

DOMESTIC ABUSE - PRACTICAL ADVICE FOR AN EMERGENCY

- ▶ Leave if you can, and go to a safe place
- ▶ Try to keep a distance between you and your abuser; do you have a room that locks, for example the bathroom?
- ▶ Move near an exit (door or window) and try to keep between your abuser and any escape route
- ▶ Avoid rooms with potential weapons in, like the kitchen
- ▶ If you have already made a safety plan, try alerting a neighbour - perhaps with a pre-arranged signal

Call the Police on 999. If you cannot talk then you can make a silent emergency call by pressing 55 when prompted.

Call Coventry Haven on **024 7644 4077** to speak to specialist workers who can help you.

