


# EVERYTHING YOU DO ONLINE LEAVES A TRACE

**Revealing too much could leave you open to being cyberstalked.**

Cyberstalking can be linked to domestic and sexual abuse.

For information visit [www.adva.org.uk](http://www.adva.org.uk)  
Devon Domestic Abuse Helpline 0345 155 1074

 [Is.this.love.fb](https://www.facebook.com/Is.this.love.fb)

 [DC\\_isthislove?](https://twitter.com/DC_isthislove?)

  
adva  
against domestic violence and abuse  
in Devon



**Devon & Cornwall Police**  
Building safer communities together

# Is This Safe?

## Get #cybersafe in #devon

### What to do if you or someone you know is experiencing cyberstalking

If you think you are the victim of domestic abuse or cyberstalking, call the **Devon Domestic Abuse Helpline on 0345 155 1074**

The **National Stalking Helpline** on **0808 802 0300**

**Women's Aid** on **0808 2000 247**

**If it is an emergency call 999**

<b>Police</b>		
Devon and Cornwall Police	<a href="http://www.devon-cornwall.police.uk">www.devon-cornwall.police.uk</a>	101 non-emergency 999 – emergency
<b>Stalking</b>		
National Stalking Helpline		0808 802 0300
Digital Stalking	<a href="http://www.digital-stalking.com">www.digital-stalking.com</a>	
Network for Surviving	<a href="http://www.nss.org.uk">www.nss.org.uk</a>	
Protection Against Stalking	<a href="http://www.protectionagainststalking.org">www.protectionagainststalking.org</a>	
Surviving Stalking	<a href="http://www.survivingstalking.com">www.survivingstalking.com</a>	
<b>Devon</b>		
Devon Domestic Abuse Helpline		0345 155 1074
Domestic Violence and Abuse Service (DVAAS)	<a href="http://www.dvaas.org.uk">www.dvaas.org.uk</a>	01626 365 087
North Devon Against Domestic Abuse (NDADA)	<a href="http://www.ndada.co.uk">www.ndada.co.uk</a>	01271 321 946
Stop Abuse For Everyone (SAFE) -	<a href="http://www.safe-services.org.uk">www.safe-services.org.uk</a>	0800 328 3070
Devon Sexual Abuse Line (SAL)	<a href="http://www.therapeandsexualabusehelpline.co.uk">www.therapeandsexualabusehelpline.co.uk</a>	0800 800 0188
Devon Rape Crisis Centre	<a href="http://www.devonrapecrisis.org.uk">www.devonrapecrisis.org.uk</a>	01392 204 174
Sexual Assault Referral Centres (SARC)	<a href="http://www.rapecrisis.org.uk/Referralcentres2.php">www.rapecrisis.org.uk/Referralcentres2.php</a>	0808 802 9999
<b>Torbay</b>		
Safer Communities Torbay	<a href="http://www.safercommunitiestorbay.org.uk">www.safercommunitiestorbay.org.uk</a>	
Torbay Domestic Abuse Support Services		01803 217614
Police Domestic Abuse Unit (Torbay)		01803 218969
<b>Plymouth</b>		
Plymouth City Council	<a href="http://www.plymouth.gov.uk/homepage/comunityandliving/csu/domesticabuse.htm">www.plymouth.gov.uk/homepage/comunityandliving/csu/domesticabuse.htm</a>	01752 305408
Plymouth Domestic Abuse Services		01752 252033
Plymouth Refuge. Sanctuary	<a href="http://supported-living.co.uk/plymouth-domestic-abuse-service">supported-living.co.uk/plymouth-domestic-abuse-service</a>	01752 562286
Sexual Abuse Referral Centre	<a href="http://www.sarcplymouth.co.uk/default/index.cfm/contact/contact_us">www.sarcplymouth.co.uk/default/index.cfm/contact/contact_us</a>	08458 121212

Twelves Company Independent Domestic Violence Advocacy		08458 121212
<b>Cornwall</b>		
Mid Cornwall Domestic Violence Helpline (24 hours)		01872 225629
Cornwall Rape and Sexual Abuse Centre		01872 262100
Women's Rape and Sexual Abuse Centre	<a href="http://www.wrsac.org.uk">www.wrsac.org.uk</a>	01208 77099
West Cornwall Woman's Aid	<a href="http://www.wcwaid.co.uk">www.wcwaid.co.uk</a>	01736 367539
<b>Swindon</b>		
Swindon 24 Hour Helpline	<a href="http://www.swindonwomensaid.org">www.swindonwomensaid.org</a>	01793 610610