

DOMESTIC ABUSE AND COVID-19

Information for those who are experiencing domestic abuse

Are you in self-isolation and not feeling safe in your home?

Are you feeling frightened of your partner or a family member?

Are you concerned that someone you know is experiencing abuse?

National and local services are still here for you

Refuge (Independent and Domestic Violence Advisor (IDVA) and Outreach Service) Monday – Friday 9am-5pm

020 8943 8188

National Domestic Violence Helpline 24/7

0808 2000 247

Metropolitan Police

If in an immediate danger, always call **999**.

For non-emergencies, dial **101**

Crime Stoppers - 100% anonymous line

0800 555 111