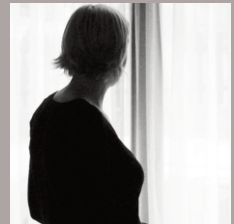
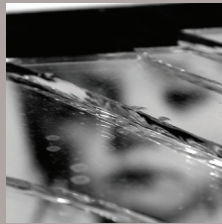




Plymouth Domestic Abuse Services: *break the silence*



Plymouth Domestic Abuse Services provide support for men, women and children who need advice and protection from domestic abuse.

We offer a wide range of help, including a refuge, office-based support and confidential advice. You have the right to feel safe.

Plymouth Domestic Abuse Services



Domestic abuse is the physical, financial, emotional or sexual abuse of one person by another person, usually within an intimate relationship.

With no boundaries, it occurs irrespective of class, age, race, cultural or religious background, ability or sexuality.

How we can support you

Plymouth Domestic Abuse Services offer a wide range of advice and support, including:

- One-to-one emotional and practical support for men, women and children
- Advocacy
- Co-ordination of safe transfers into local or nationally-based refuges
- Linking children into education and activities
- Safety planning
- Group work
- Links to the community, training and activities
- Connections to legal and benefits advice
- Support through the criminal justice system

- Refuge accommodation
- Floating support
- Safe house accommodation

We can help by providing safety planning - whether you are in the process of leaving a relationship, wish to stay or have left. This includes advice on housing options.

Regular one-to-one support sessions, in a safe and non judgemental environment, will allow you to talk in confidence about your feelings and concerns.

Get in touch

Plymouth Domestic Abuse Services can be reached on:

01752 252 033

The number for Plymouth refuge is:

01752 562 286

In addition, in a non-emergency, you can contact the police by calling 101 and the 24-hour national helpline by Women's Aid and Refuge can be reached on:

0808 2000 247

Remember - if you are in immediate danger, contact 999

Get in touch

Sanctuary Supported Living takes great pride in quality and professionalism. For further details and to find out what we can do to support and help you, we are only at the other end of the phone.

This leaflet can be translated into other languages, large print and Braille or recorded on to an audio CD. Please contact us for details.

Plymouth Domestic Abuse Services

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Palace Street
Plymouth
PL1 2AY

Tel: 01752 252 033 Fax: 01752 275 111

Refuge: 01752 562 286

Email: pdas@sanctuary-housing.co.uk

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