

**IRIS** Identification and Referral to Improve Safety

# Domestic Abuse and Sexual Violence Aware Practice

If you are or have been hurt by someone in your family, are afraid of someone at home or are in an abusive relationship, or have been raped, sexually assaulted or have experienced childhood sexual abuse, you can talk to doctors, nurses and other staff working here, in private.



Speak to your GP or a member of the GP Practice staff or call: IRIS Worker Neelani on 07707290442 or 90666049

**For female and male victims and survivors:**

**24 Hour Domestic & Sexual Abuse Helpline 0808 8021414** (managed by Nexus)  
[dsahelpline.org/who-are-we](http://dsahelpline.org/who-are-we)

**Lifeline: 0808 808 8000** 24/7  
[www.lifelinehelpline.info](http://www.lifelinehelpline.info)

**Samaritans: 116 123** 24/7  
[www.samaritans.org/how-we-can-help/contact-samaritan](http://www.samaritans.org/how-we-can-help/contact-samaritan)

**For anyone who is worried about their own behaviour:**

**Respect: freephone 0808 802 4040**  
(Monday – Friday 9am – 5pm)  
[respectphoneline.org.uk/contact-us](http://respectphoneline.org.uk/contact-us)