

## CONTACT TELEPHONE NUMBERS

### South Yorkshire Police

If life is at risk or a crime is in progress 999

For general enquiries or to report a crime that has already happened 101

### Sheffield

National Domestic Violence helpline 0808 2000247

Independent Domestic Violence Advocacy Service 01142 493920

Sheffield Domestic Abuse helpline (including support for men) sheffielddact.org.uk 0808 8082241

### Community-based support projects

Sheffield Domestic Abuse Outreach Service (including support for men) 0114 2412749

### Other support services

Victim Support (including domestic abuse service for men) 0114 2758411

Rape and Sexual Abuse Counselling Centre 0114 2618990

Sheffield Womens Counselling and Therapy Service 0114 2752157

Broken Rainbow Lesbian, Gay, Bisexual and Transgender (LGBT) Domestic Violence Helpline 0300 9995428

NSPCC Young People's Centre 0114 2289200

Social Care Service (24 hours) 0114 2734855

### Doncaster

Doncaster Women's Aid 01302 326411

Doncaster Council Advice and Homelessness 01302 862043

Rape and Sexual Abuse Counselling 01302 360421

Doncaster Victim Support 01302 365531

Doncaster Independent Domestic Violence Advocates 01302 737080

### Barnsley

Barnsley Domestic Violence Group (Pathways) 01226 249800

Victim Support 01226 243761

Barnsley Sexual Abuse and Rape Crisis Helpline BSARCH 01226 298560

Barnsley MBC Domestic Abuse Co-ordinator 01226 774966

### Rotherham

Choices and Options 01709 838400

Victim Support 01709 361076

Independent Domestic Violence Advocacy Service 01709 823196

Rotherham Women's Counselling Service 01709 835482

Youth Start (13-19 year olds) 01709 255266

**DOMESTIC  
ABUSE IS A  
CRIME...**

**THERE ARE  
NO EXCUSES**



South Yorkshire

**POLICE**

## IF YOU ARE STAYING WITH YOUR ABUSER

- Seek professional advice and support from local outreach organisations, domestic violence services and helplines.
- Consider how agencies can make contact safely, e.g. through a work number or at a friend's address.
- Consider where you can quickly and easily use a telephone and who are safe people to contact – memorise a list of numbers for use in an emergency, like friends, police and support organisations.
- Consider a signal with children, family, neighbours, friends or colleagues, which will alert them to call the police when help is needed.
- Think through escape routes in advance. If possible avoid rooms with no exit or with weapons in (e.g. bathroom or kitchen).
- Try to save some money for fares and other expenses.
- Receive medical help for any injuries, ensuring that they are recorded and, if possible, photographed. These may be used at a later date to support court cases or rehousing applications.

## IF YOU ARE PLANNING TO LEAVE

- Take care over who to trust with any plans that you are making to leave.
- Consider whether or not an injunction is a viable option – seek legal advice.
- Make an extra set of keys for home and/or car and store them somewhere safe.
- Make up a bag with spare clothes, phone numbers, keys, money and keep it safe so you can take it quickly or keep it with a trusted friend.
- Have the following available in case you have to flee:
  - Important papers such as birth certificates, social security cards, driver's licence, divorce papers, lease or mortgage papers, insurance information, school and medical records, welfare and immigration documents, court documents.
  - Credit cards, bank account number.
  - Some money.
  - Extra set of keys – for car, house and work.
  - Medications and prescriptions, including those for children.
  - Phone numbers and addresses for family, friends, doctors, lawyers and community agencies.
  - Clothing and comfort items for you and the children.
  - Photographs and other items of sentimental value, such as jewellery.
- Take identification that might help others to protect you from the abuser, such as a recent photo of the abuser and their car details.
- Talk to children about the possibility of leaving and try to take all children with you, even though long-term arrangements may change.

## IF YOU ARE NOT LIVING WITH YOUR ABUSER

- I.e. after separation (in your own home or after moving)
- Seek expert legal advice on child contact, residence applications, and options for injunctions.
  - Change phone numbers to ex-directory and screen calls. Save emergency numbers into the phone.
  - Change the locks and install a security system, smoke alarms and an outside lighting system.
  - Notify neighbours, employers and schools about any injunction, and ask them to call the police immediately if they see the abuser nearby.
  - Make sure that schools and those who care for any children know who has authorisation to collect them.
  - Employ safety measures before, during and after contact visits, if appropriate.
  - Consider changing children's schools, work patterns e.g hours and mode of transport, and the route taken.
  - Avoid banks, shops and other places frequented when living with the abuser.
  - Make up a code word for family, colleagues, teachers or friends, so they know when to call the police for help.
  - Keep copies of all relevant paperwork (including civil injunctions) and make written records of any further incidents.

**NATIONAL DOMESTIC  
VIOLENCE HELPLINE  
0808 2000 247**

**IN AN EMERGENCY  
DIAL 999**