

## Domestic Abuse – NHS website support contact details:

You can always speak to your GP and Nurse.

### Birmingham and Solihull Women's Aid

Website - <https://bswaid.org/>

Freephone Helpline – 0808 800 0028

### Refuge

Website - <https://refuge.org.uk/>

Freephone Helpline – 0808 200 0247

### Mankind

Website - <https://mankind.org.uk/>

Telephone – 01823 334244

### Cranstoun

Website - <https://cranstoun.org/>

Telephone – 0121 633 1750

### Birmingham LGBT Independent Domestic Violence Advocate (IDVA)

Website - **Birmingham LGBT**

Telephone – 0121 643 0821

### Panahghar

Website - <https://www.safehouse.org.uk/>

Telephone – 0800 055 6519