

[Domestic abuse: What help can I access? | Domestic abuse: What help can I access? | Ealing Council](#)

National Domestic Violence Helpline on 0808 2000 247

You can contact the **National Domestic Violence Helpline** on 0808 2000 247 if you are a woman experiencing domestic abuse. You can talk confidentially to someone about your situation and to find out what your options are.

[Domestic Abuse Service - Ealing Refuge | Hestia](#)

Domestic Abuse Service - Ealing Refuge

This service offers safe, non-judgemental emergency accommodation for women and children at risk from domestic abuse.

The service supports women and their children with a support plan to maximise their safety, including assistance with arranging housing for when they leave the refuge. The refuge additionally runs social activities, workshops and opportunities for training and volunteering. Psychological and family support is offered in addition to practical assistance to aid service users move forward and recover from trauma.

Interpreters are available if English is not the service user's first language.

Get support

If you are in immediate danger, please call 999.

The [Freephone National Domestic Abuse Helpline](#), run by Refuge, is available on **0808 2000 247**, 24 hours a day, 7 days a week. The helpline is answered by fully trained female support workers and volunteers who will answer your call in confidence.

Hestia's [Refuge Referral Line](#) also helps women and children to find domestic abuse refuge spaces across London and the south east. Call **0808 169 9975** or email us at refuge.space@hestia.org, Monday to Friday, 10am to 4pm.

Advance Domestic Violence Service

[Domestic Abuse Services - Advance Charity](#)

Charity Advance offers support to women, men and young people, regardless of their ethnicity, sexuality, immigration status, physical and mental health, who are experiencing domestic abuse and live in Ealing.

For more information or to refer yourself, contact us on 07984 110 750 or email us at EalingReferrals@advancecharity.org.uk . Website: <https://www.advancecharity.org.uk/>

Our services are available for anyone who is aged 18+ regardless of their sex, ethnicity, sexuality, immigration status, physical and mental health, and is living in Ealing. If you are experiencing domestic violence and abuse, Advance is here to support you no matter what you decide to do. We can listen, help you understand your options, explain your legal rights, talk to the police for you, help you get to safer housing or even attend court with you.

Contact and referrals methods are as follows:

- emails: ealingreferrals@advance.cjsm.net and EalingReferrals@advancecharity.org.uk
- IDVA: 07984110750

[Solace Womens Aid – For safe lives and strong futures](#)

Free helpline for practical advice – 0808 802 5565

Southall Black Sisters:

[Home - Southall Black Sisters](#)

Support for domestic violence victims from black and minority ethnic groups and advice on immigration issues. This is a women-only service.

- helpline telephone: 020 8571 0800 (open Monday to Wednesday, and Friday, 9:30am to 4:30pm, closed 12:30pm to 1:30pm for lunch)
- general enquiries telephone: 020 8571 9595

Eastern European Service:

[Przemoc Domowa - East European Resource Centre](#)

Support to domestic violence victims from the Eastern European Community. Women-only service.

- telephone: 0772 524 5777
- email: EasternEuropeanIDVA@refuge.org.uk

Women and Girls Network:

[Home - Women and Girls Network](#)

Providing advice and specialist support for victims of rape or sexual assault and operating a free domestic violence advice line. Women-only service.

- freephone advice telephone: 0808 801 0660
- email: advice@wgn.org.uk
- open Monday to Friday, 10am to 4pm, and Wednesday 6pm to 8pm

List of services in Ealing:

[Services in Ealing - Safer Ealing](#)

The Ealing Survivors Group:

We offer a safe, confidential group where you can gain support, understand & improve your circumstances. We look at Assertiveness skills, Boundary Setting, Stress Management, Relationships, Self Esteem, Building Coping Skills.

Tel: 07842 117916 / 07903 22 8993

Email: esg.uplift@gmail.com

Please leave your name, number and a suitable time for us to call you back if there is no one available to take your call.

Uplift group:

Confidence and Self Esteem Course for Women.

Areas covered: Healthy Boundaries Confidence Building Self-Esteem Being Assertive Understanding Healthy Relationships.

Address: Hanwell Community Centre, W7 1PD

Call or email to book your place 020 8575 6139 or administrator@empowering-action.org.uk