

Independent Domestic Abuse Advisers (IDVA)	Support victims who are in crisis and at high risk of serious harm.	0161 234 5393
Manchester Women's Aid	Provide advice, support and accommodation to women and children.	0161 660 7999
Women's Domestic Abuse Helpline	Advice and support for women and agencies and referrals to refuges. Advice is also available in Urdu and Punjabi. Monday to Friday, 10am - 4pm, Tuesday until 7pm. Email responses are within three working days - helpline@independentchoices.org.uk	0161 636 7525
National Domestic Violence Helpline	24-hour freephone helpline.	0808 2000 247
Men's Advice Line	Helpline for male victims, Monday to Friday, 10am - 1pm and 2pm - 5pm.	0808 801 0327
Respect	Helpline for perpetrators of domestic abuse, Monday to Friday, 10am - 1pm and 2pm - 5pm	0808 802 4040
Manchester Rape Crisis	Advice and support for women and girls who have been sexually abused. Monday to Friday, 10am - 4pm, Wednesday and Thursday 6pm - 9pm.	0161 273 4500
St. Mary's Sexual Assault Referral Centre	24-hour advice, support and forensic service for people who have experienced rape or sexual assault/abuse.	0161 276 6515
Forced Marriage Unit	Helpline providing information about forced marriage.	020 7008 0151