

Domestic Violence



Yourself



The stress of lockdown means that domestic violence is on the rise. If this is happening to you, it's important to know that you are not alone.



Physical Health

Even if you are unable to leave your home at the moment, you can still access support through [helplines](#). If you are in immediate danger please call 999 and ask for the police. Silent calls will work if you are not safe to speak, use the [Silent Solution](#) system and call 999 and then press 55 when prompted.



Mental Health

You can also register with the **police text service** - text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger. [Find out more](#).

Read the [guide for staying safe during COVID-19](#) for victims and survivors or [download the PDF](#).

This useful joint [guidance](#) for survivors, and for friends and family may also help.

Surviving Economic Abuse have produced [guidance](#) on economic abuse while self-isolating, as well as practical issues including benefits and sick pay.

