

# COVID-19 Domestic Abuse Emergency Resources

## In an emergency call 999

<p><b>Silent Solutions</b> If you can't talk when dialling 999 for the police in an emergency</p>	<ul style="list-style-type: none"> <li>• Dial 999. Listen to the questions from the 999 operator. Respond by coughing or tapping the handset if you can.</li> <li>• If prompted press 55 – this lets the operator know it is a genuine emergency and you will be put through to the police. <b>Click or copy <a href="http://bit.ly/silent-solutions-link">http://bit.ly/silent-solutions-link</a> for information.</b></li> </ul>
<p><b>National Domestic Abuse Helpline</b> <b>0808 2000 247</b></p>	<ul style="list-style-type: none"> <li>• Free to call and open 24 hours a day every day of the year.</li> <li>• Interpreters available via Language Line.</li> <li>• BT Type Talk Service available for deaf or hard of hearing callers.</li> </ul>
<p><b>Women's Aid</b></p>	<ul style="list-style-type: none"> <li>• COVID-19/Coronavirus Safety Advice for Survivors <b>Click or copy: <a href="http://bit.ly/womens-aid-advice">http://bit.ly/womens-aid-advice</a></b></li> <li>• The Survivor's Handbook provides practical support and info for women experiencing domestic abuse. Various languages available. <b>Click or copy: <a href="http://bit.ly/survivors-handbook">http://bit.ly/survivors-handbook</a></b></li> </ul>
<p><b>Tech Safety Online</b></p>	<ul style="list-style-type: none"> <li>• This provides information about how to exit a website quickly if you feel you are being watched or monitored. <b>Click or copy: <a href="http://bit.ly/tech-safety">http://bit.ly/tech-safety</a></b></li> </ul>

## LOCAL

If you need support or are worried about someone, you can call **01273 622 828\*** Mon-Fri 9am-5pm. Or contact us via the Portal at <http://theportal.org.uk/>  
Please check the RISE website for updates: [www.riseuk.org.uk](http://www.riseuk.org.uk)

\* If an interpreter is required, state your name, language and a safe number to call you back on.

## NATIONAL

<p><b>IKWRO</b> Supports Middle Eastern and Afghan Women. Languages spoken: Farsi, Kurdish, Arabic, Dari, Pashto, Turkish, and English. <b>Mon to Fri 9.30am-5.30pm</b> <b>020 7920 6460</b> Website: <a href="http://ikwro.org.uk/">http://ikwro.org.uk/</a> For out-of-hours emergencies call: <b>Kurdish / Arabic / English</b> <b>07846 275 246</b> <b>Farsi / Dari / English</b> <b>07846 310 157</b></p>	<p><b>Southall Black Sisters</b> Available by phone and email only <b>Mon to Fri from 9am-5pm</b> <b>0208 571 9595</b> or email <a href="mailto:info@southallblacksisters.co.uk">info@southallblacksisters.co.uk</a></p>	<p><b>Foreign Commonwealth Office</b> <b>Advice on forced marriages</b>  Call <b>020 7008 0151</b>  Website <a href="http://www.gov.uk/guidance/forced-marriage">www.gov.uk/guidance/forced-marriage</a></p>
<p><b>Karma Nirvana</b> UK-wide Helpline for Survivors and Professionals <b>Mon to Fri from 9am-5pm</b> <b>0800 599 9247</b> or email <a href="mailto:support@karmanirvana.org.uk">support@karmanirvana.org.uk</a></p>		