



#YouAreNotAlone

We know that this is a difficult and worrying time for everyone – but particularly so for adults and children living with abuse, and for the professionals supporting them.

This page contains some useful information and contact details for anyone who is experiencing, or concerned about someone living with, abuse.

Emergency Help

If you or someone else is in *immediate danger* please call 999 and ask for the police.

Silent calls will work if you are not safe to speak – use the [Silent Solution](#) system and call 999 and then press 55 when prompted.

If you can't use a voice phone, you can register with the *police text service* - text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger. Click here to find out [more](#).

Support

The **National Domestic Abuse Helpline** [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.

Support is available from [Women's Aid's online chat service](#), open from 10am-12pm Monday - Friday.

The Respect [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

If you are worried about hurting the ones you love while staying at home, call the [Respect Phonenumber](#) for support and help to manage your behaviour, 0808 8024040.

Online Guidance

SafeLives' guide Staying Safe During COVID-19: <https://safelives.org.uk/staying-safe-during-covid-19-guidance>

Women's Aid's COVID-19 Resource Hub: <https://www.womensaid.org.uk/covid-19-resource-hub/>

CIPD's advice for supporting staff who may be experiencing abuse: https://www.cipd.co.uk/Community/blogs/b/policy_at_work/posts/supporting-employees-as-domestic-abuse-concerns-grow-in-covid-19-lockdown-period