

# Are you worried about domestic or sexual abuse?

If you are at home due to Coronavirus, then remember you can still get the support that you need. You are NOT alone.

- If you are in immediate danger, then call the police on **999**
- **Silent Help** – if you need help but are unable to speak, then **ring 999, when they answer press 55.**  
(This alerts the operator and the police will be sent to help you)
- You can call the **National Domestic Abuse Helpline** for free, confidential support 24 hours a day on **0808 2000 247**
- **Solace** provides free and confidential support for women and men in Barnet affected by domestic abuse.  
Call **0203 874 5003** or  
email **barnet.advocacy@solacewomensaid.org**

**AT HOME**  
**SHOULDN'T**  
**MEAN**  **AT RISK**

**#YOUARENOTALONE**

FIND SUPPORT AT

