

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

National Domestic Abuse Helpline: 0808 2000 247 (available 24/7)

Men's Advice Line: 0808 801 0327

National LGBT+ Domestic Abuse Helpline: 0800 999 5428

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

Respect Advice Line: 0808 802 4040 For perpetrators of domestic violence looking for help to stop.

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

