

# Domestic abuse – Where to get help during the Covid-19 pandemic

**For 2 million victims of domestic abuse, home may not be the safe place it should be.**

We can help and support you if you are experiencing domestic abuse, you can contact Northumbria Police by **telephone on 101**, or online via **[www.northumbria.police.uk](http://www.northumbria.police.uk)**

However in an emergency, always **call 999**. If you dial 999 and are unable to speak, the emergency operator will ask you to dial 55 and to follow their instruction to quickly put you in touch with Police.

## **Northumberland**

DASN – Domestic Abuse  
Service Northumberland  
**01670 820199**

## **North Tyneside**

Harbour  
**0191 2513305**

## **Gateshead**

Domestic Abuse Team Gateshead  
**0191 4333333**

## **Newcastle**

NIDAS – Newcastle  
Integrated DA Services  
**0191 2146501**

## **South Tyneside**

Impact Family Services  
**0737 5788835**

## **Sunderland**

Wearside Woman In Need  
**0800 0665555**

Angelou Centre  
(support for BME/refugees)  
**0191 2260394**

National Domestic Abuse Helpline  
**0808 2000247**

Men's Advice Line  
**0808 8010327**

National LGBT+  
Domestic Abuse Helpline  
**0800 9995428**