

## **Coronavirus & Domestic Abuse- Support, Help and Guidance**

**# STAYHOMESTAYS SAFE doesn't mean you have to suffer Domestic Abuse through the Covid-19 period**

If you are concerned about Domestic Abuse happening to you or know of anyone during the coronavirus lockdown period, here are some tips that may help, as well as links and numbers at the bottom of this article to assist in keeping you and your children safe.



- **Speak to a trusted neighbour, family member or friend and arrange a safe word and emoji that can be texted to them quickly in an emergency so they can contact 999**
- **Familiarise yourself with Silent Solution 55 when dialling 999, If speaking would put you in danger press 55 and stay on the line. The BT operator will automatically put you through to the police.**
- **Keep phones topped up with credit, charged and accessible.**
- **You can download a personal safety phone app like Hollie <https://hollieguard.com/> which can silently contact designated people with a shake or tap of the phone. It can also work if deceleration, impact or non-movement is detected**
- **Some support services detailed at the bottom of this article include support via video calling and Whatsapp**
- **If in a situation where violence is escalating, try to move away from the kitchen where there are sharp or heavy objects and stay close to the exits or any lockable rooms so you can barricade yourself in while you get help.**
- **Asking family members or friends to regularly check up on you online or over the phone is also useful, and a good way to offset the pressure of self-isolation which in hard times imposes on mental health.**
- **Stay safe online, clear your internet browser history**
- **If you are in immediate danger call 999 and teach your children how to get help**
- **Think how you can get *out safely*, keep a small bag of essential items packed with ID.**

You can find advice released by the Government, in regard to coronavirus and domestic abuse at <https://bit.ly/39wMLhY>

Women's Aid Scotland 24/7 contact details telephone 0800 027 1234 <https://womensaid.scot/>  
They will direct you to your local branch

Rape Crisis Scotland 0808 8010302 <https://www.scotland.police.uk/keep-safe/advice-for-victims-of-crime/domestic-abuse/safety-online/>

AMIS- Abused Men in Scotland Telephone 0808 800 0024

LGBT <https://www.scotland.police.uk/keep-safe/advice-for-victims-of-crime/domestic-abuse/safety-online/>

Police Scotland <https://www.scotland.police.uk/keep-safe/advice-for-victims-of-crime/domestic-abuse/safety-online/>

The National Domestic Abuse Helpline Telephone 0808 2000 247