

# DOMESTIC ABUSE

## WHERE TO GET HELP DURING THE COVID-19 PANDEMIC

Are you feeling threatened or unsafe in your home? COVID-19 may have a serious impact on those experiencing domestic abuse due to enforced social isolation. Restrictions may leave you feeling like there is nowhere to turn for help. However, the police, local and national organisations are working hard to support you.

Call 999 if you or someone else is in danger. If it is not an emergency, please call 101 or visit [www.met.police.uk](http://www.met.police.uk)

Refuge – Freephone 24 hour National Domestic Abuse Helpline: **0808 2000 247**  
(available 24/7) [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

Respect Phone Line: **0808 802 4040** an anonymous and confidential helpline for men and women who are harming their partners and families [www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

Men's Advice Line: **0808 801 0327** a confidential helpline for male victims of domestic violence and those supporting them [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

Karma Nirvana: **0800 5999 247** Mon to Fri 9am–5pm supporting victims of honour based abuse and forced marriage [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

Hour Glass: **0808 808 8141** challenging the abuse of older people in all its forms [www.wearehourglass.org](http://www.wearehourglass.org)

Galop LGBT+ Domestic Abuse Helpline: **0800 999 5428** [www.galop.org.uk](http://www.galop.org.uk)

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

Advice and support is available for everyone regardless of background, financial situation, nationality or immigration status.

