



## Keep asking the question:

- Victims are always safety planning, if they cannot answer you safely, they won't
- You might catch them at the perfect moment or your question might encourage them to call back or talk to you more next time (if it's safe)
- You don't need to mention Domestic Abuse – How are things at home? How are you getting on spending so much more time together?
- Remind victims/survivors that they are exempt from lockdown rules if they are fearful of domestic violence/abuse
- If you think a victim is in immediate danger of severe harm call 999

Refer to the advice for asking the question in virtual health settings document for further information.

## Basic/Immediate Safety Planning advice:

- Keep your phone with you and charged at all times
- Call 999 in an emergency or if you fear for your safety/life
- Remember the Silent Option (dial 55)
- Call 101 if you do not feel you are in immediate danger
- Do NOT leave without professional advice
- If living alone, keep doors and windows locked
- Set-up a CODE word with family/friends/professionals to alert them if you need help
- Keep important documents together with some money in a safe place
- If leaving, take your children!
- If being assaulted, try and get to a soft base such as a bed or sofa and cover your head with your arms
- Try to implement social distancing at home to reduce opportunities for abuse

Useful reference in event of victim disclosures:



SUFFOLK DOMESTIC ABUSE CHAMPIONS NETWORK