

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.

Staying safe during an incident

- Go to a room in the house that has easy access to an exit, such as a window or outside access. If possible go to a room with a lock on the door. Try to avoid going to the kitchen, bathroom and areas where there may be weapons.
- Try to carry your mobile phone with you at all times or go to room with a phone.
- Call 999 and ask for the police – tell them your location straight away. If you can't speak, cough or tap the phone. If prompted press 55, this will let the call handler know it is not safe for you to speak.

