

**Domestic Abuse & Coercive Control** can and does happen to anyone. IT is NOT fair and it is NOT your fault.

You have the right to live without fear of abuse or violence.

If you want to speak to someone in confidence Victim Support can help

Victim Support Essex can be contacted on 0808 178 1694 Mon-Fri 8-5 or email to [essex@victimsupport.org.uk](mailto:essex@victimsupport.org.uk)

OR

Victim Support National helpline 0808168 9111 24 hours a day, seven days a week

Some basic safety planning to help keep you safe, even if you are isolating due to the Coronavirus:

- **If you feel that you or someone else is in danger please always call 999.** If you can't speak then cough or make a noise then tap 55 on keypad and follow instructions.
- Keep your phone charged & with you at all times.
- Try to keep your distance from perpetrator at home and if safe to do so go for a walk or drive.
- Make sure you have your (and your children's) important documents in a safe place.
- Avoid rooms in the home where Perpetrator could access a weapon (kitchen, shed etc.) or where they could lock you in.
- Identify a safe room. Does the door lock & is there a phone signal or outside window/exit so that you can call for help or get out?
- Plan your escape route(s) and think about where you would go if you needed to leave.
- Agree a code word NOW with a trusted friend/family member/neighbour to let them know you are safe or to signal that you need them to call for help. Or agree to place an object in plain sight (in window etc.) to signal help is needed.
- Show your children how to call 999 & how to ask for help. Tell them not to let the perpetrator in.
- Check or update your social media, banking, email & computer privacy & password settings. Can you block the perpetrator?
- Think about your home security (smoke alarms, door chain, change locks).
- Talk to someone about what is happening to you. Friend, family or a professional.
- Consider changing phone contact names of key/support workers to general titles i.e. Dentist, School Office etc.
- Do not threaten to leave. Get advice about how to leave safely.
- Agree a contact schedule with someone you trust and what they should do if you miss contact.

#### Other Useful Helplines

National 24h DV Helpline: 0808 2000 247

National Stalking Helpline: 0808 802 0300

Men's Advice Line: 0808 801 0327

Honour Based Abuse Helpline: 0800 5999 247

LGBT DV Helpline: 0300 999 5428

Revenge Porn Helpline: 0345 6000 459

Respect Phone-line: 0808 802 4040

ChildLine: 0800 1111

Samaritans: 116123 (24hr support)

Police non-emergency: 101 FREE