



HM Government

AT HOME SHOULDN'T MEAN AT RISK OF DOMESTIC ABUSE

#YOUARENOTALONE



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 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:



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