



HAMPSHIRE

CONSTABULARY

Domestic abuse – where to get help during the Covid-19 pandemic

We know that COVID-19 (Coronavirus) will have a serious impact on the lives of women, children and men who are experiencing domestic abuse.

Fears over jobs, financial pressure, school closures, working from home and all the other current changes to our day to day lives are likely to result in an increase in domestic abuse incidents.

If you're already living with domestic abuse, then the restrictions put in place while the government tries to slow the spread of the virus have probably left you fearful of being isolated in the house with your abuser and as if there is nowhere to go for help.

You may not be able to see the friends and family who usually support you, and some of the places where you go for help or treatment may be closed or offering a reduced service.

Please remember that you can still call 999 if you or someone else is in danger.

While some domestic abuse support services are not able to offer face to face meetings at this time, there is still help and advice available online and over the phone. These local and national organisations are working hard to ensure they can still support you.

Hampshire Domestic Abuse Service – 03300 165112

Stop Domestic Abuse (Portsmouth) – 023 9206 5494

Aurora New Dawn – 023 9247 9254

Yellow Door (Southampton) – 023 8063 6313

PIPPA (Southampton) – 023 8091 7917

You Trust (Isle of Wight) – 0800 234 6266

National Domestic Abuse Helpline – 0808 2000 247

Men's Advice Line – 0808 801 0327

National LGBT+ Domestic Abuse Helpline – 0800 999 5428

If you're a child or young person and domestic abuse is happening in your home or relationship, then call Childline on 0800 1111.