

# Home should be a safe place

Are you concerned that someone you know might be experiencing domestic abuse during the coronavirus lockdown?

## Why we need to help

To live free from violence and abuse is one of our most basic human rights. It is our right to live without being scared or intimidated by a partner, ex-partner or family member. At this time, we need to be the best community that we can be, and that includes not being silent about abuse.

Sometimes, friends, relatives, neighbours and colleagues feel that something is wrong but are not sure what to do. It is important not to ignore these worries. Don't wait until it is too late.

## Keep in touch

While physical contact is limited, keeping in touch by phone, text or email is more important than ever. Ideally when that person can communicate in private. Remember that people can leave their houses if they are at risk of domestic abuse, and people can leave the house for essential work, food or exercise.

## Have information about domestic abuse services to hand

The person you are worried about might use this time to gather information about their options and plan, or they might want to focus on getting through this period with as little harm as possible. They are likely to be the experts on their own safety.

**"I questioned myself if I was doing the right thing, now I have had the support, I'm really glad I did, and everything is good"**

Victim-survivor  
having accessed UAVA



Get detailed advice in our guide for friends, family, neighbours and colleagues.

Download the guide from [leicester.gov.uk/domesticabuse](https://leicester.gov.uk/domesticabuse)

# Things you might notice

- The person is struggling to stay socially connected with others
- You witness or hear the abuser saying or doing things to humiliate the person
- The person is losing weight or looking unwell
- When you speak to the person, they are never alone, the abuser is often asking what they are doing, who they are talking to and when they will be finished
- The abuser makes lots of rules for the person to follow, which can include what they wear, how they have their hair, their access to money, what they spend money on, and how their home needs to be kept
- The person has injuries or seems fearful.

## There is support available, and more options than people might think

**UAVA helpline: 0808 80 200 28**

Our local specialist service which offers support and information. Calls are free and confidential, available Monday to Saturday, 8.00am to 8.00pm.

Text support: 07715 994 962

[uava.org.uk](http://uava.org.uk)



**Jenkins Centre: 0116 254 0101**

[jenkinscentre.org](http://jenkinscentre.org)

A free service for people who want help to stop using abusive behaviour

**[leicester.gov.uk/domesticabuse](http://leicester.gov.uk/domesticabuse)**

Information about council services to help Leicester residents affected by domestic violence

If you are very concerned about someone's immediate safety, you can contact the Police on **999**. You can also report anonymously to Crimestoppers on **0800 555 111**

