**Domestic Abuse**

At the current time, many of us will be spending more time at home, and some of us will have changed our work pattern or will be working from home. For colleagues affected by domestic abuse, the prospect of being isolated in the home with their perpetrator will leave them feeling unsafe.

If you are concerned about a friend or colleague, try to stay in touch with them through digital channels as much as possible and encourage them to contact the police if they feel they are at risk. Many police forces are reassuring people that they are there to support them and that the current situation will not limit the support for people affected by domestic abuse. If you are a line manager, don’t forget about your staff working from home. Regular contact is important for everyone right now and it may help keep your staff safe.

We have put together some links to useful advice and guidance, and want to ensure that everyone knows where they can go to for support.

Managers should familiarise themselves with the MOJ domestic abuse guidance <https://intranet.justice.gov.uk/documents/2018/11/domestic-abuse-guidance-and-support.pdf> to consider what they can do to support staff. Please speak to your manager if you feel you may be at risk. You may also find the resources below helpful:

* Women’s aid have issued advice on safety here: <https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>
* The **National Domestic Abuse Helpline on 0808 2000 247.** They have access to a list of all Refuges and support agencies.
* Male Victims of Domestic Abuse can also contact the **Mankind Initiative on 01823 334244** <https://www.mankind.org.uk/>
* The Mental Health Foundation has provided some guidance for people affected by domestic abuse here: <https://mentalhealth.org.uk/coronavirus/abusive-relationships>
* Parent’s concerned about contact arrangements for children can find advice here: <https://www.judiciary.uk/announcements/coronavirus-crisis-guidance-on-compliance-with-family-court-child-arrangement-orders/> Further advice can be found on the CAFCASS website: <https://www.cafcass.gov.uk/grown-ups/parents-and-carers/covid-19-guidance-for-children-and-families/>
* If you are unable to call anyone for support but have access to a smartphone, you can download the Bright Sky app <https://www.hestia.org/brightsky>. The Bright Sky app is disguised as a weather app but you can access a directory of specialist domestic abuse agencies, record incidents and audio/video content without the content being saved on the device itself, access further resources, and questionnaires to assess safety.
* Individuals at risk from honour-based abuse can also contact **Karma Nirvana on 0800 5999 247** <https://karmanirvana.org.uk/>
* If you are concerned about your own behaviour towards a partner or family member you can contact **Respect on 0808 8024040** <https://respectphoneline.org.uk/>

The Safe Space Forum is a staff network dedicated to improving support for colleagues affected by domestic abuse. Anyone who would like to become a member or to contribute to the work of the forum can contact us via mailto:safespaceforum@justice.gov.uk.

**It is important that anyone at immediate risk contacts the police on 999**.