



# Keeping yourself and your family safe from Domestic Abuse

The current situation in the UK of self-isolation and social-distancing may mean that you are worried about spending more time with someone who is harming you. It may also mean that you are only leaving the house for essential reasons, and have less contact with friends, family or professionals who support you.

Please use the guide below to think about how you can put plans in place to ensure that you stay safe and well.



## Safety planning and advice

**Stay one step ahead at home:** Be mindful of your safety at all times. Anticipate problems before they arise. Keep your eyes and ears open.

**If you suspect that your partner is about to attack you:** Try to go to a lower risk area of the house, where there is a way out and access to a telephone. Avoid the bathroom, kitchen or garage where there are knives or other weapons; or anywhere you might be shut into a cupboard or other small space. Avoid going upstairs.

**Be aware of technology:** If you suspect your partner is able to access your phone, think how this may change the way you get help. Make sure location trackers are removed before trying to leave.

**Plan to spend time out of the house dog walking, exercising or shopping:** This will give you time to speak to a friend or a professional about what is happening.

**Be aware of the risks around alcohol:** Alcohol can make the abuser unpredictable, leaving you more vulnerable to abuse and less able to keep you and your children safe. Where possible do not drink alongside the abuser.

**Keep in contact:** Arrange a regular call or video call with a neighbour or friend so that someone knows that you are ok. Keep important contact details handy that you could use if you need to.

**Talk to your GP about IRIS:** If you have a Bolton GP, ring them and ask about the IRIS team. They will know you are experiencing domestic abuse and refer you to us for specialist support.

**Available apps:** Download the Hollie Guard and Brightsky apps on your phone.

## If you have children

**Teach your children to call 999 in an emergency:** Tell them what they would need to say for example, their full name, address and telephone number.

**Keep them safe:** Explain to them that they should not get involved in an incident, even if they want to help.

**Rehearse an escape plan:** So in an emergency you and the children can get away safely. Consider a code word to tell the children to leave.

## Always ring 999 in an emergency

If you cannot speak due to being isolated with your abusive partner, dial **999** and when prompted, press **55**. This will signal to the operator that you need help but you're unable to talk.



Make sure your mobile phone is fully charged and on you at all times.

## How can we support you?

- 24 hour support line
- Specialist staff
- Advice and guidance
- Risk assessments and safety planning
- IDVA service
- Access to Refuge

If you need advice or support, please ring 01204 356 677

You can also contact us via [info@fortalice.co.uk](mailto:info@fortalice.co.uk) or on our live chat via [www.fortalice.org.uk](http://www.fortalice.org.uk)