



SafeNet Rochdale supports people who have experienced domestic abuse to find the right level of support they need to move towards a happier, healthier and more secure future.

How to get in touch

SafeNet are here for you - we listen & believe you

0300 3033 581

24hrs a day, 365 days a year

daoutreachrochdale@safenet.org.uk

Daily live chat through safenet.org.uk

10am to 12pm

2pm to 4pm

8pm to 10pm

safenet.org.uk

Phone to find out the times of our Community Drop In sessions



Online Chat

It can be frightening when you access support for the first time. We understand if you find it difficult to talk or it's not safe to do so.

You can chat anonymously via our on line chat on our website:

Daily live chat through safenet.org.uk

10am to 12pm

2pm to 4pm

8pm to 10pm

“

SafeNet supported me to be me ...I was isolated in a Domestic Abuse relationship but now I can be myself thanks to great holistic support from SafeNet that is empowering & encourages independence”



SafeNet Rochdale:
Services Referral Toolkit

How we can help:

- Access to safe 24hr emergency accommodation
- Complex Needs safe accommodation
- Community Outreach Support
- Group work programmes
- Confidential live chat – 7 days a week
- Phone support & referrals
0300 3033 581
- Referrals to other agencies & specialist services

Safety Planning

Whatever your circumstances a safety plan can help to keep you safe in an abusive situation.

- Speak to people you can trust about what is happening
- Call SafeNet and discuss your options & what we can do to help
- Always call 999 if you are in danger & if you feel frightened
- Keep your phone charged & on your person at all times
- Record incidents, assaults, threats etc. Log contacts by phone or texts
- Keep important phone numbers in a safe place
- If you are planning to leave do not inform your abuser(s)
- If it's safe to do so discuss safety with your child(ren)

How to refer

Referring to SafeNet Rochdale is easy & you can contact SafeNet yourself or ask someone who is supporting you.

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Contact us today in confidence to discuss how we can help – you are not alone

What to expect

Confidential support from specialist DA practitioners

- Support for women, men, children and young people
- Specialist support for BME families
- Safety planning to stay safe
- Safe refuge accommodation
- Emotional support to recover from the trauma of abuse
- Access to legal advice & support with the court process
- Support to manage your benefits/income/debts
- Help with housing, setting up a new home
- Support for health issues such as disability, mental health & substance misuse issues
- Dedicated support to help your children feel safe & positive