



# 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:

## United Against Violence and Abuse (UAVA)

Domestic and sexual abuse service in Leicester, Leicestershire and Rutland

**0808 802 0028**

**[www.uava.org.uk](http://www.uava.org.uk)**

## National Domestic Abuse Helpline

Support for domestic abuse, sexual violence, female genital mutilation, forced marriage, honour based violence and human trafficking/slavery.

**0808 2000 247 (freephone 24hrs)**

**[www.refuge.org.uk](http://www.refuge.org.uk)**

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

