

STAY SAFE FROM DOMESTIC ABUSE

We can all get on each other's nerves– but if you are in an abusive relationship the dangers are very real and you may need help, advice and a friendly face who understands your situation. This simple guide is intended to provide you with the help and support you need.

KNOW YOUR SAFETY PLAN

IF POSSIBLE:

- ! Have some I.D. ready.
- ! Have your medication.
- ! Have your money and bank cards.
- ! Have your UC and Benefits details/passwords.
- ! Take your phone.
- ! Prepare a bag.
- ! Make your neighbours aware.

BE AWARE OF SOCIAL MEDIA:

- ! Turn off all phone and social media location.
- ! Turn off your children's phones and social media location and make sure they are aware not to post details that can be tracked.

IN AN EMERGENCY CALL 999

SUPPORT AND ADVICE BY PHONE

**GREATER MANCHESTER DOMESTIC
ABUSE HELPLINE**
0161 636 7525

THE PREVENTION ALLIANCE
0161 474 1042

STOCKPORT WITHOUT ABUSE
0161 477 4294

OWLS/female support 0161 425 6300

VICTIM SUPPORT SERVICE
0161 200 1950

24HR DOMESTIC ABUSE HELPLINE
0808 2000 247

KEEPING SAFE IN A RELATIONSHIP

RECOGNISE WARNING SIGNS AND TRIGGERS:

- ! Body language
- ! Tone of voice
- ! Patterns of behaviour

WHERE ARE THE AREAS OF DANGER?

- ! Kitchen
- ! Top of stairs
- ! Bathroom
- ! Windows
- ! Lifts

FIND A SAFE SPACE

- ! Can you lock the door?

KNOW YOUR EMERGENCY EXITS

PLAN FOR THE WORST ...

- ! Keep your phone close and charged.
- ! Get a spare phone if you can.
- ! If you can't speak when you ring 999, hit 55 and make a noise.
- ! Pressing phones on switch 5 times will dial 999.
- ! If you are deaf, hard of hearing or can't communicate verbally you can register with the emergency SMS service.
Text REGISTER to 999.
- ! To keep safe in public, find out where to find your nearest:
-Ask for Angela
-Ask for ANI /Action Needed Immediately and Safe Spaces Scheme
<https://uksaysnomore.org/safespaces/>
- ! Confide in people you can trust.



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