

Domestic Abuse is unacceptable: the Coronavirus lock-down is no excuse.

The household isolation instruction as a result of coronavirus does not apply if you need to leave your home to escape domestic abuse. Police and support services are still available to help and direct anyone experiencing domestic abuse including coercion.

Signs of domestic abuse

Domestic abuse is not a one-off incident, but an ongoing pattern of behaviour in the relationship. It includes a range of behaviours which, once begun, repeats and often gets worse over time. Anyone can be a victim regardless of age, gender, ethnicity or sexual orientation.

In an unhealthy relationship, you feel	Your partner or family member	
frightened intimidated isolated ashamed	threatens you makes all the decisions controls you	blames you threatens to harm others humiliates you

Impact of domestic abuse on children and young people

Children who witness domestic abuse suffer emotional and psychological abuse. The impact of domestic abuse on children is similar to the effects of any other abuse or trauma

Children may experience
low self-esteem, increased levels of anxiety, depression, anger and fear, aggressive and violent behaviours, lack of empathy for others, poor peer relationships, poor school performance, anti-social behaviour, self-blame, hopelessness, shame and apathy, post-traumatic stress disorder, over protectiveness of the victim and/or siblings
<p>If you believe a child is suffering you should report your concerns. The right support needs to be offered to the child and their parents or carers.</p> <p>To report a child safeguarding concern, call 01482 395500 Monday to Thursday 8.30am-5pm, Friday 8.30am - 4:30pm. If it is outside normal office hours, call 01482 393939</p> <p>If a child is suffering abuse and requires urgent attention because of immediate danger, call the Police on 999</p>

Local support for domestic abuse victims – DVAP

We understand how difficult it is to report domestic abuse. We will work with you to prevent further harm against you and any children. This includes helping you to access specialist support.

Phone DVAP (01482) 396330 - Please note: this is not a 24 hour service.

If you are, or someone you know is, in immediate danger call 999.

Silent Solution: If you ring 999 on your mobile but are too scared to speak or make a noise press 55 to confirm there is a genuine emergency. For more information about Silent Solution go to https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf

Request support can also be made via the ERYC website as we recognise it may not be possible for someone to use the phone freely during the lockdown period. We can communicate via email or text if that is safer. <https://www.eastriding.gov.uk/living/crime-and-community-safety/domestic-violence/>

ERYC Housing (24hr) 01482 393939

National guidance and support for victims

Coronavirus (COVID-19): support for victims of domestic abuse

<https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

Call the National Domestic Abuse Helpline for free and confidential advice, 24 hours a day on 0808 2000 247