



Salcare Escape domestic abuse supports all genders from all communities

Due to Covid 19 we have had to suspend face to face support until further notice.

We are continuing provide our services and will be supporting by telephone, text and e mail during our normal working times of 9.30 – 5pm Monday to Friday

Website www.salcare.org.uk

enquiries@salcare.org.uk Telephone 01773 765899

lizzie.nugent@salcare.org.uk Telephone 07484 051964

ann-marie.miller@salcare.org.uk Telephone 07599 999139

we will respond to you as soon as we can, leave a message to tell us when it is safe to contact you.

If you need to leave the following will be useful, leave photocopies with a friend or relative if you are afraid that they will be missed by your abuser.

- **Keep a copy of your passport or national insurance number**
- **Information about universal credit etc**
- **Details of your bank account**
- **Any medical needs including a list of any medication**

Derby City Domestic Abuse Service – 0800 085 3481 (9 -6)

Derbyshire Domestic Abuse Service – 0800 019 8668 (from April 1st 8 – 7)

National LBGT+ Domestic Abuse Helpline – 0800 999 5428

**SAIL (sexual abuse and incest line) help and advice - 0800 028 2678
SV2 - 01773 746 115**

If you are in immediate danger call the police 999