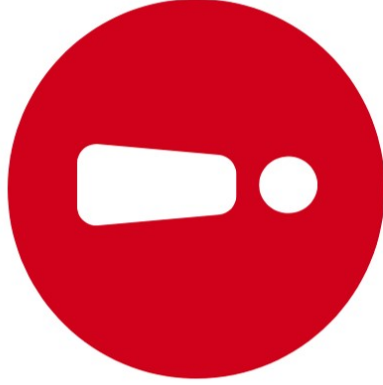


The current restrictions on our day to day living and additional stresses because of coronavirus will put pressure on lots of relationships and families.

We know that domestic abuse is likely to get worse with Covid-19, and in these circumstances some people might also experience abuse for the first time.

Are you at immediate risk?



Call 999. If it's not safe for you to speak use the **Silent Solution** by pressing **55** when prompted.

If you are D/deaf or hard of hearing you can use the emergency SMS service by texting 999. First text 'Register' to 999.

If you hear an incident of domestic abuse in progress or are worried for someone's immediate safety call 999. Otherwise please share your concerns with Thames Valley Police via 101 or report the crime online. It really could save lives.

Are you safe at home?



If you are at risk of harm at home you can choose to leave and will be helped by police and support workers to get yourself and your family to somewhere safe. You can also get help to stay as safe as possible at home.

Call our **MK ACT Crisis Service Helpline** on **0344 3754307** between 9am-5pm Mon - Fri, or email info@mk-act.org

Are you worried about hurting somebody?

If you are struggling to manage your behaviour and hurting your loved ones you can get help by contacting the **Respect Helpline** on **0808 802 4040**

Are you able to help protect others at risk from abuse?



People trapped at home with somebody causing them harm will find it even harder to get help and protect themselves. Now more than ever it's everyone's job to protect them. **Please look and listen out for friends, family, neighbours, and others in your community.**

For information about what abuse might look like, how to stay safe, and what to do if you're worried about somebody visit www.mkact.com