

## How to contact Men Safe

### South Hams and Teignbridge and West Devon

Tel: 07917 106884  
Office: 01364 643866  
Email: [admin@domesticviolenceandabuseservice.org.uk](mailto:admin@domesticviolenceandabuseservice.org.uk)

### North Devon and Torridge

Tel: 07966 967526  
Office: 01271 370079  
Email: [midva@ndwomensaid.co.uk](mailto:midva@ndwomensaid.co.uk)

### Exeter, East and Mid Devon

Tel: 07966 967526  
Email: [midva@exeterwomensaid.org.uk](mailto:midva@exeterwomensaid.org.uk)

## Useful contact numbers

If you are in an emergency situation ring the police on 999, otherwise contact:

**MALE men's advice helpline**  
[www.mensadvice.org.uk](http://www.mensadvice.org.uk) 0808 801 0327

**Broken Rainbow**  
[www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk) 08452 60 44 60

**Victim support**  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk) 0845 676 10 20

**Survivors UK**  
[www.survivorsuk.org](http://www.survivorsuk.org) 0845 122 1201

**Police Domestic Abuse Units**  
Exeter: 01392 262221  
East Devon: 01392 262220  
Mid Devon: 01392 262222  
North Devon: 01271 313446 / 01271 313444  
South Devon: 01626 336552

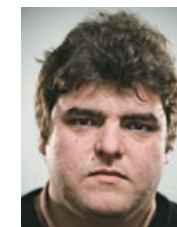
**Domestic Violence Legal Helpline**  
0800 5870 209

**Respect Helpline**  
[www.respect.uk.net](http://www.respect.uk.net) 0845 122 8609

Call charges from other networks or mobile phones may vary. You will need to check the rates you pay yourself.

# Men Safe

for men affected by domestic violence and abuse



For more advice and information:  
[www.adva.org.uk](http://www.adva.org.uk)

Does someone you know need support?



# What is domestic violence and abuse?

Domestic violence and abuse is when someone exerts power and control over another person within a close relationship.

Abuse can be:

- physical
- emotional
- psychological
- sexual
- financial
- social (enforced isolation)
- forced marriage and honour based violence

## What kind of person suffers domestic violence and abuse?

Domestic violence and abuse can affect anyone who is in a relationship; men or women, married or unmarried, straight or gay.

It can affect anyone regardless of their social and cultural background.

Sometimes domestic violence and abuse can also involve the wider family.

## What is Men Safe?

Men Safe is a Devon-wide risk assessment, safety planning and advocacy service for men who are experiencing or who have experienced domestic violence and abuse. We offer information, advice and access to a range of support services.

Our aim is to increase men's safety whether they want to stay in the relationship or not.

Our service is free and confidential.

We support all men irrespective of sexual orientation, race, ethnicity, culture and disability. We recognise that men from these communities may face additional barriers and challenges and we are trained to ensure that everyone's individual needs are being met.

Men Safe also offers other agencies advice and information on how to respond to disclosures of domestic violence and abuse.

## What support can Men Safe provide?

- Help in developing a personalised safety plan
- Someone to give advice and discuss options with
- Information on services in the local area (housing, legal services, children services, counselling, etc)
- Someone to listen without judging
- Help in communicating with other agencies
- Support and assistance at court
- Support in accessing other services and organisations

**Men Safe** will be guided by the individual's needs and we offer support whether someone wishes to stay in the relationship or not.