

Equation's Domestic Abuse Service for Men

Feedback?

Are you a man
being hurt by
your partner, ex,
or someone in
your family?
Support and advice
is available

If you are a man experiencing domestic abuse living in Nottinghamshire and need help and advice, call:

0115 960 5556

Who's it for?

- For men aged 18 or over
- For men living in Nottinghamshire County only
- For men experiencing any form of domestic abuse (physical, emotional, sexual or financial)

When can you get in touch?

- Monday - Friday 9.30am-4.30pm
- Leave a message in confidence 24 hours a day

What kind of support is available?

- Talk confidentially to a friendly advisor
- Get advice about staying safe, housing, criminal and civil legal options
- Receive emotional support
- Find out about services including drugs and alcohol support, housing, and counselling

If you want to contact us with questions or feedback about the Service for Men, visit

equation.org.uk/contact

or ring

0115 960 5556

Domestic Abuse Service for Men:

**information for men
in Nottinghamshire**



Domestic abuse affects men too

Anyone can experience domestic abuse no matter their age, race, sex, gender identity, sexuality, (dis)ability, wealth, or lifestyle.

Domestic abuse is not only about violence

It can include physical, emotional, verbal, sexual or financial abuse. Domestic abuse is behaviour that is intended to dominate, coerce and control someone else in an intimate relationship.

Domestic abuse can happen in any relationship.

Someone can experience abuse from a partner or a former partner, in a heterosexual or same-sex relationship, from children or from other family members.

Equation's Domestic Abuse Service for Men

Service for men (age 18+) living in Nottinghamshire

0115 960 5556

Monday - Friday 9.30am-4.30pm

Leave a message in confidence
24 hours a day

Other Services for Men

Are you a man living in Nottingham City or outside Nottinghamshire?

Support is available from the national Men's Advice Line

0808 801 0327
mensadvice.org.uk

For all men experiencing domestic abuse

- Available Monday – Friday from 9am-5pm
- Free from landlines and most mobiles
- Talk confidentially about your situation
- Find out what your options are

Are you a man hurting your partner?

Support is available from Respect

respectphoneline.org.uk
0808 802 4040

- For men concerned about their own behaviour towards their partner or ex
- Available Monday – Friday from 9am – 5pm
- Talk confidentially about your situation