

Lockdown doesn't mean you are trapped



If you or someone you know is experiencing domestic abuse, get help fast. Lockdown and isolation rules do not apply if you need to leave your home to escape domestic abuse.

COVID-19 is not an excuse for abuse

#YouAreNotAlone



Kent Integrated Domestic Abuse Service is working together to keep you safe from harm at home, wherever you are in Kent.

www.domesticabuseservices.org.uk

Get Help Now

! In an emergency always call 999

If you can't speak, use the Silent Solution system by coughing or tapping the handset then press **55** on your phone – the police will know it's an emergency. Or call **101** for non-emergencies.

📞 For 24 hour support

Contact the National Domestic Abuse helpline on **0808 2000 247**

For non-emergency support and safety planning

Call Kent & Medway Victim Support on **0808 1689 111** or email kent.vart@victimsupport.org.uk.



Scan the QR code to access a live chat 24/7. You will be connected to the right support, even remotely in accordance with government guidance. Refuge services continue to offer emergency space for victims at this time.