



National Lesbian, Gay, Bisexual, and Transgender + (LGBT+) Domestic Abuse Helpline

Telephone: 0800 999 5428

Email: help@galop.org.uk

Our helpline offers emotional and practical support for LGBT+ people experiencing domestic abuse. Abuse isn't always physical- it can be psychological, emotional, financial and sexual too.

Speak out, don't suffer in silence.

Opening Times:

10am – 5pm Monday

10am – 5pm Tuesday

10am – 8pm Wednesday

10am – 8pm Thursday

10am – 5pm Friday

Online chat:

5pm - 8pm Wednesday

5pm - 8pm Thursday