



# AT HOME SHOULDN'T MEAN AT RISK

**#YOUARENOTALONE**

We continue to be here for you 24/7



# CORONAVIRUS

## Domestic Abuse: where to get help during the Covid-19 pandemic

We understand that the stay at home measures put pressure on the home environment and can cause additional anxiety for those who are experiencing or are at risk of domestic abuse. You may not be able to see the friends and family who usually support you, and some of the places where you go for help or treatment may be closed or offering a reduced service.

If you're being abused, are concerned about family, friends or neighbours, or are worried you may commit domestic abuse, please seek help, either from the police or from support organisations.

**We will respond to your call, we will come to your address and we will continue to arrest people. If you are a victim, or worried about someone else who might be, please contact us.**

**There are other agencies working with Sussex Police to support you, offering help and advice online and over the phone.**



### **Safespacesussex.org.uk**

Local online directory of victim and witness specialist support services.

### **SafeLives.org.uk**

Providing domestic abuse support and guidance during the Covid-19 pandemic.

### **National Domestic Abuse Helpline**

0808 2000 247 | [refuge.org.uk](http://refuge.org.uk)

Guidance and support for victims.

### **Men's Advice Line**

0808 801 0327 | [mensadvice.org.uk](http://mensadvice.org.uk)

Confidential helpline for male victims of domestic abuse.

### **National LGBT+ Domestic Abuse Helpline**

0800 999 5428

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

Emotional and practical support for LGBT+ people.

### **RespectUK**

0808 8024040 | [respect.uk.net](http://respect.uk.net)

Advice and support for those who are finding it difficult to manage their behaviour and want to make a change.

### **Childline**

0800 1111

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

**Call 999** if you or someone else is in danger.

For non-emergencies **call 101** or report online at **[www.sussex.police.uk](http://www.sussex.police.uk)**

