



saynotofear
break free from violence and abuse

She thought she could live
with violence and abuse...



...sadly she was wrong

Not everybody who experiences domestic and/or
sexual violence ever gets to talk to someone.

Come forward. Don't suffer in silence,
and SAY NO TO FEAR.

The SAY NO TO FEAR website provides information,
advice and access to support services for anybody
experiencing domestic and/or sexual violence, or for
anybody worried about someone they care about who
may be being abused.



www.saynotofear.co.uk

The following are some of the services that may be able to assist you should you need help and support.

1. In an emergency always call **999** (Police, Ambulance and Fire Services).
2. **Broken Rainbow: 0300 9995 428**
Support for lesbian, gay, bisexual and transgender (LGBT) people experiencing domestic violence.
3. **Vulnerable Victims Advocacy Team: 0151 934 5142**
Provide a holistic support service to any high risk victim of domestic and sexual violence and hate crime.
4. **National Domestic Violence Helpline: 0808 2000 247**
5. **Merseyside Safe Place - Sexual Assault Referral Centre: 0151 295 3550**
Provides crisis intervention, including forensic examination to victims of rape and serious sexual assault.
6. **Rape And Sexual Assault Service for Merseyside: 0151 666 1392**
7. **Sefton Women's and Children's Aid (SWACA): 0151 922 8606**
Provides support services for all women and children experiencing domestic violence.
8. **Venus Women's Resource Centre: 0151 474 4744**
Provides support to all women including victims of domestic violence.
9. **Victim Support Male Helpline: 0800 328 3623**
10. **NSPCC: 0844 8920264**
Services for male domestic violence perpetrators and victims who are women and children.
11. **The Hideout (www.thehideout.org.uk)** is an on-line resource for children and young people affected by domestic violence.
12. **Merseyside Police Family Crime Investigation Unit: 0151 777 3087**