

# Domestic Abuse and COVID-19 advice

Local domestic abuse support services are available and continue to provide support, advice and information

If you, a family member, friend or neighbour are affected by domestic abuse and coercive and controlling behaviour please contact:

Hull DAP: 01482 318759

If you need to request support online visit:

[www.hulldap.co.uk](http://www.hulldap.co.uk)

Hull Women's Aid: 01482 446099

Preston Road Women's Centre: 01482 790310

If in immediate danger dial **999** (No credit is needed)

If you can't speak, press 55 on your telephone when the call taker is on the line and they will still provide help

To report a non-emergency incident contact **Humberside Police** on **101**

## Safety planning advice:

- Consider where you would go in an emergency
- Pack a bag ready and leave it at a trusted friend / neighbour's house
- Use the fact that there are no online shopping slots available to go to the shop and speak to someone
- Accessing information online, delete your browser history, or use private browsing to hide searches
- Have a code word or sign to signal you are in danger and set this up with family / friends / neighbours to let them know by text, FaceTime or skype. The code will need to alert them to contact the police if you are in danger
- Teach the code to children who are old enough to understand what you are asking of them and why