

**To speak to a specialist domestic abuse advisor for support advice information or access to safe accommodation contact**

**PDAP**

 **24hr helpline 0800 052 7222**

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**If you are at immediate risk call 999**

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**For general enquiries contact**

**01484 308302**

**Email**

**admin@pdap.co.uk**

Registered Charity No. 1094215

**Other ways you can get support**

Pennine Domestic Abuse Partnership

**Live Chat**

Is now available on our website **pdap.co.uk**

You can speak directly to a specialist domestic abuse advisor by clicking on the Live Chat link and typing your message in the box.

Live Chat is available

**Monday – Friday 5pm -8pm**

**Saturday and Sunday 11am-2pm**

**You do not have to give your name or personal details**

**WE PROMISE**

* **to believe you**
* **not to judge you**
* **give you time to explore options**
* **support you to make choices**

 **Pennine Domestic Abuse Partnership**

**Information and support for anyone experiencing or affected by Domestic Abuse, Forced Marriage, or Honour-based Abuse**