

The Dyn Wales / Dyn Cymru Helpline: for men who experience domestic abuse in Wales

Domestic abuse can be experienced by anyone,
including heterosexual, gay, bisexual and transgender men.

The Helpline is open from:
Monday 9 – 12 • Wednesday 1 – 4 • Thursday 6 – 9

A 24hr answer phone service is available

Call us in confidence on **0808 801 0321**

In an emergency, for example if you or anyone in your family
is in immediate danger, always call the police on 999



www.dynproject.org

Safer
Cardiff

Caerdydd
Ddiogelach

◆ What is domestic abuse? ◆

Domestic abuse is the misuse of power and the exercise of control by one adult person over another adult, usually within the context of a close personal relationship – usually the person is a partner or ex-partner. Abuse can be physical, emotional, psychological, sexual or financial.

Domestic abuse can be experienced by anyone, including men, regardless of age, class, race, colour, ability, religion or sexuality.

◆ What does the Dyn Wales / Dyn Cymru Helpline offer? ◆

- *A confidential listening service for men who have experienced domestic abuse*
- *Information and advice on options*
- *Safety planning*
- *Signposting to agencies in your area*

◆ What other services are available? ◆

BROKEN RAINBOW

08452 604 460

Helpline for lesbian, gay, bisexual and transgender people (UK-wide)

RESPECT PHONELINE

0845 122 8609

Information and advice to help people to stop abusive or violent behaviour to their partner

TRIANGLE WALES

0808 801 0306

Housing helpline for lesbian, gay, bisexual and transgender people

WALES DOMESTIC ABUSE HELPLINE

0808 801 0800

