

**“It’s just because...
coping with the
disability must
be really hard”**

If you’re worried, don’t
make excuses, act.

Domestic abuse is everyone’s business



**You might think it’s none of your
business, or worry you’ll say the wrong
thing, but now more than ever, we need
to keep each other safe.**

If you’re worried about someone:

- **Be safe:** remember - social media, phone and emails might be monitored. Don’t confront the abuser.
- **Be kind:** listen, make suggestions, not demands.
- **Be there:** be understanding and available.

- **Get help:** contact organisations overleaf for support and information.
- **Call 101** if you are concerned about a friend or loved one, or that someone’s behaviour is abusive.
- **Call 999** if you think there’s an immediate danger.

**If you or someone you
know is experiencing
domestic abuse, then these
organisations overleaf
can help.**

Where to get help

Northumberland

DASN - Domestic Abuse
Service Northumberland
01670 820199

North Tyneside

Harbour
0191 2513305

Gateshead

Domestic Abuse Team Gateshead
0191 4333333

Newcastle

NIDAS - Newcastle
Integrated DA Services
0191 2146501

South Tyneside

Impact Family Services
0737 5788835

Sunderland

Wearside Women in Need (WWIN)
0800 0665555 : 24/7 helpline
wwin.org.uk : online chat

Angelou Centre

(support for BME/refugees)
0191 2260394

National Domestic Abuse Helpline

0808 2000247

Men's Advice Line

0808 8010327

National LGBT+ Domestic Abuse Helpline

0800 9995428

Women's Aid

Online chat
www.chat.womensaid.org.uk