



HM Government

# AT HOME SHOULDN'T MEAN AT RISK OF DOMESTIC ABUSE



If you are controlled or physically, sexually, economically or emotionally abused by a partner, ex-partner or family member, this is domestic abuse. Household isolation rules do not apply.

Police and support services remain available.

If you are in immediate danger, or suspect someone else is, call 999.

If you're worried you, or someone you know, may be experiencing domestic abuse:



The Portal - Domestic or sexual abuse and violence can happen to anyone. You are not alone. We understand, and we believe you. Contact the Portal:

**0300 323 9985**

If you need to flee your home because of domestic abuse:



The Freephone 24-hour National Domestic Abuse Helpline run by Refuge offers support for women:

**0808 2000 247**

# #YOUARENOTALONE

Find more support at  
[www.safeineastsussex.org.uk/domestic-abuse-help](http://www.safeineastsussex.org.uk/domestic-abuse-help)