



# Are you safe?

## Where to get help during the Covid-19 Pandemic

**We know that COVID-19 (Coronavirus) will have a serious impact on the lives of women, children and men who are experiencing domestic abuse.**

Fears over jobs, financial pressure, school closures, working from home and all the other current changes to our day to day lives are likely to result in an increase in domestic abuse incidents.

If you're already living with domestic abuse, then the restrictions put in place while the government tries to slow the spread of the virus have probably left you fearful of being isolated in the house with your abuser and as if there is nowhere to go for help.

You may not be able to see the friends and family who usually support you, and some of the places where you go for help or treatment may be closed or offering a reduced service.

**Please remember that you can still call 999 if you or someone else is in danger.** While some domestic abuse support services are not able to offer face to face meetings at this time, there is still help and advice available online and over the phone. These local and national organisations are working hard to ensure they can still support you.

- EDAN Lincolnshire 01522 510041 [www.edanlincs.org.uk](http://www.edanlincs.org.uk)
- Worried about somebody else's safety? Report this to Lincolnshire County Council; call 01522 782111 if you are worried about a child, or 01522 782155 if you are worried about an adult. [www.lincolnshire.gov.uk/safeguarding/report-concern](http://www.lincolnshire.gov.uk/safeguarding/report-concern)
- National Domestic Abuse Helpline 0808 2000 247 [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)
- Men's Advice Line 0808 801 0327 [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)
- National LGBT+ Domestic Abuse Helpline 0800 999 5428 [www.galop.org.uk](http://www.galop.org.uk)
- If you are a child or young person and domestic abuse is happening in your home or relationship, then call Childline on 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

CALL YOUR  
LOCAL  
POLICE



**101**

IN AN  
EMERGENCY  
ALWAYS  
CALL **999**

FOR NON-URGENT INCIDENTS, REPORT ONLINE  
[www.lincs.police.uk/onlinereporting](http://www.lincs.police.uk/onlinereporting)



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