

Advice: Domestic Abuse

For anyone who is experiencing or feels at risk of domestic abuse during this time, it is important to remember that there is help and support available.

The government has issued new advice and guidance on its website. <https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

What is Domestic Abuse?

Domestic abuse is more than physical violence. It can also include, but is not limited to:

- coercive control and ‘gaslighting’
- economic abuse
- online abuse
- verbal abuse
- emotional abuse
- sexual abuse

Help is out there.

The **National Domestic Abuse Helpline** website (<https://www.nationaldahelpline.org.uk/>) provides guidance and support for potential victims, as well as those who are worried about friends and loved ones. They can also be called for **free** and **in confidence 24 hours a day** on **0808 2000 247**. The website also has a form through which you can book a safe time for the team to call you.

Are you in immediate danger?

If you are in immediate danger, **call 999** and ask for the police.

If you are in danger and unable to talk on the phone, **call 999** and then **press 55**. This will transfer your call to the relevant police force which will assist you without you having to speak