



Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #3

Hello all – please see latest local update and suggestions for support below. Thanks for all your messages and support, please follow us on Facebook or Twitter (links at bottom of email) for regular updates from the sector.

Safety Net, Carlisle - Coronavirus

These are challenging times at Safety Net but we will continue to work in partnership to deliver high quality services to our service users.

We would like our stakeholders, partners, other professionals and service users to know that, as a service, we are still very much open and all staff have been set up to work remotely.

Professionals can refer using the online referral form on our website, and we are still taking self-referrals by telephone.

We believe it is vital that we play our part to help reduce the transmission of COVID-19, as such we will be contacting all service users this week to let them know that, although we will not be seeing them face to face in our offices, we will be offering 1:1 video or telephone sessions instead.

Our staff will do their utmost to support our communities in these challenging times; As well as continuing with weekly therapeutic or support sessions we will also check that our clients are safe and have practical and emotional support in place and we will provide advice and signpost where necessary. We will also regularly update our website and social media platforms with relevant information, advice and self-help guidance.

If you require any information or advice then just e mail, call or message us via our website. Stay safe and let us all look after each other. office@safetynetuk.org Telephone 01228 515859

Victim Support Cumbria

For domestic abuse support call Victim Support 8-6pm on 0300 303 015, or outside these hours - call the Supportline on 08 08 16 89 111 or online Live Chat 9-6pm Mon-Friday

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

National helpline national domestic abuse helpline, 24-hour and this remains open, see attached.

Bright Sky FREE app

Also see attached Bright Sky app info which people can download free, see attached and here

<https://www.hestia.org/brightsky>

We are also advising re: mental health and isolation/domestic abuse such as the articles/links below;

<https://www.stylist.co.uk/long-reads/coronavirus-self-isolation-domestic-violence-working-from-home-abusive-partner/368726>

<https://www.independent.co.uk/news/uk/home-news/coronavirus-isolation-domestic-abuse-help-charities-a9407716.html>

https://www.womensaid.org.uk/the-impact-of-covid-19-on-women-and-children-experiencing-domestic-abuse-and-the-life-saving-services-that-support-them/?fbclid=IwAR2x_ru0_ho8InUUKqkL8p6_GfVrjJ0bQuGADDo44VPwsLHbOUvnrHmS0cg

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.theguardian.com/society/2020/mar/16/coronavirus-health-anxiety>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Take care and kind regards, Steve

You are believed.

**The National Domestic Violence Helpline,
which Refuge runs in partnership with Women's
Aid, is open 24 hours, seven days a week. Please
call 0808 2000 247.**

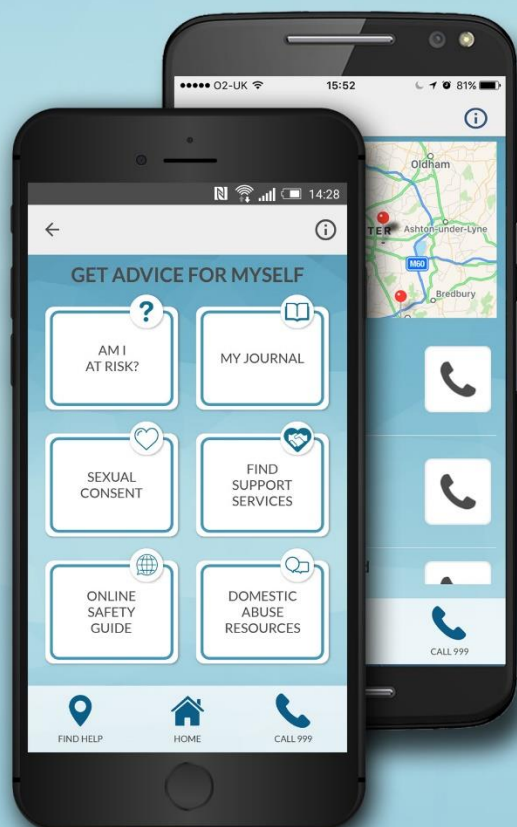


**For women and children.
Against domestic violence.**

Are you or a loved one experiencing **Domestic Abuse?**

Download the **Bright Sky** app to:

- Record evidence in your Private Journal
- Find and contact your nearest support service
- Understand the signs of abuse
- Complete the 'Am I at Risk?' questionnaire



Bright Sky

Bright Sky is a free to download app providing information on domestic abuse, sexual violence and consent, stalking and harassment.



Hestia.org/BrightSky



If you are in immediate danger, please call 999.

In partnership with



Vodafone
Foundation



UK SAYS
NO MORE
TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT