

Trust your instincts - call 999 if you feel your safety is at risk.

Remember domestic abuse is not your fault.

No one should have to live with domestic violence and abuse.

Everyone has the right to live free from fear.

Talk to trusted friends/family or specialist domestic violence workers if you need support.

24-hour DSA helpline - 0808 802 1414

Belfast & Lisburn Women's Aid - 028 90666049

Men's Advisory Project - 028 90241929

The Rainbow Project - 028 90319030

HERe NI - 028 9024 9452

Carafriend - 028 9089 0202

www.belfastdvp.co.uk



If you are experiencing domestic violence and abuse it's important to think about ways to keep yourself safe.

In an emergency call 999.

Silent Solution: if you can't speak, cough or tap the handset. If prompted, press 55 to let the other person know it's an emergency and you're not safe to speak.

**For 24-hour support contact the freephone
Domestic & Sexual Abuse Helpline 0808 802 1414.**

A safety plan aims to provide you with things to think about to help you stay safe. Take some time to read the information – you can go through it on your own or with someone you trust. It's important to keep this card somewhere safe, where your abuser will not find it.

Safety information after you have left an abusive partner.

- Think about security – change locks on doors. Think about installing additional security measures such as extra locks, cameras, etc.
 - Think about asking trusted neighbours to inform you if they see your ex-partner near your home.
 - Keep doors and windows locked when you are at home, especially if you are alone.
 - When out think about your safety – if you feel unsafe or see your ex-partner, go somewhere public and call the police.
 - Talk to specialist domestic violence services to discuss options around protective orders such as non-molestation orders. Make sure you keep copies of any orders in a safe place in case of an emergency.
 - If you have children, talk to their schools, childminders, etc. to confirm who has permission to collect them.
- Talk to your children about keeping your location confidential and teach them how to use the telephone and to call 999 in an emergency, with their full name, address and telephone number.
 - If you work and you feel able to do so, talk to your manager or colleagues about your situation and how they can assist you to stay safe e.g. varying your work pattern, moving desks, changing email addresses and phone extensions, parking closer to the entrance, etc. Check whether your workplace has a domestic abuse workplace policy.
 - Think about varying your routines as much as possible. Perhaps shopping in different places and at different times than when you were with your partner.
 - Consider speaking to a Crime Prevention Officer for free advice on staying safe.