



HM Government

# AT HOME SHOULDN'T MEAN AT RISK OF DOMESTIC ABUSE

## #YOUARENOTALONE



If you are controlled or physically, sexually, economically or emotionally abused by a partner, ex-partner or family member, this is domestic abuse. Household isolation rules do not apply.

Police and support services remain available.

**If you are in immediate danger, or suspect someone else is, call 999.**

If you are unable to talk, call 999, listen to the operator and then either press 55 on a mobile, when prompted, or wait on a landline to be connected to the police, who will be able to help.

**If you're worried you, or someone you know, may be experiencing domestic abuse:**



The Freephone 24-hour National Domestic Abuse Helpline run by Refuge offers support for women: 0808 2000 247

**Respect**  
Men's advice line

The free Respect Men's Advice Line offers support for men: 0808 801 0327



Galop's free National LGBTQ+ Domestic Abuse Helpline offers support for LGBTQ+ people: 0800 999 5428

**Respect**  
Phoneline

The free Respect Phoneline offers support for men and women who are harming their partners and families: 0808 802 4040

**NSPCC**

The free NSPCC helpline offers support for anyone worried about a child: 0808 800 5000

**Find more support, online and text relay services at [gov.uk/domestic-abuse](https://gov.uk/domestic-abuse)**