

**Say NO to  
domestic abuse!**

**Abuse can be emotional,  
physical or psychological**

## How to contact the police

**Emergency 999**

**General enquiries  
08452 777 444**

**[www.devon-cornwall.police.uk](http://www.devon-cornwall.police.uk)**

Devon and Cornwall Police have dedicated domestic abuse officers to support you and give advice. To contact your local officer please call our general enquiries number.



**Devon & Cornwall Police**  
Building safer communities together

Supported by ADVA, Cornwall Community Safety Partnership, Plymouth Domestic Abuse Partnership and Safer Communities Torbay.

**IS THIS LOVE?**



Abuse in a relationship can happen to anyone. It is never okay.

If you're in a relationship and are unhappy or frightened about the way your partner treats you, don't put up with it.

If someone tries to control you, hurt you or force you to do things you don't want to - that is abuse.

### **Does your boyfriend / girlfriend:**

- Act in ways that scare you?
- Put you down or criticise you?
- Act jealous or possessive?
- Try to control where you go, what you wear or who you see?
- Blame you for the hurtful things they say and do?
- Try to force you to have sex?
- Hit, slap, push or kick you?

If you've answered yes to even one of these, you may be in an abusive relationship.

## **Help and support**

24 Hour Domestic Abuse

Helpline (National) **0808 2000 247**

### **Cornwall**

Women's Refuge Trust (24hr)

**01872 225629**

West Cornwall Women's Aid

**01736 367539**

Victim Support **0845 056 7999**

Women's Support Network

**01208 79992**

### **Torbay**

Domestic Abuse Support Service (DASS)

**01803 217614**

Torbay Refuge **01803 524594**

### **Devon**

Exeter, East and Mid Devon

**0800 3283070**

North Devon and Torridge

**01271 370079**

South Hams and Teignbridge

**01626 365087**

West Devon **01837 55228**

### **Plymouth**

Plymouth Domestic Abuse Service

**01752 252033**

Plymouth Refuge **01752 562286**

Free Civil Advocacy Service

**01752 306065**