

DOMESTIC ABUSE - WHO CAN HELP ME?

Think about talking to someone that you trust - a friend, a neighbour, a family member. If you can't, what about someone else? Your doctor, a teacher, or someone else you see?

Could they:

- ▶ Call or knock to say hi every day?
- ▶ Agree a code word that you can send if you need help?
- ▶ Make sure your time with them is private – with you only?

- ▶ If there isn't anyone safe to talk to, call the Coventry SafeToTalk Helpline on **0800 111 4998** (Monday - Friday 8.30am - 5.30pm & Saturday - Sunday, 10am - 1pm)
- ▶ You can also call Coventry Haven directly for support on **02476 444077**
- ▶ If it is not safe to call, visit www.safetotalk.org.uk
- ▶ Coventry Haven offer a live 'Chat' session from 2pm - 4pm, Monday - Friday, access on their website www.coventryhaven.co.uk
- ▶ If you are in immediate danger call the Police on 999. If you cannot talk you can make a silent emergency call by pressing 55 when prompted.

