

Safety Advice for those at Risk of Domestic Abuse who are self-isolating



1 SAFETY PLANNING

- Choose a friend, neighbour or family member and agree a safe word or chosen emoji you can send to their phone. This will be a sign to let them contact emergency services for you.
- Make sure your mobile is always fully charged and that you always have credit.
- Discuss with your children (age appropriate) on how to get help when needed.



2 PERSONAL SAFETY APPS

Apps like the Hollie Guard app are great options for keeping safe and feature a number of safeguarding options. You can add contacts who will be alerted if you are in danger by you shaking or tapping your smart phone.

The Bright Sky app (Hestia) is currently available in English, Urdu, Punjabi and is FREE to download, the app enables users to locate their nearest support centre. You can log incidents of domestic abuse without any content being saved. You can record incidents in a secure journal tool, using a text, audio, video or photo function.



3 KEEPING SAFE AT HOME

When you're at home and the risk of abuse or violence is escalating, make sure you are safe by:

- Avoiding rooms that have increased risk of danger like kitchens and bathrooms.
- Do Not go upstairs.
- Know your exits and stay close to them, try and have a room that is safe for you to call for help from.
- Open windows so that neighbours can hear and call for help.
- Keep a spare key on your person if you are able to.



CAUTION

4 FIND SAFE WAYS TO KEEP IN TOUCH

During isolation try and find ways to stay in touch with family and friends so they can help you keep safe and well. There are many online services available for support, such as FaceTime and Whatsapp, consider using these and other services if it is safe to do so.



5 IF YOU ARE IN DANGER

Social Isolation is important but your safety is priority.

If there is an immediate risk to your life Ring 999 and ask for help explaining your situation.

Silent 999 calls press 55 to confirm it's an emergency.

Silent solution 55 is the name given to the initiative that allows people to call 999 when they are not able to speak... If it is dangerous to make any sound at all, the call will be put through to an automated system which asks the caller to **press 55 if they are in danger.**



You can also ring the FREE 24 hour National Domestic Abuse Helpline - 0808 2000 247

Our domestic abuse services remain open and available for specialist help, support and advice.

email: info@endeavourproject.org.uk tel: 01204 394842 (office hours) www.endeavourproject.org.uk



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End domestic abuse!