

Domestic Violence.

The measures announced over recent weeks to tackle coronavirus (COVID-19) have seen people's day-to-day lives drastically altered. These changes are essential to beat this virus and protect our NHS. However, the government acknowledges that in order to stay at home this can cause anxiety for those who are experiencing or feel at risk of domestic abuse. This is why; we need to be very vigilant for all our friends, family, neighbours and community members and let them know you are there for them and you can telephone support services on their behalf too. **Always, reassure victims that they are not alone.**

What signs to look for?

If you believe that someone you know could be a victim of domestic abuse, there are signs that you can look out for

- being withdrawn
- having bruises
- controlling behaviours such as; not being allowed to leave the family home or monitoring of technology use, such as social media platforms



Support Networks.

- If they are in danger and unable to talk on the phone, dial 999, listen to the questions from the operator and respond by coughing or tapping the handset if you can. Then follow the instructions.
- Alternatively, contact the Domestic Abuse Helpline, it is a 24 hour service, free and confidential, 0808 2000247.
- Herts Domestic Abuse helpline website. Gives free and confidential support for anyone affected by domestic abuse. They are open Monday to Friday 9am to 9pm and 9am to 4pm Saturday and Sunday, ring for confidential support to 08 088 088 088.
- Cherished, supports victims of domestic abuse. It provides a free and confidential advice. Call on 01442 767390 enquiries@iamcherished.co.uk

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