

**If you or anyone you know is in immediate danger, dial 999.
For non-emergency matters, telephone 101.**

- Home is not a place of safety for all people.
- Many victims of domestic abuse may currently be self-isolating with their abusers.
- Reports of domestic violence have increased worldwide during coronavirus lockdowns.
- People with no choice but to remain at home need to plan for their safety.

How to ask about domestic abuse

- Never ask about abuse in front of anyone else – partners, children who can repeat full sentences or other family members, including for interpretation purposes.
- The person must be seen on their own. This may require creative thinking.
- Ensure privacy – make sure that you cannot be overheard.
- Be supportive and express your concern. Don't accuse or patronise.
- Ask direct questions e.g. are you ever afraid at home? Are you safe at home? Have you ever been forced to do anything sexually that you did not want to do?
- Make sure they know that even during lockdown people can leave their home if it's not safe for them to be there.
- Don't rush the person. It is important they are at ease before asking about domestic abuse.
- Never accept culture as an excuse for domestic abuse.
- Give every person information about support services regardless of their response.

LOCAL SUPPORT SERVICES

- We have compiled resources at healthierlsc.co.uk/dv
- **Lancashire Women**
0300 330 1354
- **Victim Support Cumbria**
0808 16 89 111
- **Lancashire Victim Services**
0300 323 0085
- **Blackburn with Darwen: The Wish Centre** 01254 260465
- **West Lancashire: The Liberty Centre**
0808 100 3062
- **East and Central Lancashire**
08448 114 350
- **Preston Domestic Violence Services**
01772 201 601
- **Fylde Coast Women's Aid**
01253 596699

NATIONAL SUPPORT SERVICES

- **National DV Helpline:** 0808 2000 247
- **Refuge:** 0808 200 0247
refuge.org.uk/covid19-survivor-tips
- **Women's Aid** womensaid.org.uk/covid-19-resource-hub
- **Karma Nirvana** ('honour'-based abuse)
0800 599 9247.
- **National Centre for DV**
0800 970 2070
- **Men's Advice Line** (male DV)
0808 801 0327
- **Galop** (LGBT domestic abuse)
0800 999 5428
- **Rape Crisis Helpline:** 0808 802 9999
- **ChildLine:** 0800 1111
- **NSPCC:** 0808 800 5000
- **Samaritans:** 116 123
- **Bright Skies** app: hestia.org/brightsky

Resources for health care professionals

- Government advice: bit.ly/3bis0Z4
- Safe Lives: list of resources and service providers available during the Coronavirus pandemic: safelives.org.uk/news-views/domestic-abuse-and-covid-19



Safety when isolating with an abuser

- Keep your phone charged and with you. Dial 999 if you feel unsafe. Dial 55 when prompted so the operator knows you can't talk + follow instructions.
- In lockdown you can leave your home if it's not safe.
- Use a code word with friends / family so they know, if you call / text them it, they should dial 999.
- If neighbours are aware of your situation, ask them dial 999 if they hear an attack.
- Use a code word with children so they know to leave the house and got to an agreed place.
- Don't drink alcohol together. If your abuser insists you drink, add mixer or have a soft drink between drinks. Have snacks available / don't skip meals.
- Judge your abuser's mood. Watch their body language. If a situation escalates, leave the room.
- Stay out of rooms with possible weapons (kitchen, garage etc.). Stay away from top of the stairs.
- If you can't get out of the house, go to a safe room you can lock / wedge shut.
- Think about the quickest route out of your house. Consider risks unique to your home. Make sure children's toys do not block routes.
- Keep bank card, cash and car keys in a safe place where you can access them quickly.
- Pack an overnight bag with ID and hide it somewhere if it's safe to do so.
- Download the Bright Skies app. It looks like a weather app, but contains information on local support and a journal tool to record incidents of abuse without content being saved on your device.

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