

These organisations can give you advice, whether or not you want to leave a relationship.

The items on this list aren't essential, but if you are planning to leave consider taking:

- Money
- Bank cards
- Driving licence
- Family photographs
- Birth certificates
- Change of clothes
- Passports / visas
- Keys
- Child's favourite toy
- Medicines

The Haven  
Helpline  
(for women  
and men)

0800 194400  
24 hours a day  
[havenrefuge.org.uk](http://havenrefuge.org.uk)

Live online  
web chat

Mon-Fri 9am-5pm  
[youmatterhaven.org.uk](http://youmatterhaven.org.uk)

Male DV  
Advice Line

0808 801 0327  
Mon-Fri 10am - 8pm  
[mensadviseline.org.uk](http://mensadviseline.org.uk)

Police DV Unit 101, or 999 (emergencies)



[wolverhamptonsafeguarding.org.uk](http://wolverhamptonsafeguarding.org.uk)

Are you physically,  
emotionally, or sexually  
abused by your partner  
or a family member?

If you feel alone, unsure what to do, or just want to talk in confidence, the organisations listed on this card may be able to help you.

You can also speak to your GP, midwife or Health Visitor

You may just want to talk to someone about your options and not make any changes at the moment.

By contacting these numbers, you will not lose control of your life - you can just talk, ask questions, and find out more information to help you make decisions.

Housing Options  
Homeless Services  
**01902 554747**  
Mon-Fri 9am-4pm  
[wolverhampton.gov.uk](http://wolverhampton.gov.uk)

Black Country Women's Aid  
**0121 552 6448**  
24 hr Helpline  
**0121 553 0090**  
Mon-Fri 9am-5pm  
[blackcountrywomensaid.co.uk](http://blackcountrywomensaid.co.uk)

Advice for rape and sexual assault victims

Recovery  
Near You  
Substance misuse

**0300 200 2400**  
[recoverynearyou.org.uk](http://recoverynearyou.org.uk)

Base 25  
Information for  
young people

**Text  
07800 002 222**  
Mon-Fri 9am-5pm

Galop  
LGBT+ Domestic abuse helpline

**0800 999 5428**  
See website for  
helpline times  
[galop.org.uk](http://galop.org.uk)

Samaritans

**01902 426422**  
24 hr Helpline  
[samaritans.org.uk](http://samaritans.org.uk)

If you are being abused you may feel alone and unable to make any serious decisions.

## Advice and Support?

The organisations listed on this card will offer advice and support which may help.

In an emergency, always call 999

West Midlands Honour Based Violence and Forced Marriage Helpline  
**0800 599 9247**  
24 hr Helpline  
[or karmanirvana.org.uk](http://or karmanirvana.org.uk)

NSPCC FGM Helpline  
**0800 028 3550**  
24 hr Helpline  
[fgm.help@nspcc.org.uk](mailto:fgm.help@nspcc.org.uk)

Victim Support  
**0300 303 1977**  
Mon-Fri 9am-5pm  
[victimsupport.org.uk](http://victimsupport.org.uk)

Dorcas FGM Support  
**07462 837349**  
Mon-Fri 9am-5pm  
[dorcasuk.com](http://dorcasuk.com)

Changing Lives Addiction, Homelessness, Women's Services  
**01902 341822**  
Mon-Fri 9am-5pm  
[changing-lives.org.uk](http://changing-lives.org.uk)

Adults' Social Care  
**01902 551199**  
See website for times.  
Emergency out-of-hours no. 01902 552999  
Children's Social Care  
**01902 555392**  
[wolverhamptonsafeguarding.org.uk](http://wolverhamptonsafeguarding.org.uk)