

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



info@theportal.org.uk



@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
Rape Crisis National Helpline
Men's Advice Line

0808 2000 247
0808 802 9999
0808 801 0327

National LGBT Domestic Violence Helpline
National Stalking Helpline

0800 999 5428
0808 802 0300
0808 500 5005

Safeline: Men's Sexual Abuse and Rape Helpline

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

OUR PARTNERS

