

## STAYING SAFE

We know that this is a difficult and worrying time for everyone - particularly if you are living with abuse at home. The current situation means you may be isolated with the person harming you or that you are scared of, with limited options for getting away.

Please consider the following key points to help stay safe during this period:

- It may be safer to save our number in your phone as another name to avoid any suspicion
- Try to keep your phone with you should you need to phone 999
- Speak to your neighbours and ask them to call the police if they hear anything
- Think about escaping to a garden or to a room that you can exit from easily if abusive behaviour escalates
- Avoid rooms where there could be weapons such as kitchens or bathrooms should abuse escalate
- If child contact is being used to control you, please contact your solicitor or police to report this

## LEAVING

Set up a code word to allow people to know quickly if you need help and plan to check with with them regularly so that they can raise the alarm should they need too.

If you do need to leave, have someone that you could go to & think how to get there if needed.

You may need a back up plan in case they are unwell or self isolating

**IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, CALL 999 AND ASK FOR THE POLICE**

If you are not in immediate danger but require support, please contact us using the details below.



03000 20 25 25  
(24 hours 7 days)