

## **Domestic Violence and Abuse.**

Sadly, the pressures of lock down can create a rise in rates of domestic violence and abuse.

# Make Yourself Heard

**In danger, need the police, but can't speak?**

- 1** Dial 999
- 2** Listen to the questions from the 999 operator
- 3** Respond by coughing or tapping the handset if you can
- 4** If prompted, press **55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

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### **Help available**

If you or your children are in immediate danger you should call 999. However there are many other ways you can access help from specialist services.

In a non-emergency, you can also report a crime 24 hours a day, seven days a week by calling 101, using the 101 webchat, or the online crime reporting form - both on the force website – [www.dorset.police.uk](http://www.dorset.police.uk).

### **Dorset based support**

- **You First** integrated domestic abuse service - <https://theyoutrust.org.uk/service/domestic-violence-abuse/>  
You First work with women, men and children.  
Free phone: **0800 032 5204** (Please be aware that calls to 0800 numbers may show up on itemised phone bills)  
Email: [youfirst@theyoutrust.org.uk](mailto:youfirst@theyoutrust.org.uk)
- **Victim Support**  
<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-west/dorset>  
Provides emotional and practical help to victims of crime in Dorset, and have a dedicated team which specialises in helping victims of domestic abuse. You can get help from the Dorset team by calling **0300 3030 163** from Monday to Friday 9am-6.30pm.  
The service is confidential and free to use.
- **Stars** - <https://www.starsdorset.org/>  
Stars offers one to one support, free of charge for anyone, of any age or gender who lives, works or studies in Dorset and has experienced any form of sexual violence at any time in their life.  
Telephone support line: **01202 308855**

### **Other help – available nationally**

- **Refuge** - <https://www.nationaldahelpline.org.uk/>  
Run a 24 hour National Domestic Abuse Helpline 0808 2000 247
- **Women's Aid** - [www.womensaid.org.uk](http://www.womensaid.org.uk)  
Advice for survivors of abuse during Covid-19 - <https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>  
Visit email and online chat room 10-12pm Monday to Friday <https://chat.womensaid.org.uk/>
- **Respect** - <https://respectphoneline.org.uk/>  
Helpline 0808 802 4040 (for anyone worried that they may be harming someone else)

- **Mens Advice Line** - <https://mensadvice.org.uk/>  
Freephone: 0808 8010327
- **Mankind Initiative** – <https://www.mankind.org.uk/>  
Helpline: 01823 334 244 - can provide advice and support to anyone at risk of or experiencing domestic abuse.  
They are open weekdays, 10am-4pm.
- **Galop** –<http://www.galop.org.uk/>  
LGBT+ anti-violence charity  
Helpline: 0800 999 5428. They are open weekdays from 10am-5pm/8pm, depending on the weekday (further info available on their website).

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Crime can also be reported anonymously via Crimestoppers on 0800 555 111 or via its website – [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)