

## Useful telephone numbers

Surrey against domestic abuse helpline  
Your Sanctuary 9am-9pm 7 days a week  
01483776822

---

Surrey Police  
101. In an emergency always dial 999

---

24 hour national domestic abuse  
helpline  
0808 2000 247

---

Childline  
0800 1111

---

Samaritans  
116123

---

Victim Support National  
Helpline  
0808 1880111

---

Gallop  
0800 999 5428

---



If you would like confidential  
advice or information about domestic  
abuse, need somewhere safe to stay  
or simply want someone to listen to  
you, please call the Surrey against  
domestic abuse  
helpline on 01483 776822.

**In an emergency always dial  
999**

For more information about the help  
and support available in Surrey visit:  
[www.surreyagainstda.info](http://www.surreyagainstda.info)



**Are you being  
frightened,  
controlled,  
hurt or abused  
by a partner or  
family member?**

---

**Don't suffer in silence.  
Help and support is  
available.**

Designed by SCC Design Team



## What is domestic abuse?

Domestic abuse is about power and control and can take many forms:

**Physical:** Including being hit, slapped, kicked or attacked.

**Sexual:** Being forced or coerced into sexual acts which make you uncomfortable or scared.

**Emotional:** Being ridiculed, constantly criticised, made to feel bad or threatened.

**Financial:** When someone takes or controls your money.

**Isolation:** When someone controls who you see, talk to and when you go out.

Domestic abuse occurs regardless of race, ethnicity, gender, class, sexuality, age, religion or mental or physical ability

**HELP AND SUPPORT IS AVAILABLE.**

---

## Your Sanctuary Surrey helpline: 01483 776822

Offers confidential listening support, information and access to services if you are concerned you or someone you know is experiencing domestic abuse.

## Outreach services in Surrey

Offer independent, confidential support, information and access to specialist services to anyone affected by domestic abuse. This includes advice on housing, benefits, safety planning and the needs of children affected by domestic abuse, whether you have left or are still in the relationship.

## Emergency accommodation

There are a range of accommodation options for people experiencing domestic abuse. These can be accessed by contacting the yourSanctuary helpline or the Outreach services overleaf.

---

## Surrey Outreach telephone numbers

Detach this portion and store safely for reference

East Surrey Outreach  
01737 771350

Serving Reigate and Banstead, Mole Valley and Tandridge

---

Your Sanctuary Outreach  
01483 776822  
Serving Woking, Runnymede and Surrey Heath

---

North Surrey Outreach  
01932 260690  
Serving Epsom and Ewell, Elmbridge and Spelthorne

---

South West Surrey Outreach  
01483 898884  
Serving Guildford and Waverley

---