

Domestic Abuse

Tips for staying safe

You may be isolating at home with a partner who hurts you. These tips could help keep you safe:



- Keep your mobile phone with you at all times. Save emergency numbers on it.
 - Get someone to call you regularly to check you are okay.
 - Use a code word with friends and family to let them know you need help.
 - When out exercising or shopping, tell someone you trust.
 - If someone else does your shopping, write a message on your shopping list asking for help.
 - Pack a small bag with a change of clothes, essential medicines and important documents (passport, birth certificates). This is to take with you if you have to leave home quickly. Take bank cards and any money you have.
- **If you feel unsafe at home, it is OK to leave, even if lockdown is still on.**
 - **In an emergency call the Police on 999.**
 - **Domestic Abuse Helpline: 0800 027 1234.**
 - **Ask your social worker, health worker or support worker for help.**