

# Truro Nursery School

## Domestic Abuse how to get help



### Top Tips for anyone!

In an emergency call  
**999**

**Women** can call [The Freephone National Domestic Abuse Helpline, run by Refuge](#) on [0808 2000 247](#) for free at any time, day or night. The staff will offer confidential, non-judgemental information and support

**Men** can call Men's Advice Line on [0808 8010 327](#) (Monday to Friday 9am to 8pm), or visit the web-chat at [Men's Advice Line](#) (Wednesday to Friday 10am to 11am and 3pm to 4pm) for non-judgemental information and support

If you identify as LGBT+ you can call [Galop](#) on [0800 999 5428](#) for emotional and practical support

Anyone can call [Karma Nirvana](#) on [0800 5999 247](#) (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. You can also call [020 7008 0151](#) to speak to the GOV.UK [Forced Marriage Unit](#)

### Further links and information to help

Read more:

[Getting help for domestic violence and abuse - NHS \(www.nhs.uk\)](#)

[Domestic abuse: how to get help - GOV.UK \(www.gov.uk\)](#)

[Domestic violence and abuse - getting help - Citizens Advice](#)