

CORONAVIRUS

DOMESTIC ABUSE - Where to get help

We are acutely aware coronavirus will have a serious impact on women, children and men who already face domestic abuse in their homes.

Fears over jobs, financial pressure, school closures, working from home and all the other current changes to our day to day lives are likely to result in an increase in domestic abuse.

It can make the home even more like a prison during self-isolation with an abuser. It may also be used as a means to exert further control. Due to the need to self-isolate, you may not be able to see the friends and family who usually support you.

Some charities and organisations will be offering support over the telephone or online, please see our list below if you need to contact someone for support or advice.

We do not want you to suffer in silence. As the situation changes daily, we want to ensure you feel you have someone there who can help. If you are in immediate danger you should still call 999. Police 101 is the non-emergency number.

Women's Aid national domestic abuse helpline - 0808 2000 247

Domestic Abuse Outreach Service - 0800 977 5690

National Centre for Domestic Violence - 0844 8044 999

Men's Advice Line - 0808 801 0327

Broken Rainbow¹ - 0300 999 5428

Respect² - 0808 802 4040

Bury St Edmunds Women's Aid Centre: 01284 753085

The Ferns³ - 0300 123 5058

Alumah - 07770 468698

Compassion - 07597 337831

Waveney Domestic Violence and Abuse Forum - 01502 572143 or 07906 245979

Leeway Domestic Violence and Abuse Services - 0300 561 0077

P.H.O.E.B.E. Centre - 01473 231566

Norfolk and Suffolk Victim Care - 0300 303 3706 / Email: nsvictimcare@victimsupport.org.uk

Anglia Care Trust Freephone advice line for victims - 0800 9775690

If you're a child or young person and domestic abuse is happening in your home or relationship, then call **Childline** on 0800 1111.

1 Broken Rainbow - advice regarding domestic abuse in the LGBT community

2 Respect - helpline offering advice for those who want to stop being violent and abusive

3 The Ferns - a sexual assault referral centre offering medical care and emotional support