

# Domestic Abuse and COVID-19

## At home shouldn't mean at risk!

It is vital that victims/survivors of domestic abuse know that they are not alone and there is still help available in these challenging times.

## Sources of help and support

I'm worried about someone else, what can I do?

Domestic abuse in all its forms is contrary to the will of God and an affront to human dignity. All need to play their part in preventing or halting it. If you are worried about a friend, family member or neighbour, please contact your [Diocesan Safeguarding Advisor](#). If someone is in immediate danger, call the police on 999. More information is also available in the national safeguarding policy [Responding Well to Domestic Abuse](#). Do not approach the perpetrator yourself, as this could put you or the victim/survivor at risk.

## Where can I go for help?

If you would like help, please reach out for support in any safe way that you can. If you are in immediate danger, call 999 and ask for the police - the police will continue to respond to emergency calls. If you are in danger and unable to talk on the phone, call 999, and then press 55 ([guide issued by the police can be found here](#)). This will transfer your call to the relevant police force who will assist you without you having to speak.

## Sources of help

If you are not in immediate danger, the following numbers may be helpful:

Freephone 24-hour Refuge National Domestic Abuse Helpline: 0808 2000 247

[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

LGBT+ Domestic Abuse Helpline: 0800 999 5428, [help@galop.org.uk](mailto:help@galop.org.uk)

[www.galop.org.uk](http://www.galop.org.uk)

Men's Advice Line: 0808 801 0327, [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

Karma Nirvana, UK Helpline for 'honour'-based abuse and forced marriage: 0800 5999 247

[www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

## Sources of help continued

Victim Support National 24-hour Support line: 0808 1689 111

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Accessing information online may feel like the best option at this time. If you do access any information online and you are worried about others in your household seeing it, you may need to delete your browser history. These are some helpful guides available:

[Safe Lives guide to staying safe online](#)

[Women's Aid guide to private browsing](#)

Domestic Abuse and COVID-19 useful guides:

[Safe Lives: Domestic Abuse and COVID-19](#)

[Safe Lives: Staying safe during COVID-19](#)

[Women's Aid: Safety advice for survivors of domestic abuse in the light of COVID-19.](#)

[Refuge: Safety tips for survivors during COVID-19](#)

## Support if you are worried about hurting someone

Support if you are worried about hurting someone

If you are worried about hurting the ones you love while staying at home, call the Respect Phoneline for support and help to manage your behaviour, 0808 8024 040 or visit

[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)