

DOMESTIC ABUSE - HOW CAN I GET HELP DURING LOCKDOWN?

For some people, lockdown might offer some ways of getting support that you haven't had before. If you are thinking about getting some help or want to leave an abusive partner these suggestions might help you:

- ▶ Online shopping slots are hard to get - you might have to leave the house to go shopping which means you can ask shop staff for help
- ▶ If someone is shopping for you, can you safely ask for help on your shopping list?
- ▶ Does someone you know need help? A neighbour, friend or relative? Helping them gives you a chance to get out of the house or speak to others
- ▶ Everyone can leave the house for exercise once a day. Could you make use of this time to get help?

Remember - if you are experiencing abuse you are allowed to leave to go and stay with someone else. The Government have said you can, and if you do you won't be accused of breaking the rules.

- ▶ 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

