

Together Against Violence: Understanding Violence Against Women and Girls in Hertfordshire

Please see below a list of support services available if you or someone you know needs help and support. **In an emergency, always call 999.**

Domestic Abuse:

If there is an immediate need to flee for safety, contact [Safer Places](#) 24/7 on 03301 025811.

If there is not an immediate need to flee for safety, call the [Domestic Abuse Support Hub](#) (DASH) Mon - Fri 9am - 5pm on 0300 002 0008.

Sexual Abuse:

Contact the [Independent Sexual Violence Advisory \(ISVA\) Service](#) on 0300 002 0003.

Stalking and Harassment:

Contact [Safer Places](#) 24/7 on 03301 025811.

Forced Marriage and So Called 'Honour Based' Abuse:

Contact [Karma Nirvana](#) Mon - Fri 9am - 5pm on 0800 5999 247.

Female Genital Mutilation:

Contact [Women of Grace](#) at info@womenofgrace.org.uk or [Forward UK](#) on 0208 960 4000.

If you just want to do your own research:

Visit the [Herts Sunflower Website](#).

If you would like to have your views heard:

Herts Connected is seeking panel members for the Hertfordshire Domestic Abuse Coproduction Panel and Collective, where you are supported to use your voice to influence and make improvements to local services. We are keen to hear from adults with lived experience of domestic abuse who have accessed services in Hertfordshire in the last 5 years. We are especially interested in survivors who are: from the LGBTQ+ Community (including trans and non-binary people); from an ethnic minority/global majority community (including people seeking asylum, refugees and people with no recourse to public funds (NRPF)); neurodiverse; younger (18-25); and/or older (over 65).

Please submit an [Expression of Interest Form](#) if you are interested or would like some more information.

If you are concerned about your behaviour and ready to make a positive change:

The Chrysalis Centre offers a supportive program designed to address abusive behaviours to foster healthy, safe, and positive relationships. You can refer yourself via the [Chrysalis Centre website](#).