



# Plymouth Domestic Abuse Service: *break the silence*



*Plymouth Domestic Abuse Service provides support for men, women and children who need advice and protection from domestic abuse.*

We offer a wide range of help, including a refuge, office-based support and confidential advice. You have the right to feel safe.

# Plymouth Domestic Abuse Service



Domestic abuse is the physical, financial, emotional or sexual abuse of one person by another person, usually within an intimate relationship.

With no boundaries, it occurs irrespective of class, age, race, cultural or religious background, ability or sexuality.

## How we can support you

The Plymouth Domestic Abuse Service offers a wide range of advice and support, including:

- One-to-one emotional and practical support for men, women and children
- Advocacy
- Co-ordination of safe transfers into local or nationally-based refuges
- Linking children into education and activities
- Safety planning
- Group work
- Links to the community, training and activities
- Connections to legal and benefits advice
- Refuge accommodation

Sanctuary Supported Living takes great pride in quality and professionalism. For further details and to find out what we can do to support and help you, we are only at the other end of the phone.

- Support through the criminal justice system
- Floating support
- Safe house accommodation

We can help by providing safety planning - whether you are in the process of leaving a relationship, wish to stay or have left. This includes advice on housing options.

Regular one-to-one support sessions, in a safe and non judgemental environment, will allow you to talk in confidence about your feelings and concerns.

## Get in touch

Plymouth Domestic Abuse Service can be reached on:

01752 252 033

The number for Plymouth refuge is:

01752 562 286

In addition, in a non-emergency, you can contact the police by calling 101 and the 24-hour national helpline by Women's Aid and Refuge can be reached on:

0808 2000 247

**Remember - if you are in immediate danger, contact 999**

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