

# Coronavirus (COVID-19) and domestic abuse

## West Berkshire Support and Guidance

Are you experiencing or feel at risk of domestic abuse during the coronavirus (COVID-19) outbreak?

Support is **available** and if you are in immediate danger, **you can leave**.

It is likely that your home life has changed drastically since the coronavirus outbreak, we recognise that there is a particular pressure in households for those who are experiencing or feel at risk of domestic abuse.

Domestic abuse is unacceptable in any situation, no matter what stresses a person could be under and you do not need to feel as if this behaviour should be accepted.

### What is domestic abuse?

Domestic abuse is more than physical violence. It can also include, but is not limited to:

- coercive control and 'gaslighting'
- economic abuse
- online abuse
- verbal abuse
- emotional abuse
- sexual abuse
- psychological abuse

### Are you in immediate danger?

**Call 999** - If you are in immediate danger, call 999 and ask for the police - the police will continue to respond to emergency calls.

If you are in danger and unable to talk on the phone, call 999 and then **press 55**. This will transfer your call to the relevant police force who will assist you without you having to speak.

## Where can I get help?

**A2dominion** – This is our local domestic abuse service for West Berkshire. The telephone helpline is available from 10am - 7pm, Monday to Friday on **0800 731 0055**. If safe to do so, you can also email [das@a2dominion.co.uk](mailto:das@a2dominion.co.uk)

**National domestic abuse helpline** – Telephone helpline is available 24 hours a day, 7 days a week on **0808 200 0247**

**Women's Aid** – A live chat service is available Monday to Friday, 10am - 12pm via the following link <https://chat.womensaid.org.uk/>. If safe to do so, you can also email [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

**Men's Advice Line** – Telephone helpline is available Monday to Friday from 9am, closing times vary on **0808 801 0327**  
Webchat is available Wednesday, Thursday and Friday between 10am – 11am and 3pm – 4pm via their website.

### Are you worried about hurting someone?

If you are worried about hurting the ones you love while staying at home, call the Respect phone line for support and help to manage your behaviour.

- Telephone helpline is available from 9am – 5pm, Monday to Friday on **0808 802 4040**.
- Webchat is available Wednesday, Thursday and Friday between 10am – 11am and 3pm – 4pm via the following link <https://respectphoneline.org.uk>

### Websites to visit for further advice, guidance and resources:

#### **West Berkshire Council:**

<https://info.westberks.gov.uk/article/36906>

#### **Government:**

<https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

#### **A2dominion:**

<https://a2dominion.co.uk/en/about-us/Domestic-abuse-support-services>

#### **Women's Aid:**

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>