

IS THERE SOMEONE AT HOME WHO YOU ARE FRIGHTENED OF AT TIMES?

If you are suffering from any form of abuse, it's never ok and you do not have to stay at home if it is not safe to be there.

We want you to know that there is help there for you

May 2020 is Domestic Abuse Awareness month and there are lots of ways in which **YOU** can get help without putting yourself in danger.

#YouAreNotAlone:- This is an Domestic Abuse Campaign which launched on 4th May and Merseyside Police is joining partners in supporting the national domestic abuse campaign 'You Are Not Alone', which aims to spread the message that there continues to be support available for victims and survivors of domestic abuse despite the current restrictions in place due to the Covid-19 outbreak.

Silent Solution:- This is a system which is used to ensure that the police are aware when someone needs urgent help but cannot speak. To ensure that they get the right support, those in need of urgent police help should:-

- Dial 999
- Listen to the questions
- Respond by coughing or tapping the headset if they cannot easily speak
- If prompted – press 55 – and they will be put through to the police

Below is the link for more information <https://www.policeconduct.gov.uk/news/national-campaign-raise-awareness-silent-solution-system>

Boots Chemists:- have launched a safe space in their stores for victims of domestic abuse across the UK where they can contact specialist domestic abuse services for support and advice. Launched by charity Hestia's **UK SAYS NO MORE** campaign the scheme is in response to the desperate situation facing many victims who are isolating with perpetrators during lockdown. Whilst in the consultation room people will have access to:

- 24-hour National domestic abuse helpline: 0808 2000 247
- Men's advice line: 0808 801 032
- Scotland - Domestic Abuse & Forced Marriage Helpline (freephone 24/7): 0800 027 123
- Wales - Live Fear Free Helpline (freephone 24/7): 0808 801 0800
- Northern Ireland - Domestic & Sexual Abuse: 0808 802 1414
- Signposting to download free mobile app Bright Sky, which provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know.
- The Respect Phonenumber is a support for people concerned about their behaviour and wanting to manage and change it: 0808 8024040 opening times: Mon-Fri 9am-5pm - website: www.respectphoneline.org.uk or email: info@respectphoneline.org.uk
- Family Safety Unit on 0151 666 4914, Monday to Friday, 9am to 5pm.





- Wirral Integrated Front Door: 0151 606 2008 (Monday to Friday 9am-5pm) Outside of these hours please call the Emergency Duty Team on 0151 677 6557

