



Lightfoots  
SOLICITORS

**ADVICE ABOUT  
DOMESTIC  
ABUSE**

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Domestic abuse is not confined to physical abuse and can take many forms including controlling and coercive behaviour. Domestic abuse is not acceptable and should not be tolerated.

The first step is to protect your own safety and that of any children that may live with you. If you are concerned for your immediate safety or that of your children you should call the police at any time of day or night on 999.

If it is safe to do so then don't hesitate to leave, taking any children with you, help is available.

You can call the freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247 or find more information from Refuge or Womens Aid.

Our highly experienced solicitors can discreetly provide you with the help you need and advise you of your legal rights so that you are better informed and know your options. Call us on 01844 268 341 or visit [lightfoots.co.uk/domestic-violence](https://lightfoots.co.uk/domestic-violence).

## Contact Us

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