



Domestic abuse, self-isolation and Corona virus/Covid-19 – newsletter #6

We are very aware of understandable concerns around the increased risk to those who experience domestic abuse during this period of social distancing and possible self-isolation. Below is a list of resources which people may find useful at this time.

We would ask you to be extra mindful of the potential for increased risk for victims and children during this difficult time.

Please note all our local domestic and sexual abuse services, women's centres etc, are continuing to provide an amended service, reducing or ending face to face contact and switching to telephone and/or online support. Please contact your normal support service by phone as usual for up to date info about exactly what support is on offer in your locale

Victim Support Cumbria between 8am-6pm 0300 303 0157 or call the Supportline 08 08 16 89 111 or online Live Chat 9am-6pm Monday to Friday

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

National Domestic Abuse Helpline: 24-hour freephone 0808 2000 247

Women's Aid Live Chat <https://chat.womensaid.org.uk/> Monday-Friday 10am-12pm

Email: helpline@womensaid.org.uk

Bright Sky app can be downloaded free, find out more here

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

CHAYN is a global volunteer network addressing gender-based violence by creating intersectional survivor-led resources online. <https://chayn.co/>

LGBT+ domestic abuse victims Freephone national helpline victims 0800 999 5428

Monday/Tuesday/Friday 10am – 5pm; Wednesday/Thursday 10am – 8pm Email:

help@galop.org.uk

Men's Advice Line advice and support for men experiencing domestic violence and abuse 0808 801 0327 www.mensadviceline.org.uk info@mensadviceline.org.uk Webchat available on some days/times, see website

Respect phonline Are you hurting the one you love? 0808 802 4040

info@respectphonline.org.uk

Action on Elder Abuse Helpline 080 8808 8141

In an emergency always call 999

Useful advice about managing mental health can be found here;

<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>

Published by Women's Community Matters/Cumbria Domestic Champions' Network, we are still open and operating at present and you can contact us on 01229 311102 or by email at reception@womenscommunitymatters.org or champions@womenscommunitymatters.org