



**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

Guidance and support for victims.

Men's Advice Line

0808 801 0327 | mensadvice.org.uk

Confidential helpline for male victims of domestic abuse.

National LGBT+ Domestic Abuse Helpline

0800 999 5428

galop.org.uk/domesticabuse

Emotional and practical support for LGBT+ people.

RespectUK

0808 8024040 | 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**