

Domestic Abuse:

Advice and support for women and men

We know that COVID-19 will have serious impacts on the lives of women and children. Survivors are telling us that they are feeling unsafe with the prospect of being isolated in the house with their perpetrator.

Try and keep a mobile phone with you at all times if possible. The police are a key service when in immediate danger. Do not be afraid to call 999 in an emergency.

Government Guidance

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 who will assist you without you having to speak.

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

Women's Aid

<https://www.womensaid.org.uk/womens-aid-comments-on-the-impact-of-coronavirus-on-women-and-children-escaping-domestic-abuse/>

[Women's Aid](#) has provided additional advice specifically designed for the current COVID-19 outbreak, including a live chat service.

If you were accessing counselling that has now been suspended; some counselling services can continue to provide helpline support. For example, Supportline provide a confidential telephone helpline and email counselling service.

Particularly to those at risk of abuse or are isolated:

www.supportline.org.uk/

women's aid
until women & children are safe
www.womensaid.org.uk

The Survivors' Forum is an online resource for survivors of domestic abuse. The Survivors' forum can be accessed 24/7. This is a place where survivors can support each other and share their experiences.

Women's Aid Live Chat is currently available Monday to Friday 10- 12pm. This could be a safer way to access some support; particularly if an abuser might also be in the property so it would be unsafe to make a telephone call.

Women's Aid **Email Service** is still operating and can also provide support.

Speakers of other languages

If English is not your first language, you can find information on Coronavirus (COVID 19) advice for patients in 21 different languages, Albanian, Dari, Pashto, Portuguese, Bengali, Vietnamese, and Kurdish Sorani is available at the moment, but more languages coming soon, Mandarin, Hindi, Urdu, Arabic, Spanish, Portuguese, Malayalam, Turkish, Farsi, Amharic, Tigrinya and Somali. [Click here for more information.](#)

Disability

Deaf Hope provides practical and emotional support to deaf women experiencing domestic abuse: www.signhealth.org.uk **For Help Text** 07970 350 366

Emergency SMS provides a text message service for deaf, hard of hearing and speech impaired people in the UK to send SMS messages to the UK 999 service where it will be passed to the Police: www.emergencysms.org.uk

National Domestic Abuse Helpline

The [National Domestic Abuse Helpline](http://www.nationaldahelpline.org.uk/) website 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 women can book a safe time for a call from the team.

<https://www.nationaldahelpline.org.uk/>

NATIONAL DOMESTIC VIOLENCE HELPLINE
0808 2000 247
24/7 CONFIDENTIAL FREEPHONE

Men's Advice Line

The [Men's Advice Line](#) is a confidential helpline for male victims of domestic abuse and those supporting them. It

can be contacted on 0808 801 0327 free from landlines and mobile phones within the UK. Your call will not appear on itemised bills. You can also call free from BT pay phones.



Webchat: Wednesday, Thursday and Friday – 10 – 11am and 3 – 4pm

Email info@mensadviceline.org.uk

<https://mensadviceline.org.uk/>

Galop - for members of the LGBT+ community



If you are a member of the LGBT+ community, [Galop](#) runs a specialist helpline on 0800 999 5428 or email help@galop.org.uk.

<https://www.galop.org.uk/galop-to-run-national-lgbt-domestic-violence-helpline/>

Advice@galop.org.uk Monday-Friday 10.00am-4.00pm

Economic abuse

If you are concerned about how COVID-19 may affect your finances and leave you vulnerable to economic abuse, please see the [advice provided by HM Treasury](#) on what support is on offer. The charity [Surviving Economic Abuse](#) has also provided additional guidance and support.

<https://survivingeconomicabuse.org/wp-content/uploads/2020/03/Economic-abuse-and-the-coronavirus-outbreak.pdf>

Hestia

[Hestia](#) provides a free-to-download mobile app, Bright Sky, which provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

<https://www.hestia.org/domestic-abuse>
<https://www.hestia.org/brightsky>



Chayn

[Chayn](#) provides online help and resources in a number of languages, ranging from identifying manipulative situations and how friends can support those being abused.

<https://chayn.co/>

