

The coronavirus lockdown can be a dangerous time for victims of domestic abuse.

Here are some links to support:

In an **emergency**, **call 999**.

Women can call The Freephone **National Domestic Abuse Helpline**, run by Refuge on 0808 2000 247 for free at any time, day or night. The staff will offer confidential, non-judgemental information and support.

Men can **Men's Life Advice** on 0808 8010 327 (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm) for non-judgemental information and support.

Men can also call **Mankind** on 0182 3334 244 (Monday to Friday, 10am to 4pm) If you identify as LGBT+ you can call Galop on 0800 999 5428 for emotional and practical support.

Anyone can call **Karma Nirvana** on 0800 5999 247 (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. You can also call 020 7008 0151 to speak to the GOV.UK Forced Marriage Unit.

Women can email **Women's Aid** helpline@womensaid.org.uk. Staff will respond to your email within 5 working days. Men can email info@mensadviceline.org.uk.

LGBT+ people can email **Galop** at: help@galop.org.uk

If you are worried that you are abusive, you can contact the free **Respect** helpline on 0808 802 4040.

The **Survivor's Handbook** from the charity Women's Aid is free and provides information for women on a wide range of issues, such as housing, money, helping your children, and your legal rights: <https://www.womensaid.org.uk/the-survivors-handbook/>