

Are you a vulnerable adult experiencing domestic abuse?

Help and support are available

What is domestic abuse ?

It's any type of controlling, bullying, threatening or violent behaviour between people in a family, relationship or past relationship over the age of 16

What could happen ?

Stopping you going out or seeing friends, taking your phone away, controlling your money, using physical and/or sexual violence

Who can help?

You can contact the independent domestic abuse advisor who will help you find the right support. You can also contact Haringey police, your doctor, Hearthstone or Solace. All contacts are over the page...





Useful contacts

Independent Domestic Violence Advisor Service

0300 012 0213
www.niaendingviolence.org.uk
will help you find the best service to help you

Haringey Police

0207 230 1212(24 hour) :
Tottenham Police Station
398 High Road N17 9JA

Solace Women's Aid

Advice at home and Silver Project for older women
0808 802 5565

Council tenants should contact Homes for Haringey

Tenancy Management@
homesforharingey.org
0208 489 5611

Hearthstone Domestic Violence Advice and Support Centre

10 Commerce Road, Wood Green N22 8ED

0208 888 5362

IMECE Women's Centre for Turkish, Kurdish and Turkish Cypriot women

Advice line: 0207 354 1359
or
info@imece.org.uk

Victim Support

Free phone: 0808 168 9 111
www.victimsupport.org.uk

Men's Advice Line

0808 801 0327

For men seeking help for their abusive behaviour,
call RESPECT on: 0808 802 4040

London LGBT Domestic Abuse Partnership

0207 704 2040
referrals@galop.org.uk

If you are worried about a child – contact Children's Services Single Point of Access (SPA) 020 8489 4470, Out of office hours/ weekends: 020 8489 0000

