

20 December 2022

Domestic abuse help

The holidays are supposed to be a time of celebration and joy, but sadly that is not the case for everyone. The stress, financial pressure and increased alcohol consumption over Christmas often brings an increase in domestic abuse incidents.

Everyone deserves to feel safe and live free from domestic abuse.

In an emergency always dial **999**. If you can't speak;

- Listen to the questions from the 999 operator
- Respond by coughing or tapping the handset
- If prompted press **55**

This lets the 999 operator know it's a genuine emergency and they will put you through to the police.

Helplines

National Domestic Violence 0808 2000 247

National LGBT+ Domestic Abuse 0800 999 5428

Men's Advice Line 0808 801 0327

Action on Elder Abuse 0808 808 8141

Childline 0800 1111

NSPCC 0808 800 5000

Rape crisis and sexual abuse 0808 500 2222

Honour based abuse 0800 5999 247

Victim support 0808 1689 111

[Women's Aid](#)

[Refuge](#)

[Victim Support](#)

If you are worried about accessing domestic abuse support sites in case someone sees your browsing history read this guidance on covering your [tracks online](#).

Domestic abuse is a workplace issue. If you need help speak to a union rep or a trusted colleague.