



## **Domestic Abuse help and support during the Covid19 outbreak**

We know that if you are currently experiencing or have experienced domestic abuse you might be worried about self-isolating with someone who is harming you.

If you know a family member or friend who is living with domestic abuse, self-isolation may mean they are spending more time with an abusive partner and will not be able to access their usual means of support.

It's important to know that you and they are not alone and we can all look out for the most vulnerable people in our communities and remain vigilant. If you are in immediate danger, or you suspect someone is in immediate danger please call 999 and ask for the police.

Local Domestic Abuse services in Manchester are **still operating and delivering support**. You can contact them on:

### **Manchester Women's Aid:**

Phone 0161 660 7999 or email [referrals@manchesterwomensaid.org](mailto:referrals@manchesterwomensaid.org)

### **Greater Manchester Domestic Abuse helpline:**

Phone 0161 736 7525 or email [helpline@independentchoices.org.uk](mailto:helpline@independentchoices.org.uk)

**Saheli Asian Women's Project** (advice, information and support services to Asian women and their children fleeing domestic abuse and/or forced marriages. Based in Manchester)

Phone 0161 945 4187

### **Other information and support**

The government acknowledges that the order to stay at home can cause anxiety for those who are experiencing or feel at risk of domestic abuse. Domestic abuse is unacceptable in any situation, no matter what stresses you are under. More information can be found on the [gov.uk website](#).

There is a national **24 hour Domestic Abuse helpline** available on 0808 2000 247 <https://www.nationaldahelpline.org.uk/>

### **SafeLives (www.safelives.org.uk)**

The UK-wide charity dedicated to ending domestic abuse has further support and advice on [Covid19 and Domestic Abuse](#).

### **Surviving Economic Abuse**

The Surviving Economic Abuse Charity has developed and is sharing information on what support is available to safeguard economic well-being. They are working with partners to



develop understanding over time and will use this to regularly update the information they are sharing.

If you, or someone you know, are experiencing abuse, please visit the resources page: [www.surviving economic abuse/resources](http://www.survivingeconomicabuse/resources). This includes a section specific to the COVID-19 Outbreak.

### **Information for those seeking help to change their behaviour**

#### **Respect**

The Respect Phoneline is a confidential national helpline, email and webchat service for perpetrators of domestic violence looking for help to stop. They help male and female perpetrators, in heterosexual or same-sex relationships. Partners or ex-partners of perpetrators, as well as concerned friends and family and Frontline Workers are welcome to get in touch for information, advice and support.

Telephone 0808 802 4040. Visit <http://respect.uk.net/>

#### **Talk Listen Change (TLC)**

TLC are the local provider of behaviour change provision for Manchester. If you are worried about your behaviour and are seeking support, phone 0161 872 1100 (option 3) or visit [www.talklistenchange.org.uk/domestic-abuse-services](http://www.talklistenchange.org.uk/domestic-abuse-services) TLC can also be found on Twitter at @TLC\_Charity