

This is a Safe Space



Do you need to talk to someone about your relationship? Are you afraid of someone you live with, an ex-partner or family member? You are not alone. You can ask for support from any of these organisations:

Local support services

- Bedfordshire Signpost Hub: 0800 028 2887
- Bedford Women's Centre: 01234 316801
- Luton All Women's Centre: 01582 416783
- Stepping Stones: 01582 457114
- Women's Aid in Luton: 01582 391856
- www.change-ur-life.org

National support services

Available 24 hours a day

- National Domestic Abuse Helpline: 0808 2000 247
- Child line: 0800 1111
- Victim Support helpline: 0808 168 9111

Other support

- Men's Advice Line: 0808 801 0327
- National LGBT+ Domestic Abuse Helpline: 0300 999 5428
- Karma Nirvana 'Honour'-Based Abuse Helpline: 0800 5999 247
- National Stalking Helpline: 0808 802 0300
- Revenge Porn Helpline: 0345 6000 459
- Respect Phone line: 0808 802 4040 (for those who are worried about or want to change their behaviour)



You can find out more at www.bedsdv.org.uk
If you are in immediate danger, call 999.