



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.

#YOUARENOTALONE

Police and support services remain available.

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

If you are unable to talk, call 999, listen to the operator and then either press 55 on a mobile, when prompted, or wait on a landline to be connected to the police, who will be able to help.

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

Refuge



For women and children.
Against domestic violence.

The Freephone 24-hour National Domestic Abuse Helpline run by Refuge offers support for women: **0808 2000 247**

Respect

Men's advice line

The free Respect Men's Advice Line offers support for men: **0808 801 0327**



Galop's free National LGBTQ+ Domestic Abuse Helpline offers support for LGBTQ+ people: **0800 999 5428**

Respect

Phoneline

The free Respect Phoneline offers support for men and women who are harming their partners and families: **0808 802 4040**

NSPCC

The free NSPCC helpline offers support for anyone worried about a child: **0808 800 5000**

**Find more support, online and text relay services
at [gov.uk/domestic-abuse](https://www.gov.uk/domestic-abuse)**