

Getting Advice and Support

Local and National agencies

Tameside

The Bridges Service

Bridges is a service led by New Charter to help people experiencing domestic abuse in Tameside. It offers advice and support in the community, including on drug and alcohol issues. It can offer confidential help on all types of abuse. Includes Advice, Support and Emergency refuge placements for all genders.



24 Hour Help: 0800 328 0967

Help and advice (9am-5pm): 0161 331 2552

National domestic abuse services

Forced Marriage Unit – Foreign & Commonwealth Office

For those worried about being forced into marriage or those worried about a friend 020 7008 0151 (Mon- Fri 9-5pm)

Freedom Charity

0845 6070133 or Text: 4freedom to 88802 www.freedomcharity.org.uk
Freedom App for Android and iPhone

Karma Nirvana

Honour-based violence & forced marriage helpline: 0800 5999247 (Mon- Fri 9-5pm)

Domestic Abuse National Helpline 0808 2000247 (24 hour line)

Women's Aid www.womensaid.org.uk

Men's Aid www.mensaid.co.uk

Services designed for young people

The Hideout www.thehideout.org.uk

NSPCC www.nspcc.org.uk

ChildLine www.childline.com

Barnardo's www.barnardos.org.uk