

Get help with...

Domestic Violence and Abuse

Domestic Abuse Aware Practice

The staff in your GP practice are trained to ask about domestic abuse and specialist workers are available to support you. Your practice is an 'IRIS' practice. You can [talk to doctors, nurses and other staff working here](#) if you are being hurt or controlled by your current or ex-partner, are afraid of someone at home or a member of your family.

The IRIS service is for all GP patients and staff, both women and men, aged 16 or over, whatever age, gender, sexuality, ethnicity or background. IRIS's oldest patient so far is 87.

Social isolation can increase stress at home, impacting on you and your family's well-being. Your GP practice is here to help you. Please [contact your GP or practice nurse for help and advice](#). They will refer you to the IRIS worker, the 'IRIS Advocate Educator'.

IRIS Office: 0161 820 8416 9am - 4.30pm.

Manchester Women's Aid 0161 660 7999

For advice on how to cover your tracks on-line go to:
<https://www.womensaid.org.uk/cover-your-tracks-online/>

In an emergency call the Police on 999.

National DA Helpline

This is a 24 hour National domestic abuse helpline.

Telephone: [0800 2000 247](tel:08002000247)

Website: www.nationaldahelpline.org.uk

Silent Solutions Police

In an emergency [call 999](#) for the Police. If you cannot safely speak to the operator to ask for the Police, stay on the line and the call will be forwarded to an operating system. Press 55 to be transferred to the local police force as an emergency.

Silent Call Police: dial [999](#), wait, then press 55.

Bright Sky

Bright Sky is a free to download mobile app providing support and information to anyone who may be in an abusive relationship, or those concerned about someone they know. Available in four languages: English, Urdu, Punjabi and Polish.

Website: www.hestia.org/brightsky

Coronavirus (COVID-19) and Abuse

Government support for anyone who feels they are at risk of abuse:

Website: www.gov.uk/government/coronavirus

Other Resources

Greater Manchester Domestic Abuse Helpline – 0161 636 7525

Manchester Women's Aid – 0161 660 7999

LGBT Domestic Violence Helpline – 0300 999 5428

Saheli Asian Women's Project – 0161 945 4187

Community Helpline Language Service (Urdu and Punjabi) :
0161 636 7525

Greater Manchester End The Fear www.EndtheFear.co.uk

Manchester Social Care (for adults and children) – 0161 234 5001

SafeLives www.safelives.org.uk - a UK-wide charity has further advice and support on COVID 19 and domestic abuse.

Surviving Economic Abuse

www.survivingeconomicabuse/resources share information on abuse and economic resources. There is a page specific to COVID 19 Outbreak

If you are concerned about your behaviour and feel you may be about to hurt someone please contact: respectphoneline.org.uk or call 0808 802 4040

The Respect Phone line is a confidential national helpline, email, webchat service for perpetrators of domestic abuse looking for help to stop.

They help male and female perpetrators in heterosexual or same sex relationships. Partners or ex-partners of perpetrators, as well as family and friends, are welcome to get in touch for information, advice and support.

Talk Listen Change (TLC) are the local provider of perpetrator behaviour change programmes in Manchester, ring: 0161 872 1100 or www.talklistenchange.org.uk/domesticabuseservices.