

**Are you being hurt by
someone in your
family, afraid of
someone at home or in
a violent relationship?**

A short guide to staying safe



advice & support

A few suggestions of steps you can take to start feeling safe.



Things you can do everyday

- Call **999** if you feel you are in danger
- Keep your **mobile charged** and with you at all times
- Have **emergency numbers** on speed dial
- Store messages as evidence
- Think about other housing
- Consider a non-molestation order or **injunction**
- Think about asking a third party to facilitate child contact
- Tell **key, trusted people** about what's happening
- Create a **code word** to use with people you trust



Make sure your home is safe

- Call **999** if the perpetrator enters, and lock yourself safely in a room
- **Avoid spaces** with hard surfaces or weapons
- **Think:** is there a safe escape route? Can I tell the neighbours?
- Make sure your home is **secure**

If you are in immediate danger call the police on 999

Solace Women's Aid is a charity registered in England & Wales. Charity Number 1082450. Company Number 3376716.

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Staying safe outside

- Vary your **daily routine**
- Tell your **workplace** or children's **school** about what's going on
- If you see the perpetrator go to a **crowded place** and call **999**
- If you have any appointments with the perpetrator, tell reception so you don't have to get there at the same time



Protect yourself on your phone

- Heighten **security** on social media apps, or stop using them
- **Turn off** location services: they could be tracking you
- Do not post details of where you are or your plans
- Change passwords
- Consider **blocking** and/or changing numbers



Stay safe when you are leaving

- Put **money** and **key documents** in a safe place
- Pack an **emergency bag** for you and your children
- Think about **transportation** options
- **Inform** your **trusted** friends and family
- **Do not tell** the perpetrator that you are leaving or where you are going

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If you are experiencing domestic abuse, you are not alone.

We can support you.



0808 802 5565

Monday - Friday: 10am-4pm
Additional 6pm - 8pm on Tuesday



advice@solacewomensaid.org

Other Useful Numbers

Speak to someone who can support you

National Domestic Violence Helpline
Freephone, 24 Hours
0808 2000 247

Men's Advice Line
0808 801 0327

Samaritans
Freephone, 24 Hours, Confidential
116 123

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