



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:



Our **Oxfordshire Domestic Abuse** helpline offers emotional and practical support to anybody experiencing domestic abuse: **0800 731 0055** or das@a2dominion.co.uk



Karma Nirvana offers support around honour-based abuse & forced marriage: **0800 5999 247**



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



The 24-hour National Domestic Abuse Helpline offers support for women: **0808 2000 247**



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



The 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