

## Home Sweet Home

Sadly for some people, home is not the safe sanctuary many of us enjoy. Living with someone who is controlling, who monitors your movements, your communications, your spending, who criticises and blames you constantly, who leaves you feeling guilty and responsible for their behaviour and feelings, who physically or sexually hurts you, may make your home a very unsafe place to be.

With the current situation requiring us to stay in our homes, isolating you from people you may normally turn to for support or places you may go to escape for a few hours, you may wish to access other information and support to keep you and other family members safe and feeling listened to.



LLP

**We will continue to monitor our emails  
24 hours a day/7 days a week, alongside  
our emergency telephone number  
which is 0203 9355 999**

**DAUnit@jkclawyers.com**



**[www.hertssunflower.org/](http://www.hertssunflower.org/)**



**Herts  
Domestic  
Abuse  
Helpline**

**08 088 088 088**

**SaferPlaces**  
Domestic Abuse Support Services

**03301 025811**



**01923 816 229**



**Call 999  
if you are in danger**



# Staying safe during COVID-19

## A guide for victims and survivors of domestic abuse

<https://safelives.org.uk/sites/default/files/resources/Safety%20planning%20guide,%20victims%20and%20survivors,%20COVID-19.pdf>

### Our message to victims and survivors of domestic abuse

We know that if you are currently experiencing or have experienced domestic abuse you will know what being isolated and frightened will feel like. You might be worried about self-isolating with someone who is harming you. We've created this to help you think about what you might do over the coming weeks to stay safe.

You are not alone in this.

You are a survivor, equipped with the knowledge, strength and tools that help keep you and your family safe every day.

Below are some things you can think about if this is happening to you. Remember that you are an expert in your own situation and only take on advice that feels safe and relevant to you. It is important to try and think about the things that may change or make you more unsafe, especially thinking through now how you might get help if you need it. We also know that, like everyone, you could be worried about contracting the virus and the **NHS** website can give you advice around this.

Always remember that the abuse you are experiencing is not your fault.

### Websites and useful guides

Accessing information online may feel like the best option for you at this time. If you do access any information online you may need to delete your browser history or use 'private browsing' as a way to hide your searches.

- [SafeLives guide to staying safe online](#)
- [Women's Aid guide to private browsing](#)
- [Guide to technology safety](#)
- [Making a safety plan, Women's Aid](#)
- [The Survivor's Handbook, Women's Aid](#)
- [Guidance on economic abuse during COVID-19, Surviving Economic Abuse](#)
- [Karma Nirvana](#)
- [Chayn](#)

### Live chats and survivor forums

- [Women's Aid Survivors Forum](#)
- [Women's Aid Live Chat](#)
- [Victim Support Live Chat](#)

# Domestic Abuse Support: Apps to keep you safe during self-isolation

## Domestic Abuse Support:

### Bright Sky- free mobile app

Provides support and info to people affected by abuse and those seeking to support them. Available in English, Urdu, Punjabi or Polish. Visit [Hestia.org/brightsky](http://Hestia.org/brightsky) for more info.

### Hollie Guard

Offers alarm profiles that can raise alerts to your personal emergency contacts by shaking your phone. Gives extra protection when travelling or working alone.

### One Scream

Add up to 3 people to be notified when you need help. Activate app and leave to run in the background or your panic scream triggers the app even if phone buried in your bag. A loud siren will be heard, phone vibrates and a notification pops up. Alarm can be cancelled within 20 seconds or an automated message will be sent

to your chosen contacts and an open line created for contact to hear real time events. Download on App Store or Google Play.

### Silent Solution system

When needing 999 help but unable to talk from a mobile for safety reasons. After dialling 999 alert call handler by coughing, tapping handset or, once prompted by the automated system, by pressing 55. Call is then taken by a police handler who will attempt to communicate using simple yes/no answers.



IF YOU ARE EXPERIENCING DOMESTIC ABUSE, CALL US ON 01923 816 229

TELL US YOUR SAFE NUMBER AND WE WILL CALL YOU BACK.

**01923 816 229**

we're  
here to  
help



## EMERGENCY APPEAL

Imagine what isolation feels like if you are living with an abuser. Your generosity can help us to continue to keep women safe when they most need our support.



PLEASE DONATE NOW:  
[www.wwcplus.org.uk/donate](http://www.wwcplus.org.uk/donate)