

If you are a victim of #DomesticAbuse, there is help available.

Find out more and seek support.

NoExcuseForAbuse.info

Twitter Tags: @CRASAC @coventry_haven @FWTCov @Kairos_WWT @CovPartnership

Facebook: @FWTCov @CoventryHaven @relatecoventrywarwickshire @CRASAC @Kairos.Coventry

#NoExcuseForAbuse

If you are
scared at home,
there is help

Support is there for you:
www.noexcuseforabuse.info
National helpline: 0808 2000 247
Call 999 in an emergency

Birmingham & Solihull helpline: 0808 800 0028
Black Country helpline: 0121 552 6448
Coventry helpline: 02476 444077
Wolverhampton helpline: 0808 2000 247



west midlands
police and crime
commissioner

Information for victims can be found on noexcuseforabuse.info

Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

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National Resources

Updated guidance from [HM's Courts and Tribunal Service on applying for a domestic abuse injunction](#) as an unrepresented applicant during the coronavirus outbreak

[National Domestic Violence Helpline](#) Freephone Helpline, [0808 2000 247](#)

[Galop](#) - for members of the LGBT+ community [Galop](#) runs the National LGBT+ Domestic Abuse helpline. Telephone: 0800 999 5428 Email: help@galop.org.uk

[SupportLine](#): provide telephone helpline and email counselling service.

[Women's aid](#) provide survivors forum, a live chat Monday to Friday 10- 12pm and emails

[Safelives](#): provides research, training and support to frontline domestic abuse services and professionals

[National Centre for Domestic Violence \(NCDV\)](#): Provides free and fast emergency injunction advice to individuals experiencing domestic abuse

[Suzy Lamplugh Trust](#): National Stalking Helpline

Home Office: [Coronavirus \(COVID-19\): support for victims of domestic abuse](#)

Department for Education: [Coronavirus \(COVID-19\): guidance for children's social care services](#)

[Rape Crisis England and Wales](#) Rape Crisis Centres provide [specialist support and services](#) for survivors of sexual violence, whether it happened recently or a long time ago. Tel : 0808 802 9999

[Men's Advice Line](#) is a confidential helpline for male victims of domestic abuse and those supporting them. Telephone: 0808 801 0327

Useful Apps /info for victims

[Hollie Gazzard Trust](#): Free downloadable personal safety app available

[Safe To Talk](#) helpline: 0800 111 4998

[Coventry Haven](#) Tel: 02476 444 077

[Panahghar](#), an Urdu word for "safe house," is a charity based in Coventry that aims to help Asian woman and their families in the region who have experienced domestic abuse.

If you are interested in finding out more, here are some useful links

For useful information about safety planning and domestic abuse support, read The Women's Aid Handbook at: <https://www.womensaid.org.uk/the-survivors-handbook/>