

Help is out there, here are some links. If you are in IMMEDIATE DANGER then ring 999 to get help.

Reach out and get informed:

### [Staying safe during COVID-19 - victims and survivors of domestic abuse](#)

[Link opens in a new window](#)

Advice on how to stay safe and links to further information.

<https://safelives.org.uk/staying-safe-during-covid-19-guidance>[Link opens in a new window](#)

Safer Lives

### [Domestic violence and abuse](#)

[Link opens in a new window](#)

Explains what domestic violence and abuse is, and what help is available to those affected by domestic violence and abuse.

<https://www.citizensadvice.org.uk/family/gender-violence/domestic-violence-and-a...>[Link opens in a new window](#)

Citizens Advice

### [Domestic abuse](#)

[Link opens in a new window](#)

Information about domestic violence aimed at children and young people living in homes where domestic violence is happening. Includes information about making a safety plan and getting support.

<https://www.childline.org.uk/info-advice/home-families/family-relationships/dome...>[Link opens in a new window](#)

Childline

### [Recognising domestic violence](#)

[Link opens in a new window](#)

Includes a list of questions to help you tell if you are experiencing domestic violence.

<https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/recognis...>Link opens in a new window

Women's Aid

Coercive control and the law (PDF)

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It is a criminal offence in England and Wales for someone to subject you to coercive control. If you experience this kind of abuse you can report it to the police. You may also be able to apply to the Family Court for protection. This legal guide is designed to give you information about the ways in which the law can protect you.

<http://rightsofwomen.org.uk/wp-content/uploads/2016/03/ROW-%C2%AD-Legal-Guide-Co...>Link opens in a new window

Rights of Women

Domestic abuse

Link opens in a new window

Explains what domestic abuse is, and contains links to its signs, symptoms and effects and keeping children safe.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>Link opens in a new window

The NSPCC

Three steps to escaping domestic violence

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Links to PDFs in English and translations into 12 other languages. The leaflet explains how to get help to escape violence and abuse, and keep safe. It focuses on issues faced by black and minority ethnic women and children, but it contains information which can be used to help victims of domestic and sexual violence from any nationality or ethnic background.

<https://www.gov.uk/government/publications/three-steps-to-escaping-domestic-viol...>Link opens in a new window

GOV.UK

## Finding legal options for women survivors

### Link opens in a new window

A legal support service, designed to help protect women against domestic abuse. Includes legal advice, local support, an online tool to apply for a court order.

<https://www.flows.org.uk/>Link opens in a new window

FLAWS

## People fleeing domestic violence

### Link opens in a new window

This information is for you if you have arrived in the UK to join a partner who is settled here, but have to leave your home because you fear or have experienced violence from your partner. It explains the special rules that may allow you to keep your right to reside when you end your relationship because of domestic violence. Also explains your rights to benefits and housing.

[https://www.housing-rights.info/02\\_10\\_Women.php](https://www.housing-rights.info/02_10_Women.php)Link opens in a new window

Chartered Institute of Housing

## Help if you're homeless: domestic abuse

### Link opens in a new window

There may be steps you can take to make your home safe enough to stay in if you are facing domestic abuse or violence. (Content applies to England only.)

[http://england.shelter.org.uk/housing\\_advice/homelessness/your\\_situation/d  
omesti...](http://england.shelter.org.uk/housing_advice/homelessness/your_situation/domesti...)Link opens in a new window

Shelter

## Domestic Violence Helplines

### Link opens in a new window

Information about the Women's Aid National Domestic Helpline and how the service can help you. This page also provides information about other specialist helplines which can advise on domestic violence issues.

<https://www.womensaid.org.uk/information-support/>Link opens in a new window

## Women's Aid

### Emergency housing if you're homeless: women's refuges

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Find out about women's refuges if you've experienced domestic violence - how to get a place and what they're like. (Content applies to England only.)

[http://england.shelter.org.uk/housing\\_advice/homelessness/temporary\\_housing\\_if\\_you...](http://england.shelter.org.uk/housing_advice/homelessness/temporary_housing_if_you...)Link opens in a new window

Shelter

### Refuge

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Organisation providing information about what to do if you have been the victim of domestic violence.

<https://www.refuge.org.uk/>Link opens in a new window

Refuge

### Safety in the family court (film)

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Being in a court building with your abuser can be one of the most difficult parts of the Family Court process. Links to a short film for survivors of domestic violence explaining the ways the courts can help make the process of going to court safer and make it easier for you to take part in court hearings without feeling intimidated.

<https://rightsofwomen.org.uk/get-information/family-law/safetyinthefamilycourt/>Link opens in a new window

Rights of Women

### Legal aid for victims of domestic violence

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Explains the circumstances when you may be eligible for legal aid if you have experienced domestic abuse and the evidence you will need to show.

<https://www.gov.uk/legal-aid/domestic-abuse-or-violence>Link opens in a new window

GOV.UK

Help available from the DWP for people who are victims of domestic violence and abuse

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Department for Work and Pensions (DWP) has a range of measures designed to support people who flee violent and abusive households. Explains what counts of domestic violence and abuse, and what help you might get.

<https://www.gov.uk/government/publications/domestic-violence-and-abuse-help-from...>Link opens in a new window

GOV.UK

Galop

Link opens in a new window

Emotional and practical support for LGBT+ people experiencing domestic abuse. Abuse isn't always physical - it can be psychological, emotional, financial and sexual too.

<http://www.galop.org.uk/domesticabuse/>Link opens in a new window

Galop

Need more help?

There are lots of organisations who can offer information, advice and support to help you deal with your everyday legal problem. View our directory of helpful organisations.