Are you being hurt by someone in your family, afraid of someone at home or in a violent relationship?

A short guide to staying safe
A few suggestions of steps you can take to start feeling safe.

Things you can do everyday

- Call **999** if you feel you are in danger
- Keep your **mobile charged** and with you at all times
- Have **emergency numbers** on speed dial
- Store messages as evidence
- Think about other housing
- Consider a non-molestation order or **injunction**
- Think about asking a third party to facilitate child contact
- Tell **key, trusted people** about what’s happening
- Create a **code word** to use with people you trust

Make sure your home is safe

- Call **999** if the perpetrator enters, and lock yourself safely in a room
- **Avoid spaces** with hard surfaces or weapons
- **Think**: is there a safe escape route? Can I tell the neighbours?
- Make sure your home is **secure**

If you are in immediate danger call the police on **999**

Solace Women's Aid is a charity registered in England & Wales.
Charity Number 1082450. Company Number 3576716.
Staying safe outside

- Vary your daily routine
- Tell your workplace or children’s school about what’s going on
- If you see the perpetrator go to a crowded place and call 999
- If you have any appointments with the perpetrator, tell reception so you don’t have to get there at the same time

Protect yourself on your phone

- Heighten security on social media apps, or stop using them
- Turn off location services: they could be tracking you
- Do not post details of where you are or your plans
- Change passwords
- Consider blocking and/or changing numbers

Stay safe when you are leaving

- Put money and key documents in a safe place
- Pack an emergency bag for you and your children
- Think about transportation options
- Inform your trusted friends and family
- Do not tell the perpetrator that you are leaving or where you are going

If you are in immediate danger call the police on 999

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If you are experiencing domestic abuse, you are not alone.

We can support you.

07340 683382
Monday - Friday: 10am-4pm

walthamforestIDSVAService
@solacewomensaid.org

Other Useful Numbers
Speak to someone who can support you

National Domestic Violence Helpline
Freephone, 24 Hours
0808 2000 247

Men’s Advice Line
0808 801 0327

Samaritans
Freephone, 24 Hours, Confidential
116 123

If you are in immediate danger call the police on 999

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