**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

Men’s Advice Line 0808 801 0327 (office hours) 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 |  |
| Stop Abuse for Everyone | Devon  | 030303 00 11 2 | 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 | 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  |  |
| Plymouth Domestic Abuse Services (PDAS) | Plymouth | 0800 458 2558 |  |  |



**Safeguarding: Adults**

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

Devon 0345 1551 007 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

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

Torbay  01803 208100  Email mash@torbay.gov.uk (out of office hours 0300 4564 876)

