

## Domestic abuse support during the Covid-19 outbreak

**Domestic Abuse can affect anybody.**

**You. A friend. A family member. A colleague. A client. A neighbour.**

The need for household isolation and social distancing due to Covid-19 will put pressure on many relationships and families. Isolation will have an especially significant impact on those experiencing domestic abuse. This unique set of circumstances may also mean that some people experience or use domestic abuse for the first time. Reports from other countries have shown that incidents of domestic abuse increased significantly following the outbreak, and this is already visible in our national services.

**Anybody experiencing domestic abuse in Oxfordshire is still able to access to specialist support services during the coronavirus outbreak.**

Anyone who is at risk of, or experiencing, domestic abuse, is still able to leave and seek refuge despite restrictions on movement. Refuges remain open, and the police will provide support to all individuals who are being abused - whether physically, emotionally, or otherwise.

### Domestic abuse can include, but is not limited to:

- Coercive control (a pattern of intimidation, degradation, isolation, and control)
- Psychological and/or emotional abuse, including gaslighting
- Physical abuse
- Sexual abuse
- Harassment and stalking
- Financial or economic abuse
- Online or digital abuse

### Getting help and support

- If you are in immediate danger please call **999**. If you are in danger and unable to talk on the phone, call 999 and then press 55. This will transfer your call to the relevant police force who will assist you without you having to speak.
- Oxfordshire Domestic Abuse Services offers free services to anybody aged 16+ experiencing domestic abuse, with or without children, regardless of sexuality, ethnicity and immigration status. Our [Oxfordshire Domestic Abuse Helpline](#) is still open and available. For help and support you can call **0800 731 0055** (Mon-Fri 10am-7pm), or email [das@a2dominion.co.uk](mailto:das@a2dominion.co.uk).
- Alternatively, you can call the 24-hour National Domestic Abuse Helpline **0808 2000 247**.
- The [Reducing the Risk website](#) has information about what abuse might look like, how to stay safe, and what to do if you're worried about somebody.
- Anybody worried about harming the ones they love while staying at home can access support and help to manage their behaviours through the [Respect Phonenumber](#).

**When somebody is trapped at home with their abuser, they cannot protect themselves. Instead, now more than ever, it's everyone's job to protect them.**

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 Police via 101. It really could save lives.