

Domestic or sexual abuse and violence can affect any of us.

**You are not alone.
We understand, and we believe you.**

**For help and support 0300 323 9985.
If you're in danger call the police on 999.**



theportal.org.uk



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@SussexPortal

If you've been affected by domestic or sexual abuse or violence in Brighton & Hove, or East Sussex, get in touch to find out more about the help, advice and support available.

24h National Domestic Violence Helpline	0808 2000 247	Broken Rainbow	0300 999 5428
Rape Crisis National Helpline	0808 802 9999	National Stalking Helpline	0808 802 0300
Men's Advice Line	0808 801 0327		

Concerned your behaviour is abusive? Choose to stop. Call RESPECT 0808 802 4040

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