

Adult Safeguarding - Out of Hours	0300 123 5010 0300 123 5022
Children's Safeguarding - Out of Hours	0300 123 5012 0300 123 5022
Housing Options/Homelessness Team	0300 123 5017
NCDV (help with injunctions etc)	0800 970 20 70
Police (24 hour, non urgent)	101
Rape and Sexual Abuse Support Centre	01260 697900
Samaritans: Crewe Macclesfield	01270 216666 01625 426000



Concerned for
yourself or others?

**Take the
first step
to support**



www.cheshireeast.gov.uk/domesticabuse



Domestic abuse is adult bullying – controlling, hitting, belittling, raping, strangling, threatening... It harms adults, children and the people who care about them.

If domestic abuse is hurting you or someone you care about you can get help.

Take the first step to support. Call us now.

*In an emergency
always call 999*

Here to help 24/7

Text number: 07771 941 464

Email: cedah@cheshireeast.gcsx.gov.uk



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Keeping Safe

Everyone has a right to be safe – women, men, old, young, straight, LGBT, disabled, non-disabled, from every race...



If you are being hurt:

- **Choose** someone to **talk** to e.g. a friend, relative or one of the agencies listed here. Your health is important – **talk** to your GP, midwife or health visitor. For non-urgent health care you can ring NHS 111
- **Talk** with a specialist worker – ring the local 24/7 Helpline 0300 123 5101
- If you decide to leave, **tell** someone who cares about you that you are safe
- **Talk** with your children about how they keep safe

If you are hurting others:

People who have stopped hurting their families say the hardest part was admitting they needed help. Changing your behaviour takes courage but brings lifelong rewards. Speak to us on 0300 123 5101