



Domestic Abuse

How to stay safe at home?

During isolation, you might be experiencing an unsafe environment at home. If you are at risk of suffering domestic abuse, follow these steps to keep you and your family safe:

- Keep your mobile phone charged and on you at all times.
- Agree on a code word with trusted friends or family so that they can call the police if you text or call them.
- Talk to your children about ways to stay safe if the perpetrator becomes abusive. Tell them not to intervene as this could put them in further danger.
- Teach your children to call 999 but only when they get to safety first. They need to be able to say your full address in English.
- If your neighbours are aware of the situation, let them know that they should call the police if they hear a disturbance.
- If your partner becomes violent, try to avoid the kitchen, garage or anywhere that might have potential weapons.

Always remember, you are not alone

If you need advice, call/email
London Black Women's
Project on:

07808007932
07912294105

crouse@lbwp.online

If you are in immediate danger, always call the police at 999. If you can't speak, after calling 999, use the silent solution system. Press 55 on your phone and the police will know it's an emergency.

You can also call the 24-hour National Domestic Abuse Helpline at **0808 2000 247** and ask for an interpreter

**Domestic Abuse is a crime.
Police has the duty to
protect you and your
children. You should not be
discriminated against
because
of your immigration status.**