

The Coronavirus pandemic is a worrying time for everyone, but for those living with **domestic abuse** it can be a terrifying and potentially dangerous time.

Safety Planning when Self-isolating

ALWAYS keep your mobile phone charged and with you
HAVE a code word with friends or family so they know, if you use that
HAVE a code word with children to let them know they need to leave the house and agree a safe place for them to run to.
USE your intuition with your abuser's mood, and if a situation is escalating try to leave.
THINK about the quickest way out of your house.
KEEP your bank card, house keys etc) in a safe place
PACK an overnight bag and hide it somewhere safe e.g with a neighbour. (Ensure you pack ID and cash etc.)
IF the situation is likely to escalate, stay out the kitchen, garage, any room where there are possible weapons
IF You can't get out of the house go to a safe room that you can lock

ALWAYS CALL 999 IF YOU ARE IN IMMEDIATE DANGER

VICTIM SUPPORT: 0300 3030 157 OUT OF HOURS: 0808 1689 111

LIVE CHAT: MON—FRI 9—6:

WWW.VICTIMSUPPORT.ORG.UK/HELP-AND-SUPPORT/GET-HELP/SUPPORT-NEAR-YOU/LIVE-CHAT

EMAIL: cumbria.admin@victimsupport.org.uk