay 01803 219700

**Safeguarding: Children**

Cornwall 0300 123 1116

Devon 0345 155 1071 Email: [mashsecure@devon.gov.uk](mailto:mashsecure@devon.gov.uk)

Plymouth 01752 668000 Email [gateway@plymouth.gov.uk](mailto:gateway@plymouth.gov.uk)  (outside normal hours call 01752 346984)

Torbay  [01803 208100](tel:01803208100)  Email [mash@torbay.gov.uk](mailto:mash@torbay.gov.uk) (out of office hours [0300 4564 876](tel:03004564876))

