

## COVID-19: Help if you are Experiencing Domestic Abuse

These are worrying times for us all, but particularly for anyone who is experiencing domestic or sexual abuse. The current 'stay at home' advice means that anyone in this situation is likely to be isolated at home with the person who is abusing them.

Domestic abuse can happen to men as well as women and it can happen to anyone – any age, any background, same sex or heterosexual partnerships. Abuse can be emotional as well as physical but it is important to realise that it is never acceptable under any circumstances.

[Click here to read more about the signs of domestic abuse](#)

But there is help and support and helplines and specialist services continue to operate, although face to face counselling services may be affected. If you can, keep a mobile phone with you at all times.

If you are worried about yourself or someone else, here are some things you can do:

- **In an emergency where you need immediate help or feel threatened, always call police on 999.**
- In a non-emergency where you need immediate assistance or advice, call 101
- To make a report about non-emergency incidents to the police, [click here to make a report online](#)
- **The Silent Solution:** If you need to ring PSNI but are too scared or unable to speak, ring 999 and press 55 when prompted (see attachment for more information)
- **Domestic and Sexual Abuse helpline:** available 24 hours a day and provides information and support via phone, email and web chat. Call 0808 802 1414, email [help@dsahelpline.org](mailto:help@dsahelpline.org) or visit [www.dsahelpline.org](http://www.dsahelpline.org)
- **Accord Covid-19 couples and relationships support line** - 028 9568 0151  
9.00 am - 8.00 pm, Monday to Friday
- **Fermanagh Women's Aid:** 028 6632 8898 or visit <https://www.fermanaghwomensaid.com>
- **Foyle Women's Aid:** 02871 1416800 or visit <https://www.foylewomensaid.org/>
- **Omagh Women's Aid:** 028 8224 1414 or visit <https://www.omaghwomensaid.org>

- **Men's Action Network** based in Derry recently launched a helpline and access to immediate counselling for men experiencing abuse: 02871 226530
- **Men's Advisory Project** provide services to male victims across Northern Ireland including in the Western Trust funded by HSCB. It offers services of risk and safety planning, support, referral and counselling in Derry, Omagh and Strabane. Phone 02871 160001 or visit <http://www.mapni.co.uk/>
- If you are gay, lesbian or transgender, **The Rainbow Project** has an advocacy service to provide support and advice: 02890 319030
- **Victim Support NI** can provide help and support for anyone experiencing abuse: Phone 02890 243133 or visit [foyle@victimsupportni.org.uk](mailto:foyle@victimsupportni.org.uk)
- If you are concerned about a child living with abuse, you can contact Western Trust **Gateway Service**: 02871 314090
- **Lifeline** is the Northern Ireland-based crisis response helpline service operating 24 hours a day, seven days a week. If you're in distress or despair, you can call Lifeline on 0808 808 8000 and talk to an experienced counsellor in confidence.